21.1



- 1. Calculate your fitting training intensity THE DTI INTENSITY.
- 2. Understand the walk:run method THE W:R METHOD.
- 3. Understand and map out your timetrial THE TT MODEL.
- 4. Consider Brad Pamp's thoughts on running technique RUNNING TECHNIQUE.
- **5.** Check out the 'what if, can I, section.
- **6.** Enjoy posting on your team's channel.

The listed training prescription is designed by Brad Pamp (a trained & educated Exercise Scientist for over 30 years). While the prescription is scaled, it features Brad's learnings from 35 personal marathons and coaching over 4000 athletes. Brad's training philosophy uses bespoke intensity control (DTI) & time on feet, and pace & distance will vary from person to person.

Date	Session	Intensity	Time	8 WEEKS TO GO.	
MON					
TUES	Easy	<dti< td=""><td>30</td><td>Walk1 (mins):Run4 (mins) = 5 x 6 (repeats) = 30</td></dti<>	30	Walk1 (mins):Run4 (mins) = 5 x 6 (repeats) = 30	
WEDS					
THURS	Easy	<dti< td=""><td>40</td><td>W1:R9 = 10 x 4 = 40</td></dti<>	40	W1:R9 = 10 x 4 = 40	
FRI					
SAT	Easy	DTI	60	W1:R4 = $5 \times 6 = 30$	
				W1.30:3.30 = 5 x 6 = 60	
SUN	Easy	< <dti< td=""><td>20</td><td>All on grass, super easy pace, with the last 5 minutes barefoot.</td></dti<>	20	All on grass, super easy pace, with the last 5 minutes barefoot.	
7 WEEKS TO GO.					
MON					
TUES	Easy	<dti< td=""><td>30</td><td>W1:R4 = $5 \times 6 = 30$</td></dti<>	30	W1:R4 = $5 \times 6 = 30$	
WEDS					
THURS	TT1	DTI	?	Record your time.	
FRI					
SAT	Easy	DTI	60	W1:R4 = $5 \times 6 = 30$	
				$W1.30:3.30 = 5 \times 6 = 60$	
SUN	Easy	< <dti< td=""><td>20</td><td>All on grass, super easy pace, with the last 5 minutes barefoot.</td></dti<>	20	All on grass, super easy pace, with the last 5 minutes barefoot.	
				6 WEEKS TO GO.	
MON					

