

Team Snowy

Canberra Running Festival Sunday, April 5th, 2020

A Walk'n'Talk Program – A 10km Training Plan



Name:

Training Block Dates:

EVENT GOAL

Your Walk'n'Talk Program

- ✓ 8 Weeks @ 4/7 prep sessions per week = 32 sessions.
- ✓ All sessions are performed at 'your' EASY to 'your' MEDIUM effort! No 'HARD' stuff!
EASY – a comfortable, well-controlled talking effort.
MEDIUM – a working but regulated effort.
- ✓ Your bigger session is listed for the weekend.
- ✓ Ideally, commit to this program with a training mate.
- ✓ Print your program and tick off your commitment.

Canberra Running
Festival
Sunday, April 5th, 2020
10km

Your 'effort' expressed simply



WEEK ONE

Date	Session	Intensity	Time	Details
MON				
TUES	Steady	Easy	30	Consider mixing up the terrain – concrete, gravel, dirt, grass, etc. Other than a easier warming up period of say, 5 mins, hold your 'easy' effort the entire session.
WEDS				
THURS	Hills	Easy	30	Ideally, throw in some hills into your training route. Repeating the same hill can also be fun. Be certain to maintain your 'easy' effort, only.
FRI				
SAT	Long	Easy	45	Perhaps stop at halfway for a water break.
SUN	Steady	Easy	30	Up you get and log another 30 mins you're your easy effort. Tick off your week one training.

WEEK TWO

MON				
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TUES	Steady	Easy	30	Week 2 – much of the same. Your fitness and belief will develop with consistent training – most of which is performed at your ‘easy’ effort.
WEDS				
THURS	Hills	Easy	30	Hills are great for your strength. Again, ‘easy’ effort, only!
FRI				
SAT	Long	Easy	45	Permitting, map the same course as last week. As your fitness improves, you’ll likely complete the same track faster and more easily.
SUN	Easy	Easy	30	Mix up your courses.
WEEK THREE				
MON				
TUES	Steady	Easy	40	40 mins at your easy effort – NOW – step up your effort to your medium for the final 10 minutes, only.
WEDS				
THURS	Hills	Easy	30	Press a little harder on the up hills, only – backing off on the down hills. A 30-minute session, only.
FRI				
SAT	Long	Easy	60	A one-hour training session. While you should feel the session, I don’t want you exhausted for the rest of the day.
SUN	Easy	Easy	30	30 mins to finish the week. 4 x 10 Crunching (tummy) exercises to finish.
WEEK FOUR				
MON				
TUES	Steady	Easy/ Medium	40	Again, work harder for the last 10 minutes. 4 x 10 Crunching (tummy) exercises to finish.
WEDS				
THURS	Hills	Easy	30	Press a little harder on the up hills, only – backing off on the down hills. A 30-minute session, only. 3 x 10 Push Ups – performed on your knees or feet.
FRI				
SAT	Long	Easy	60	A one-hour training session. While you should feel the session, I don’t want you exhausted for the rest of the day.
SUN	Easy	Easy	30	30 mins to finish the week. 4 x 10 Crunching (tummy) exercises to finish. 3 x 10 Push Ups – performed on your knees or feet.
WEEK FIVE				
MON				
TUES	Steady	Easy/Medium	40	10 easy/ 10 medium/ 10 Easy/ 10 medium
WEDS				
THURS	Hills	Easy	40	Throw another 10 minutes on your session this morning. 3 x 10 Push Ups – performed on your knees or feet.
FRI				
SAT	Long	Medium	60	Power hour – brisk non-stop power walking at your medium effort.
SUN	Easy	Easy	30	30 mins to finish the week. 4 x 10 Crunching (tummy) exercises to finish.

3 x 10 Push Ups – performed on your knees or feet.

WEEK SIX

MON				
TUES	Steady	Easy/Medium	40	10 easy/ 10 medium/ 10 Easy/ 10 medium
WEDS				
THURS	Hills	Easy	40	Change up your track today – yep, create a new course! But keep the hills, if possible. 3 x 10 Push Ups – performed on your knees or feet.
FRI				
SAT	Long	Medium	70	Pace yourself – drink – keep moving! Tick off the session.
SUN	Easy	Easy	30	30 mins to finish the week. 4 x 10 Crunching (tummy) exercises to finish. 3 x 10 Push Ups – performed on your knees or feet.

WEEK SEVEN

MON				
TUES	Steady	Easy/Medium	40	10 easy/ 10 medium/ 10 Easy/ 10 medium
WEDS				
THURS	Hills	Easy	40	3 x 10 Push Ups – performed on your knees or feet.
FRI				
SAT	Long	Medium	75	Last big one. Pace yourself – drink – keep moving! Tick off the session.
SUN	Easy	Easy	30	30 mins to finish the week. 4 x 10 Crunching (tummy) exercises to finish. 3 x 10 Push Ups – performed on your knees or feet.

FINAL WEEK

MON				
TUES	Steady	Easy/Medium	40	10 easy/ 10 medium/ 10 Easy/ 10 medium
WEDS				
THURS	Steady	Easy	40	3 x 10 Push Ups – performed on your knees or feet.
FRI				
SAT	Rest			
SUN	Event Day		Who cares!	Well done, you made it! Please, trust me. I promise you'll be just fine! And you'll enjoy it! There a no special meals, fancy attire, or performance-enhancing drugs you need. Jump into the starting area, towards the back of the field. As soon as the gun goes, take it out and follow the leader – that's it! See ya at the end!