

## **WEEK SEVEN TRAINING PLAN**

You are at the half way mark. Again I stress, if you have any niggles that don't seem to be going away or are gradually getting worse, get them seen to by a professional! We want to get you to the start line in six weeks time!

Keep remembering to stretch after each and every training session. Contact us at all [aerobics.com.au](http://aerobics.com.au) if you need more advice on stretching.

### **Monday-**

Rest or cross train

### **Tuesday-**

Warm up and intervals.

Run- 4 x 5 minute efforts with 2 minute recoveries.

Walk- same

### **Wednesday-**

Cross train

### **Thursday-**

Hill run 50 minutes with 4 x 3 minute hard efforts

Hill walk 60 minutes with 5 x 3 minute hard efforts

### **Friday-**

Rest day

### **Saturday-**

Long Run 1 hour 30-40

Long walk 2 hours 30 to 3 hours

### **Sunday-**

Easy run 45 minutes

Easy walk 60 minutes

## **WEEK EIGHT TRAINING PLAN**

Part of the benefit of cross training between our running and walking sessions is to give the muscles you are predominately using a rest from the constant repetition that can result in fatigue and injury. We don't want that to occur in your cross training so don't be afraid to keep mixing that up also.

For more advice and ideas on your cross training feel free to contact us at [allaerobics.com.au](http://allaerobics.com.au)

### **Monday -**

Cross Train

### **Tuesday-**

Solid run 50 minutes

Solid walk 75 minutes

### **Wednesday-**

Cross Train

### **Thursday-**

Run-Hills 50 minutes with 4 x 3 minute efforts

Walk-Hills 75 minutes with 5 x 3 minute efforts

### **Friday-**

Rest Day

### **Saturday-**

Long Run - 70-90 minutes

Long walk- 2 hours- 2hours 30 minutes

### **Sunday-**

Easy Run 40 minutes

Easy Walk 60 minutes

## **WEEK NINE TRAINING PLAN**

We spoke earlier about proper nutrition and hydration. If you are feeling fatigued, inadequacies in these areas could be the reason and sometimes you just need to rest and reload. Pay attention to the signals your body may be sending you and seek professional advice when its needed. Not when its too late.

### **Monday-**

Cross train

### **Tuesday-**

Run- 1Hour with Intervals 5 x 5 minute efforts with 1 minute recoveries

Walk- 90 minutes with intervals 6 x 5 minute efforts with 1 minute recoveries

### **Wednesday-**

Cross train

### **Thursday-**

Run- Hill 50-60 minutes with 8 x 3 minute efforts

Walk- Hill 80-90 minutes with 10 x 3 minute efforts

### **Friday-**

Rest Day

### **Saturday-**

Long Run 1 Hour 40 to 1 hour 50

Long walk 3 hours

### **Sunday**

Easy run 40 minutes

Easy walk 60 minutes

## **WEEK TEN TRAINING PLAN**

Congratulations!

We are getting close... If you haven't already, reward your efforts to date with a total body massage. Your body will thank you for it!

### **Monday-**

Cross train ( and a massage :))

### **Tuesday-**

Run intervals 6 x 5 minutes hard efforts with 1 minute rest in between

Walk intervals 8 x 5 minutes hard efforts with 1 minute rest in between

### **Wednesday-**

Cross train

### **Thursday-**

Hill Run 1 hour 8 x 3-4 minute efforts

Hill Walk 90 minutes 10 x 3-4 minute efforts

### **Friday-**

Rest day

### **Saturday-**

Long Run 1 hour-50 to 2 hours

Long walk 3 hours

### **Sunday**

Easy run 45 minutes

Easy walk 1 hour

## **WEEK ELEVEN TRAINING PLAN**

At this point most of the hard work is done. You have the kilometres in the legs. If you feel you are behind in your training accept you are now where you are at! It is not time to ramp it up, quite the opposite.

Over the next couple of weeks we taper and prepare our bodies to be fresh to tackle the HARDEST 1/2 MARATHON IN THE WORLD!!!!!!

### **Monday-**

Cross train

### **Tuesday-**

Run Interval 6 x 5 minutes with 1 minute recoveries

Walk Interval 8 x 5 minutes with 1 minute recoveries

### **Wednesday-**

Cross train

### **Thursday-**

Hill Run 8 x 4 minute efforts

Hill Walk 10 x 4 minute efforts

### **Friday-**

Rest day

### **Saturday-**

Long Run 1 hour 30-40

Long Walk 2 hours 30 - 3 hours

### **Sunday-**

Easy run 40 minutes

Easy walk 60 minutes

## **WEEK TWELVE TRAINING PLAN**

This is the time to have faith in what you have done in preparation so far. As we taper off you will feel the desire to do that bit more ! Save it for the day... we want to be fresh and ready to go next Sunday. Eat and sleep well... its a maintenance week.

We are backing right off with quantity, however you can still train with similar intensity to what you are used to.

### **Monday-**

Rest day

### **Tuesday-**

40 minute Run

1 hour walk

### **Wednesday-**

Cross train or rest day

### **Thursday-**

Hill Run 40 minutes with 3 x 2 minute efforts

Hill Walk 1 hour with 4 x 2 minute efforts

### **Friday-**

Rest day

### **Saturday-**

Rest day or

30 minute easy run

40 minute easy walk

### **Sunday-**

POINT TO PINNACLE!!!

How are you going to feel when you reach the top ?