

SNOWY MOVES, ANYWAY, 2020

Your 8-Week Training Guide

Stroll – Shuffle – Skip – Sprint

BP's Top 5 Key Practice Tips

1. Tell (lots of) people you're in!

Your vocal recognition will drive your motivational commitment. Repeat, tell em, and buy some new kicks (see the Snowy deal)!

2. Print out your program!

Manually tick off your sessions! From little things, big things grow!

3. Police 'your' intensity!

I can't stress this one enough. When I say, 'easy', I mean 'easy'! Perform most sessions at your relative 'easy' intensity.

4. Practice ideal conditions, most of the time!

If and when possible; wear 'proper' shoes, include some grass training, add a flatter surface, and train earlier in the day.

5. Save your legs!

Trust me, if you choose to run, holding an even tempo (strides per minute) between 175 -180 will reduce your functional stress and potential injury by 75%. FYI – I run to a metronome of 87 BPM (my left foot hitting the beat). This tempo, 1) limits overstriding stresses, 2) drives your best postural balance, and, 3) leads a rhythmic and consistent flow.



How it works!

- 30 minutes at 'your' easy effort, means; regardless of your preferred action, walking, shuffling, running, or a mixture of everything, simply match your action to your perceived 'easy' effort.
- E.g. My 'easy' effort run might yield a speed of 14kph, but your easy effort running might yield a speed of 7kph.
- Match the listed effort to the terrain. E.g. you'll generally need to back right off when ascending, etc.
- Remember, if it's easy, keep it easy.
- Feel free to move sessions around, better fitting your lifestyle.

Your Intensity Guide

EASY

About your 50-65% of your maximum sustained effort,
Your all-day conversational pace,
Your Heart Rate range: 'about' 110 – 120bpm.

MEDIUM

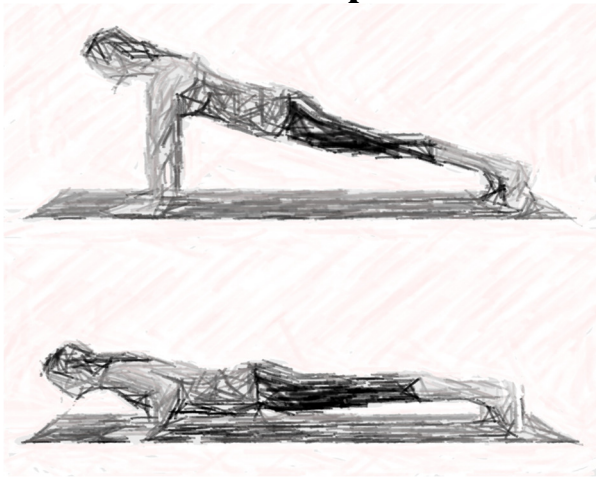
About your 65-80% of your maximum sustained effort,
Your working pace,
Your Heart Rate range: 'about' 120 – 140bpm.

HARD

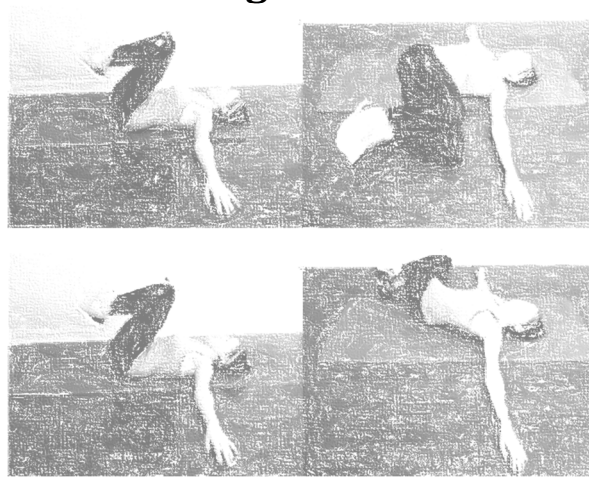
About your 80-95% of your maximum sustained effort,
Your unsustainable hard pace,
Your Heart Rate range: 'about' 140 – 165bpm.

