

C2S 2022

8 WEEK YELLOW PLAN

BUILD
SLOWLY

BE
PATIENT

CONTROL YOUR
INTENSITY

ENJOY THE
PROCESS

WEEK 1

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				Righto, welcome, let's start. <ul style="list-style-type: none">• Listed below are your 'must do sessions' (life permitting).• If you wish, you can add further 'walking' sessions.• Check out your 'intensity' guidelines at the bottom of the program – this is key.• Ideally, all sessions can be performed outside or using a treadmill.• Feel free to move around your key listed sessions to suit your lifestyle.
Tues	Press walk	Medium	30	Hold 'your' medium effort (intensity) steadily. A 15 min out & back is often best. Press walk: a strong, brisk walk just short of a shuffle.
Weds				
Thurs	Press walk	Medium	30	Throw on the tunes, and off you go. Your favourite music is often the motivation needed for training consistency.
Fri				
Sat	Press walk	Medium	50	Pace yourself with your first longer session. Drink (water) immediately on finishing. All done, your three key sessions are in the bank.
Sun				

WEEK 2

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Press walk	Medium	30	Building your fitness works from continuity – not intermittent 'harder' sessions. While mixing up your week to week training route can offer variety and interest, knowing the same course offers up weekly (timetrial) testing.
Weds				
Thurs	Press walk	Medium	30	Be sure to include some hills in today's session (if this is possible). Guard your 'medium' intensity on the ascents. This gold program promotes an even 'medium' intensity throughout. You should be finishing every session believing you could keep going.
Fri				
Sat	Press walk	Medium	50	Stick to the plan, 50 mins is plenty at your medium effort.
Sun				

WEEK 3

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Press walk	Medium	30	It's often best to start in warmer clothing and remove when your body temperature naturally elevates. A 15 min out & back is often best.
Weds				
Thurs	Press walk	Medium	40	Add a further 10 mins and again and find some hills – up & back repeats are a good training idea. Hills naturally strengthen your legs, hips & back.
Fri				
Sat	Press walk	Medium	50	Be sure to pace out appropriately. Your outpace should allow for hitting the finishing line strongly. Again, your three listed sessions will build your fitness appropriately and safely.

Sun				
WEEK 4				
DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Press walk S'n'S	Medium	30	30 + S'n'S. Start to include the Strength & Stretch sets after your aerobic session. See weblink (video) for the sets – press play and follow along – it's easy to follow.
Weds				
Thurs	Press walk	Medium	40	Either continue with your hilly press walk, or, Shuffle:Walk @ 1 min shuffle: 4 min Press walk = 5 mins x 8 = 40 mins. The shuffle is performed at about the same pace as your press walk, your feet are kept low to the ground, and you are using a super short stride. Perhaps trial this session on grass. So, it's best to start with a one-minute shuffling followed by 4 minutes of press walk. The short stride shuffle reduces the impact costs of a typical running stride. A safe run will build your fitness faster than walking alone and can offer up a huge confidence boost.
Fri				
Sat	Press walk S'n'S	Medium	60	One hour on feet. Kit up appropriately, pick your favourite tunes and socks, press play, and move. See you in an hour. Throw in your S'n'S sets on finishing! Place your kicks at the door in readiness for tomorrow's short session.
Sun	Press walk	Easy	20	Throw in an additional easy 20 minutes to round out the week. I like to practice this easy Sunday recovery session barefoot and on grass. Barefoot is a safe way to strengthen you're your feet.
WEEK 5				
DAY	TYPE	INTENSITY	DURATION	COMMENTS

Mon				
Tues	Press walk S'n'S	Medium	30	Finish your 30 min steady effort session with the S'n'S set. Feel to continue with your shuffle:walk ratio. Using a 4W:1R repeating is typically best.
Weds				
Thurs	Press walk	Medium	40	A hilly press walk 'or' shuffle:walk.
Fri				
Sat	Press walk S'n'S	Easy/Medium	75	We will build up our weekend 'long' sessions from here. With 75 rhythmic minutes to be logged, be sure to take it out conservatively and build up to your 'all-day' pace. It's often a good idea to eat immediately after finishing.
Sun	Press walk	Easy	30	Back to back training days, when appropriate, certainly boost your enduring fitness. Plan, kit up, and get moving. Knocking it over first thing in the morning is typically best. Feel to continue with your shuffle:walk ratio.