WEDS THURS TT2 DT1 ? Record your time.	TUES	Easy	<dti< th=""><th>40</th><th>W1:R4 = 5 x 8 = 40</th></dti<>	40	W1:R4 = 5 x 8 = 40				
FRI SAT	WEDS								
SAT	THURS	TT2	DTI	?	Record your time.				
W1.30:3.30 = 5 x 6 = 60	FRI								
SUN	SAT	Easy	DTI	60	W1:R4 = 5 x 6 = 30				
MON TUES Easy <dti 4="40" 40="" td="" wi:r9="10" x="" ="" <=""><td></td><td></td><td></td><td></td><td>$W1.30:3.30 = 5 \times 6 = 60$</td></dti>					$W1.30:3.30 = 5 \times 6 = 60$				
MON	SUN	Easy	< <dti< td=""><td>30</td><td></td></dti<>	30					
TUES									
WEDS THURS TT3 DTI ? Record your time. FRI SAT Easy DTI 80 W1:R4 = 5 x 6 = 30 W2:R8 = 10 x 5 = 50 SUN Easy < <dti< td=""> 30 All on grass, super easy pace, with the last 10 minutes barefoot. MON TUES Hills DTI 45 Spend 30/45 minutes running up and down a gradient of 3-6%. Easy on the descents. WEDS THURS TT4 DTI ? Record your time. FRI SAT Easy DTI 90 W1:R4 = 5 x 6 = 30 W2:R8 = 10 x 6 = 60 W2:R8 = 10 x 6 = 60 SUN Easy <<dti< td=""> 30 All on grass, super easy pace, with the last 10 minutes barefoot. MON TUES Hills DTI 45 Spend 30/45 minutes running up and down a gradient of 3-6%. Easy on the descents. WEDS THURS TT5 DTI ? Record your time. FRI SAT Easy DTI 90 W1:R4 = 5 x 6 = 30</dti<></dti<>	MON								
THURS TT3 DTI ? Record your time. FRI SAT Easy DTI 80 W1:R4 = 5 x 6 = 30 W2:R8 = 10 x 5 = 50 W2:R8 = 10 x 5 = 50 W2:R8 = 10 x 5 = 50 SUN Easy < <dti< td=""> 30 All on grass, super easy pace, with the last 10 minutes barefoot. WEDS TUES Hills DTI 45 Spend 30/45 minutes running up and down a gradient of 3-6%. Easy on the descents. WEDS TT4 DTI ? Record your time. FRI SAT Easy DTI 90 W1:R4 = 5 x 6 = 30 W2:R8 = 10 x 6 = 60 W2:R8 = 10 x 6 = 60 W2:R8 = 10 x 6 = 60 MON 3 WEEKS TO GO. MON Spend 30/45 minutes running up and down a gradient of 3-6%. Easy on the descents. WEDS THURS TT5 DTI ? Record your time. FRI SAT Easy DTI 90 W1:R4 = 5 x 6 = 30</dti<>	TUES	Easy	<dti< td=""><td>40</td><td>$W1:R9 = 10 \times 4 = 40$</td></dti<>	40	$W1:R9 = 10 \times 4 = 40$				
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SAT	THURS	TT3	DTI	?	Record your time.				
W2:R8 = 10 x 5 = 50	FRI								
SUN Easy < <dti 10="" 3="" 3-6%.="" 30="" 4="" 45="" 6="30</td" 90="" <<dti="" ?="" a="" all="" and="" barefoot.="" descents.="" down="" dti="" easy="" fri="" go.="" gradient="" grass,="" hills="" last="" minutes="" mon="" of="" on="" pace,="" record="" running="" sat="" spend="" sun="" super="" the="" thurs="" time.="" to="" tt4="" tt5="" tues="" up="" w1:r4="5" w2:r8="10" weds="" weeks="" with="" x="" your=""><td>SAT</td><td>Easy</td><td>DTI</td><td>80</td><td>$W1:R4 = 5 \times 6 = 30$</td></dti>	SAT	Easy	DTI	80	$W1:R4 = 5 \times 6 = 30$				
MON					$W2:R8 = 10 \times 5 = 50$				
MON TUES Hills DTI 45 Spend 30/45 minutes running up and down a gradient of 3-6%. Easy on the descents. WEDS THURS TT4 DTI ? Record your time. FRI SAT Easy DTI 90 W1:R4 = 5 x 6 = 30 W2:R8 = 10 x 6 = 60 SUN Easy < <dti< td=""> 30 All on grass, super easy pace, with the last 10 minutes barefoot. MON TUES Hills DTI 45 Spend 30/45 minutes running up and down a gradient of 3-6%. Easy on the descents. WEDS THURS TT5 DTI ? Record your time. FRI SAT Easy DTI 90 W1:R4 = 5 x 6 = 30</dti<>	SUN	Easy	< <dti< td=""><td>30</td><td>All on grass, super easy pace, with the last 10 minutes barefoot.</td></dti<>	30	All on grass, super easy pace, with the last 10 minutes barefoot.				
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descents.	MON								
