

'It Takes Two'

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



Preparation Block Three

Date	Workout	Time	Tips	Nailed it
4.10.20				
5.10.20	Steady	34	<p>A nice easy 10 minute warm up at YOUR 65% - stroll, walk, jog, run). Now, watching your stopwatch, push it up to your 85% for 3 minutes, then, back it off for 1 minute. 3 hard: 1 easy – 4 minutes x 6 = 24 minutes. Keep the terrain as flat as possible!</p> <p>Remember, your 85% could represent a fast walk through to a fast run.</p> <p>Before hitting the shower, punch out, 3 x 8 Push Ups (On your feet or knees) – just do em!</p>	✓
6.10.20				
7.10.20	Steady	42	<p>Again, a nice and steady warm up – I truly prioritise my warmup period – never, ever, do I take out a workout hard! My breath rate is always conservative in the warm up.</p> <p>Warm up – 10 minutes</p> <p>Main set 6 at a stronger effort/ 2 at an easier effort = 8-minute split x 4 = 32 minutes.</p> <p>Att: Runners – please consider a shorter running stride – like, baby steps!!!!</p>	
8.10.20				
9.10.20	Steady	60	<p>The human body loves being tested! We're hard wired to adapt! And, we adapt well.</p> <p>So get you kit on and I get going! I don't want to see you for an hour. 60 minutes non-stop!</p>	

			Pace yourself! Remember, I'll all about your ideal pace – not mine!	
10.10.20	Steady	30	Because summer is coming – AND – COVID is going! We're going again! 30 minutes, today. Easy, please.	
11.10.20				
12.10.20	Steady	35	Try this! 5 min super easy warm up! FYI – Often, I'll walk, brisk walk, my warmup – even if I plan to run for 60 minutes at 4.00kph pace. Don't undermine the value of a brisk walk! 1 easy/ 1 hard = 2 minutes x 5 = 10 minutes 1 easy/ 2 hard – 3 minutes x 3 = 9 minutes 1 easy/ 3 hard = 4 minutes x 2 – 8 minutes 3 x 15 sit ups Shower – and finish your shower with a cold burst.	
13.10.20				
14.10.20	Hills	40	Hill day, again. 10 WUp Go find a hill – up & downs at your easy effort for 30 minutes. Tunes are typically a must! Hmmmmm, I think I'll enjoy ACDC's Back in Black Album, today.	
15.10.20				
16.10.20	Steady	80	Yep, it's not a typo – 80 minutes Pace it, Or log your 10 kms	
17.10.20	Track	30	What if..... You did 10kms yesterday, and..... You did another 10kms today! Just saying.....what if.....	