

'It Takes Two'

Snowy 14km Anniversary Event – Oct 16-17th, 2021.



Preparation Block One

Date	Workout	Time	Tips	Nailed it
6.9.20				
7.9.20	Steady	30	It's simple, get up, throw on your gear, ideally meet up with your 'It takes Two' partner, knock out 30 minutes at your easy conversational pace effort, and boom, you're done.	✓
8.9.20				
9.9.20	Steady	40	Again, walk, shuffle, run, or a bit of everything – 40 minutes is the goal.	
10.9.20				
11.9.20	Steady	50	Pace yourself or each other. I want 50 minutes of go time.	
12.9.20	Steady	20	Short and sweet. It's more about continuity. Your body craves exercise consistency.	
13.9.20				
14.9.20	Steady	35	Remember to give your 5 minutes to warm up, then hit your all-day effort, hold, and be sure you can hit the line – 35 minutes.	
15.9.20				
16.9.20	Hills	40	I want you or your team to spend at least half your session either moving up or down. I enjoy hill repeats. Find a hill and spend 20 minutes moving at your easy conversational effort.	
17.9.20				
18.9.20	Steady	60	For some, 60 minutes is a super long session. So, be sure your pacing matches this time on your feet. An all-day leisurely pace is key. And for those lucky to be training with your partner, rate all effort off your person most developing their fitness.	
19.9.20	Track	30	Get yourself to a grassy park – a footy oval is perfect. Move at your all-day effort + 10% for 8 minutes, then back it right off for 2 minutes – your recovery period. So, it's $8/2 = 10 \times 3 = 30$ minutes. Got it? Go!	