

# balance health programs

by brad pamp

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Block Dates: 4.6.18 – 1.7.18

Block ID: LB5-2018

## Goals:

- 1) 12 August - C2S
- 2) 18 September - Sydney half marathon.

## Intensity Explained

### DTI – LB: 143

Your effort zone for 'almost all' sessions.

About 'your' 60-70% perceived effort - no harder.

Around 125-140 heart rate beats per minute.

'Your' conversation pace.

### WORKING

Only used after 3-6 weeks of training.

About 70-85% perceived effort.

Around 135-165 beats per minute.

You can hold pace for at least 20 minutes.

### BLOWING

Only explored when healthy, fit, and trained!

About 85-95% perceived effort.

Around 160-180 beats per minute.

Very uncomfortable place!

Date	Type	Intensity	Time	Session Notes
MON 4.6.18	Easy	<DTI	45	45 easy float, say top around 135! Mix up terrain, hard, grass etc Even treadmill is OK!
TUES 5.6.18	TT	DTI	45-55	Design a course, uninterrupted, mostly flattish! Cap @ 143 but race it! Week 1: please text!
WEDS 6.6.18				
THURS 7.6.18	Rollers	DTI	45	Be certain to throw in some hills, but cap off @ 143.  Accept you'll be slow on the ascents! Patience!

				Work on soft foot fall – visualise barefeet on hot bitumen.
FRI 8.6.18				
SAT 9.6.18				
SUN 10.6.18	Long	DTI		Design an out & back course! You don't need it to be as uninterrupted at Tuesday TT. Start – cap off @ 143 – turn at 35 minutes, exactly. Get back to start – cap off @ 143. Time differential: Please text (Down is Gold, Up is likely).
MON 11.6.18	Easy, Grass	<DTI	45	Spent 35/45 min on grass. All easy cap off @ 135. Step every 10 mins – 3 x 10 Push ups (15 seconds rest). Treadmill is OK! – but same set.
TUES 12.6.18	TT	DTI	45-55	Same course. Cap @ 143. Week 2: please text!
WEDS 13.6.18				
THURS 14.6.18	Rollers	DTI	45	Play with a slightly quicker turnover, but cap off @ 143.
FRI 15.6.18				
SAT 16.6.18				
SUN 17.6.18	Long	DTI		Same course. Cap off @ 143 swing @ 35 mins. Time differential: Please text (Down is Gold, Up is likely).
MON 18.6.18	Easy, Grass	<DTI	45	Spent 35/45 min on grass. All easy cap off @ 135. Step every 10 mins – 3 x 10 Push ups (15 seconds rest). ***Finish with 8 x 20 metre Strides – as in stride out for 'just' 20 metres/ Easy super float back. Treadmill is OK! – but same set.
TUES 19.6.18	TT	DTI	45-55	Same course. Cap @ 143. Week 3: please text!
WEDS 20.6.18				

THURS 21.6.18	Rollers	DTI	45	Spend 20 mins focussed on the same hill –repeats. Cap off @ 143, very short & low recovery descents.
FRI 22.6.18				
SAT 23.6.18				
SUN 24.6.18	Long	DTI		Same course. Cap off @ 143 swing @ 35 mins. Time differential: Please text (Down is Gold, Up is likely).
MON 25.6.18	Easy, Grass	<DTI	45	Spent 35/45 min on grass. All easy cap off @ 135. Step every 10 mins – 3 x 10 Push ups (15 seconds rest). ***Finish with 16 x 20 metre Strides Treadmill is OK! – but same set.
TUES 26.6.18	TT	DTI	45-55	Same course. Cap @ 143. Week 4: please text!
WEDS 27.6.18				
THURS 28.6.18	Rollers	DTI	45	Spend 20 mins focussed on the same hill –repeats. Cap off @ 143, very short & low recovery descents.
FRI 29.6.18				
SAT 30.6.18				
SUN 1.7.18	Long	DTI		Same course. *** Cap off @ 143 swing @ 35 mins/ Cap off @ 149 on return trip. Time differential: Please text (Down is Gold, Up is likely).