



**IT'S TIME TO TAKE  
ON THE MOUNTAIN**

## **INTRODUCTION**

Over the next 12 weeks we will gradually and safely prepare you to tackle the mountain .The plan is to have you in your tip top condition to walk or run the 2017 P2P.

Firstly, make sure you have properly fitted footwear. If you don't have this right as you increase your training it could lead to injuries! Run in and see the footwear experts at The Running Edge Phone 0363342844.

If you are over 35 and haven't been exercising for a while have a check up with your GP and let him/her know what your planning. You will be met with great support, however it pays to make sure you know where your true starting point is. For more advice on this you could make a time to catch up with one of our team at [allaerobics.com.au](http://allaerobics.com.au)

## **WEEK ONE TRAINING PLAN**

### **Monday**

We will be planning your longer training sessions to be on the weekend (when people tend to have more time on their hands to train) Monday will be a Rest day from running or walking to allow your legs a bit of recovery from the grind of the weekend. This day can be used as a cross training day where you can still challenge yourself aerobically by doing things in a different way such as bike riding, paddling or swimming. Even better still a circuit training session in the gym, where attention to a balance in your overall muscle tone and core strength can be attended to while still keeping your heart rate up in the training zone.

### **Tuesday**

On the day of the event if you are running, you can reasonably expect to be out there for 2 to 3 hours, walking 3 to 4 hours. For this reason walkers will be expected to spend more time than runners on the road in training. Over the next 12 weeks we will be building towards completing the event and getting you there in a time you are happy with.

Today we run for 30- 40 minutes at an easy pace. Walk 40-50 minutes.

Try to remember to stretch after each session when your muscles are still warm and mobile. When stretching give attention to your Achilles/Calves, hamstrings, glutes,

quads, hip flexors and lower back.

Stretches should be held for 30 seconds or more. A regular stretch or yoga class in addition to your other training would be ideal (once again for more info on this contact us at [allaerobics.com.au](http://allaerobics.com.au) )

### **Wednesday**

A cross training day... something that will challenge you without running or walking for a duration of 30 - 45 minutes. If you attending the gym, you have a plethora of choices ranging from small group functional training, circuit, spinning, interval training , boxing etc, it needs to make you huff and puff! Outside the gym, home circuit, swimming vigorously ,riding etc.

(For more ideas feel free to contact us at [allaerobics.com.au](http://allaerobics.com.au))

### **Thursday**

Run 30- 40 minutes easy pace.

Walk 40- 50 minutes

Stretch

### **Friday**

Rest Day.

Optional stretch, Yoga or massage.

### **Saturday**

Long Run 50 minutes-1 hour easy pace

Saturday- (cont.)

Walk 1Hour - 1 hour 15 minutes

Stretch

### **Sunday**

Cross training 30-45 minutes

## **WEEK TWO TRAINING PLAN**

One week down 11 to go. If you hadn't been training much, or even at all prior to the past 7 days it would be quite normal to be experiencing a bit of minor stiffness and this could occur a little at times during the weeks to come as we ramp up the training program and you will run/walk it out.

Being persistent with your stretching and the odd massage through the journey will only be helpful. If you are experiencing pain at any stage that doesn't seem to go away after a few days or even gets worse it would be a good idea to catch up with a physiotherapist or even contact us at [allaerobics.com.au](http://allaerobics.com.au) if you would like more advice.

### **Monday-**

Rest or Cross Training as in week 1

### **Tuesday-**

Run 30 - 40 minutes at a more solid pace than week one

Walk 45- 60 minutes at a more solid pace than week one.

### **Wednesday-**

Cross train

### **Thursday-**

30- 40 minute Run at an easy pace

45-60 minute Walk at an easy pace

### **Friday-**

Rest Day

### **Saturday-**

Long Run 60-70 minutes at an easy pace

Long Walk 90-120 minutes at an easy pace

### **Sunday-**

Cross Train 45-50 minutes

## **WEEK THREE TRAINING PLAN**

We should be starting to get into a bit of a habit at this point in time and feeling better in ourselves. This is where we lock our routine into our timetable and treat it as priority!

This week (if you haven't been already) we start to seek out some hills to train on!!!

### **Monday-**

Cross Train or rest

### **Tuesday-**

Hill Run 30-40 minutes easy to solid

Hill Walk 40-60 minutes easy to solid

### **Wednesday-**

Cross Train

### **Thursday-**

Flat easy Run 40 minutes

Flat easy Walk 45-60 minutes

### **Friday-**

Rest Day

### **Saturday-**

Long easy Run 70-85 minutes incorporating hills

Long easy Walk 2hr-2hr30 minutes incorporating hills

### **Sunday-**

Cross Train

## **WEEK FOUR TRAINING PLAN**

At this point in time it is crucial to stay on track. If you are having doubts or are experiencing any niggles that just don't seem to go away get it checked out or contact us at [allaerobics.com.au](http://allaerobics.com.au)

If you are injury free and just lacking a bit of motivation ... just do it anyway, you always feel better immediately after you train... Guaranteed!!!

### **Monday-**

Cross Train or rest

### **Tuesday-**

Hill Run 40 minutes solid

Hill Walk 50 -60 minutes solid

### **Wednesday-**

Cross Train

### **Thursday-**

Easy run 30-40 minutes

### **Friday-**

Rest day

### **Saturday-**

Long Run 60 minutes easy pace

### **Sunday-**

Cross Train

## **WEEK FIVE TRAINING PLAN**

Now that we are starting to build a base with our running and cardio conditioning, this week we will be starting to incorporate some interval training sessions (shorter more dynamic efforts followed by recovery) This will not only add to our heart lung capacity, it will also help improve your times. When interval training you need to have sufficient recovery between efforts (up to 2 minutes of walking or light running) to allow you to freshen up for your next effort. For more information on this contact us at [allaerobics.com.au](http://allaerobics.com.au)

### **Monday-**

Cross Train

### **Tuesday-**

Run 50 minutes solid

Walk 70 minutes solid

### **Wednesday-**

Cross Train

### **Thursday-**

Hill Run 40 minutes (with 4 x 3 minute hard efforts)

Hill Walk 60 minutes (with 4 x 3 minute hard efforts)

### **Friday-**

Rest Day

### **Saturday-**

Long run 70-80 minutes

Long Walk 2 Hours

### **Sunday-**

Easy recovery Run 40 minutes

Easy recovery walk 50-60 minutes

## **WEEK SIX TRAINING PLAN**

Pushing towards the half way mark of your training program! If you have been following things closely your fitness would have improved and you should be feeling good about yourself? For many your energy output has increased, which means attention needs to be paid to your energy input. Sound nutrition and hydration habits will be playing a bit part of your ultimate success. You need good fuel. For more direction on this contact us at [allaerobics.com.au](http://allaerobics.com.au)

### **Monday -**

Cross Train or Rest

### **Tuesday-**

Interval Run, 10 minute warm up run, then 3 x 5 minute solid hard efforts with 2 minutes recovery (between efforts)

Interval Walk 20 minute warm up, then 3 x 5 minute solid hard efforts with 2 minutes recovery

(Between efforts)

### **Wednesday-**

Cross Train

### **Thursday-**

Hill Run, 45 minutes with 5 x 3 minute solid hard efforts incorporated

Hill Walk, 60 minutes with 5 x 3 minute solid hard efforts incorporated.

### **Friday-**

Rest Day

### **Saturday-**

Long Run 1 Hour 20 minutes - 1 Hour 30 minutes

Long Walk 2 Hour 30 minutes - 2 Hour 45 minutes

### **Sunday-**

Recovery Run 45 minutes

Recovery Walk 60 minutes