Your Strengthening Exercises

Push Ups



Leg Twists



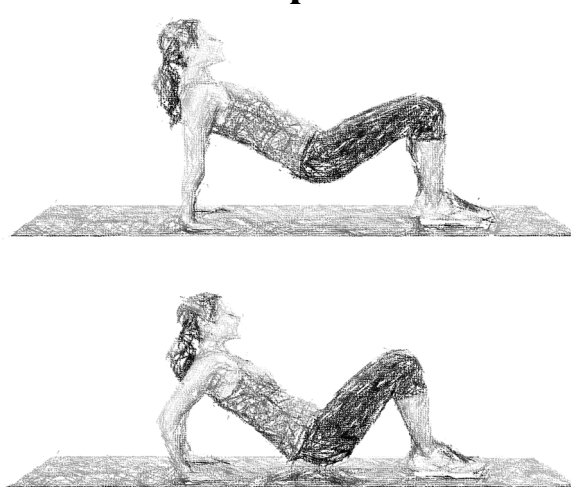
Back Arches



Sit Ups



Dips



Face Down Leg Twists



Free GPS Tracking App - via App Store

MapMyRun

Record your progress



Free Snowy Team App

Click the link on
webpage

Join our team!



Start Training

Date	Duration	Intensity	Session	Complete
24.8	30	Easy	Dress appropriately, consider a few motivating tunes, and start before you truly wake up and realise how crazy your actions. Oh, and hold a steady but 'easy' pace. Strength Set One - 3 x 10: Push-Ups, Leg Twists, Back Arches (see the webpage video for a demonstration).	✓
25.8				
26.8	30	Easy	If possible, change up your training routes. Plan an out'n'back course, swinging around at the 15-minute mark. Strength Set One - 3 x 10: Push-Ups, Leg Twists, Back Arches.	
27.8				
28.8	30	Easy	Get up, rug up, lace-up, and go! Strength Set One - 3 x 10: Push-Ups, Leg Twists, Back Arches.	
29.8	50	Easy	A more extended session, pace yourself appropriately. *Throw up your weekly training on our free Team App - Snowy Moves.	
30.8				
31.8	30	Easy	Week Two - More of the same. Be patient. Strength Set One - 3 x 10: Push-Ups, Leg Twists, Back Arches.	
1.9				
2.9	30	Medium	Push yourself a little harder today. A slightly faster pace. Harder, being, 'your' harder. Be sure to remain in total control of your form and your breathing. Medium (effort) doesn't mean hard! Strength Set One - 3 x 10: Push-Ups, Leg Twists, Back Arches.	

3.9				
4.9	30	Easy	If possible, find some rolling hills, or repeat the same hill (up & back; repeat). Easy intensity, only. Strength Set One – 3 x 10: Push-Ups, Leg Twists, Back Arches.	
5.9	50	Easy	A more extended session, so pace yourself. While training (and eating) consistency is the key to your success, this longer more enduring session is your PRIME workout. So be sure to nail this session.	
6.9				
7.9	40	Easy	Kick-off your week with 40 minutes on your feet. Strength Set Two – 3 x 10: Sit Ups, Dips, Prone Twists	
8.9				
9.9	30	Medium	Medium effort. Strength Set Two – 3 x 10: Sit Ups, Dips, Prone Twists	
10.9				
11.9	30	Easy	Rolling hills, or repeat the same hill (up & back; repeat). Strength Set Two – 3 x 10: Sit Ups, Dips, Prone Twists	
12.9	50	Easy	Same again. Your 'easy' intensity, for 50 minutes, only. *Remember, generally, as your fitness improves, your speed at your perceived 'easy' intensity will increase - this being a great feeling.	
13.9				
14.9	30	Medium	Week Four begins with a brisk 30 minutes. Strength Set Two – 3 x 10: Sit Ups, Dips, Prone Twists	
15.9				
16.9	30	Medium	Create a new song playlist – press play, get moving. Strength Set Two – 3 x 10: Sit Ups, Dips, Prone Twists	
17.9				
18.9	30	Easy	Rollers. The ups & downs build muscle, bone & joint strength. Do them. Strength Set Two – 3 x 10: Sit Ups, Dips, Prone Twists.	
19.9	60	Easy	A full hour. Log this key session. Remember dress appropriately. Surrender a little starting coolness as you'll warm up quickly.	
20.9				
21.9	40	Medium	Back to 40 minutes, today. Medium effort. Strength Set Three – 3 x 10: Push-Up/ Back Arch[1/1 x 10], Crunches (1/2 Sit up), Plank [hold the starting position of a push up – but on your elbows].	
22.9				
	30	Medium	Go! Holding your medium effort. Strength Set Three – 3 x 10: Push-Up/ Back Arch[1/1 x 10], Crunches (1/2 Sit up), Plank [hold the starting position of a push up – but on your elbows]	
23.9				
24.9	45	Easy	Up early, 45 minutes on your feet.	

