



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



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

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)

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)

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



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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 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



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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



**IT'S TIME TO TAKE
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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

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



**IT'S TIME TO TAKE
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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

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



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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

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



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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 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



**IT'S TIME TO TAKE
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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

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



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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



**IT'S TIME TO TAKE
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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



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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



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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 ?