WEEK 6

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Press walk S'n'S	Medium	30	Attempt to push this session a little harder – noting the intensity guideline. If it is you cover the same course, week to week, today is the personal best day. Feel to continue with your shuffle:walk ratio.
Weds				
Thurs	Press walk S'n'S	Medium	40	A hilly press walk or shuffle:walk @ 2 shuffle: 3 brisk walk - repeat. Increase the shuffle ratio if you feel more confident on your feet during the shuffle portion. Ideally, the more shuffling, the better – providing you avoid post-session injury, sickness or extreme hunger (for sugar).
Fri				
Sat	Press walk S'n'S	Easy/Medium	90	A water stop of two throughout is a good idea. Hold your all-day pace.

Sun	Press walk	Easy	30	Not long to go now. This shorter session is hugely beneficial for your collective fitness. Feel to continue with your shuffle:walk ratio – a grassy session might be the best today.
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WEEK 7

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Press walk S'n'S	Medium	30	Work strongly today. If it is you cover the same course, week to week, today is the personal best day.
Weds				
Thurs	Press walk S'n'S	Medium	40	A hilly press walk or shuffle:walk @ 2 shuffle: 3 brisk walk - repeat.
Fri				
Sat	Press walk S'n'S	Easy/Medium	100	100 is the mark. Log 100 minutes of continuous movement. Finishing this session healthy will give you confidence.
Sun	Press walk	Easy	45	Your last double session, and yes, 45 minutes is needed. Hang in there.

WEEK 8

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				Race week. Stay healthy. Don't cram training. Eat cleanly.
Tues	Press walk S'n'S	Medium	30	Try to beat your best time.
Weds				
Thurs	Press walk S'n'S	Medium	30	Just keep it steady.

Fri				
Sat	Press walk S'n'S	Easy/Medium	30	Just a short Captain's run. Loosen up for tomorrow's Funday.
Sun	RACE DAY		Doesn't matter	<ul style="list-style-type: none"> ✓ No tricks. ✓ Start nice and easy. ✓ Build up to 'YOUR' all-day pace. ✓ Enjoy water at each aid station, perhaps a tiny sip of sports-drink. ✓ Enjoy the views. ✓ Take it easy up the hill. ✓ Press to the finishing line. <p>Congratulations.</p>

Your intensity guide.

Easy	Medium	Hard
<ul style="list-style-type: none"> • You can hold entire conversations at this effort. • You should feel like you could go forever. • Upon finishing, you should feel like you could go again. • Never should you pull up sore. • Your starting warm-up effort. 	<ul style="list-style-type: none"> • You can answer questions in 3-4 words. • You're working but not blowing. • You produce manageable body heat and perhaps a lite sweat. • On finishing, you could keep going, but you know it's been a solid session. 	<ul style="list-style-type: none"> • You can only hold this effort for 2-3 minutes. • You are working vigorously. • You are catching your breath. • There is little value in the gold program venturing up this effort level.

Attention: those with a heart rate monitor.

Calculate your 'medium' effort represented in beats per minute.

a) 183 minus your Age =

b) If you've suffered significant illness within the last five years; minus 6 =

c) You've been largely sedentary over the past two years; minus 3 =

d) You have suffered more than one cold & flu over the past 12 months; minus 2 =

e) You are challenged regularly with muscle or joint inflammatory conditions; minus 3 =

f) You are challenged with lifestyle stress; minus 3 =

g) You've mainly been healthy for two years; add 6 =

h) You've exercised regularly for three years; add 5 = (This number is your medium perceived effort).

Easy = <10 beats lower.

Hard = 10> beats higher.