			Strength Set Three – 3 x 10: Push-Up/ Back Arch[1/1 x 10], Crunches (1/2 Sit up), Plank [hold the starting position of a push up – but on your elbows]	
25.9	30	Easy	30 minutes	
26.9	60	Easy	A full hour to finish off week five.	
27.9				
28.9	40	Medium	Back to 40 minutes, today. Medium effort. Strength Set Three – 3 x 10: Push-Up/ Back Arch[1/1 x 10], Crunches (1/2 Sit up), Plank [hold the starting position of a push up – but on your elbows]	
29.9				
30.9	30	Medium/Hard	Reload, Go! Strength Set Three – 3 x 10: Push-Up/ Back Arches, Crunches, Side Dips. Push-Up/ Back Arch[1/1 x 10], Crunches (1/2 Sit up), Plank [hold the starting position of a push up – but on your elbows]	
1.10				
2.10	30	Easy	30 minutes of hills (if possible). Strength Set Three – 3 x 10: Push-Up/ Back Arch[1/1 x 10], Crunches (1/2 Sit up), Plank [hold the starting position of a push up – but on your elbows]	
3.10	75	Easy	75 minutes – starting steadily – build up to your new fit pace – hold – and finish strongly.	
4.10				
5.10	40	Medium	40 minutes, today. Medium effort. Strength Set Three – 3 x 10: Push-Up/ Back Arch[1/1 x 10], Crunches (1/2 Sit up), Plank [hold the starting position of a push up – but on your elbows]	
6.10				
7.10	40	Medium/Hard	Back to 40 minutes, with the last 10 minutes at your hard effort. Strength Set Two – 3 x 10: Sit Ups, Dips, Prone Twists.	
8.10				
9.10	30	Easy	30 minutes of hills (if possible). Strength Set Three – 3 x 10: Push-Up/ Back Arch, Crunches, Side Dips.	
10.10	75	Easy/ Medium	75 minutes – starting steadily and picking up your effort ever slightly towards the back end of the session. We need this session in the bank.	
11.10				
12.10	40	Medium	40 minutes, today. Medium effort. Strength Set Three – 3 x 10: Push-Up/ Back Arch[1/1 x 10], Crunches (1/2 Sit up), Plank [hold the starting position of a push up – but on your elbows]	
13.10				
14.10	30	Medium/Hard	Same as last week – the last 10 at ‘hard’ - I’d jump on grass for today’s session. Strength Set Two – 3 x 10: Sit Ups, Dips, Prone Twists.	

15.10				
16.10				
17.10	Snowy Moves 2020 (10km Challenge)			
18.10	<ul style="list-style-type: none"> ○ Plan your starting time - write it down - throw it up on your fridge - eg; 9am Saturday. ○ Note - some regions will hold their own designated event; eg. starting time & course. ○ Let BP know of your achievement via email (brad.pamp@smowyhydro.com.au); Smart watch/phone GPS tracking, A stopwatch pic, take a 'happy' pic, or simply email me your completion, eg; Brad, I did it! Jenny. <p>Go get em! Congratulations</p>			