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W2:R8 = 10 x 6 = 60 SUN Easy < <dti 10="" 3="" 3-6%.="" 30="" 45="" 6="30</td" 90="" ?="" a="" all="" and="" barefoot.="" descents.="" down="" dti="" easy="" fri="" go.="" gradient="" grass,="" hills="" last="" minutes="" mon="" of="" on="" pace,="" record="" running="" sat="" spend="" super="" the="" thurs="" time.="" to="" tt5="" tues="" up="" w1:r4="5" weds="" weeks="" with="" x="" your=""><td>FRI</td><td></td><td></td><td></td><td></td></dti>	FRI								
SUN Easy < <dti 10="" 3="" 3-6%.="" 30="" 45="" 6="30</td" 90="" ?="" a="" all="" and="" barefoot.="" descents.="" down="" dti="" easy="" fri="" go.="" gradient="" grass,="" hills="" last="" minutes="" mon="" of="" on="" pace,="" record="" running="" sat="" spend="" super="" the="" thurs="" time.="" to="" tt5="" tues="" up="" w1:r4="5" weds="" weeks="" with="" x="" your=""><td>SAT</td><td>Easy</td><td>DTI</td><td>90</td><td>$W1:R4 = 5 \times 6 = 30$</td></dti>	SAT	Easy	DTI	90	$W1:R4 = 5 \times 6 = 30$				
MON TUES Hills DTI 45 Spend 30/45 minutes running up and down a gradient of 3-6%. Easy on the descents. WEDS THURS TT5 DTI ? Record your time. FRI SAT Easy DTI 90 W1:R4 = 5 x 6 = 30					$W2:R8 = 10 \times 6 = 60$				
MON TUES Hills DTI 45 Spend 30/45 minutes running up and down a gradient of 3-6%. Easy on the descents. WEDS THURS TT5 DTI ? Record your time. FRI SAT Easy DTI 90 W1:R4 = 5 x 6 = 30	SUN	Easy	< <dti< td=""><td>30</td><td>All on grass, super easy pace, with the last 10 minutes barefoot.</td></dti<>	30	All on grass, super easy pace, with the last 10 minutes barefoot.				
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descents.	MON								
WEDS THURS TT5 DTI ? Record your time. FRI SAT Easy DTI 90 W1:R4 = 5 x 6 = 30	TUES	Hills	DTI	45	Spend 30/45 minutes running up and down a gradient of 3-6%. Easy on the				
THURS TT5 DTI ? Record your time. FRI SAT Easy DTI 90 W1:R4 = 5 x 6 = 30					descents.				
FRI SAT Easy DTI 90 W1:R4 = 5 x 6 = 30	WEDS								
SAT Easy DTI 90 W1:R4 = 5 x 6 = 30	THURS	TT5	DTI	?	Record your time.				
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14/0 DO 10 6 60	SAT	Easy	DTI	90					
					$W2:R8 = 10 \times 6 = 60$				
SUN Easy < <dti 20="" 30="" all="" barefoot.<="" easy="" grass,="" last="" minutes="" on="" pace,="" super="" td="" the="" with=""><td>SUN</td><td>Easy</td><td><<dti< td=""><td>30</td><td></td></dti<></td></dti>	SUN	Easy	< <dti< td=""><td>30</td><td></td></dti<>	30					
2 WEEKS TO GO.									

MON				
TUES	Hills	DTI	45	Spend 30/45 minutes on gradients.
WEDS				
THURS	TT6	DTI	?	Record your time.
FRI				
SAT	Easy	DTI	90	W1:R9 = 10 x 9 = 90
SUN	Easy	< <dti< td=""><td>30</td><td>All on grass, super easy pace, with the last 20 minutes barefoot.</td></dti<>	30	All on grass, super easy pace, with the last 20 minutes barefoot.
				1 WEEK TO GO.
MON				
TUES	Easy	DTI	40	W1:R19 = 20 X 2 = 40
WEDS				
THURS	TT7	DTI	?	Record your time
FRI				
SAT	Walk	-	30	A brisk walk.
SUN	Race Day	DTI	?	 Get to the starting area early.
				 Bounce on the spot warming up the calves before starting.
				 Start out nice and easily, making soft contact with the surface.
				 Build up to your all-day pace, it should be comfortable.
				Walk through the aid stations.
				 Hold strong posture over the last 5kms.
				Make soft contact with the surface and know you can reach the 20km mark.
				 Finish the event strongly and be proud of your achievement.
				• Smile.