

'It Takes Two'

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



Preparation Block Two

Date	Workout	Time	Tips	Nailed it
20.9.20				
21.9.20	Steady	30	OK, today, I want 4 minutes at your easy all-day conversational effort – then – I want you to pick it up for 1 minute – so a 4:1 split = 5 minutes x 6 = 30 minutes! Go, what are you waiting for?	✓
22.9.20				
23.9.20	Steady	40	Now you're moving, let's have some fun. Try this... 1 minute super easy/ 1 minute pick it up a tad/ 1 minute pushing firmly. Remember, this is all at YOUR mode (walk, jog, run) and effort (it's your perceived effort).	
24.9.20				
25.9.20	Steady	50	I don't want to go, I don't want to go, I don't want to go, I don't want to go, I don't want to go, Relax, this is also me, - chill, here's what you're going to do - Tune up your fav music, starting with a ripping song, a track that fires you up – no, not a love song, get some ACCADACCA rockin, or....whatever! Now, get out the door and let me know you nailed this session. 50 minutes on feet – keeping it steady the entire way.	
26.9.20	Steady	20	Yes, you're going again – I WANT kms – lots of them.	
27.9.20				
28.9.20	Steady	35	OK, are you ready? 3 mins super easy & steady/ 2 minutes pressing strongly (for you, that is) = 5 mins x 7 = 35 minutes C ya!	
29.9.20				
30.9.20	Hills	40	Hills sessions are great. Remember, keep your stride super short on both the up & the downs. Keep your breath rate under control – let's be clear, if I ask you a question, you should be able to answer me. So, control your huff'n'puff, and go get me some stronger legs & fat-burning omph!	

1.10.20				
2.10.20	Steady	75	<p>Righto, make yourself a new tracklist, pre-design your route, and get it done before your brain thinks this is a dumb idea!</p> <p>75 minutes moving means 75 minutes moving! Go on, left foot, then right foot, it's easy!</p>	
3.10.20	Track	30	<p>Get yourself to a grassy park – a footy oval is perfect.</p> <p>Estimate 400 metres; Easy 400/ 400 hard = 'about' 800 x 5 – yep, you with me! Let's hit the track!</p> <p>Let BP know you banked this PART TWO.</p>	