

# 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	30	Walk1 (mins):Run4 (mins) = 5 x 6 (repeats) = 30
WEDS				
THURS	Easy	<DTI	40	W1:R9 = 10 x 4 =40
FRI				
SAT	Easy	DTI	60	W1:R4 = 5 x 6 = 30 W1.30:3.30 = 5 x 6 = 60
SUN	Easy	<<DTI	20	All on grass, super easy pace, with the last 5 minutes barefoot.
7 WEEKS TO GO.				
MON				
TUES	Easy	<DTI	30	W1:R4 = 5 x 6 = 30
WEDS				
THURS	TTI	DTI	?	Record your time.
FRI				
SAT	Easy	DTI	60	W1:R4 = 5 x 6 = 30 W1.30:3.30 = 5 x 6 = 60
SUN	Easy	<<DTI	20	All on grass, super easy pace, with the last 5 minutes barefoot.
6 WEEKS TO GO.				
MON				

TUES	Easy	<DTI	40	W1:R4 = 5 x 8 = 40
WEDS				
THURS	TT2	DTI	?	Record your time.
FRI				
SAT	Easy	DTI	60	W1:R4 = 5 x 6 = 30 W1.30:3.30 = 5 x 6 = 60
SUN	Easy	<<DTI	30	All on grass, super easy pace, with the last 10 minutes barefoot.
5 WEEKS TO GO.				
MON				
TUES	Easy	<DTI	40	W1:R9 = 10 x 4 = 40
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	30	All on grass, super easy pace, with the last 10 minutes barefoot.
4 WEEKS TO GO.				
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	30	All on grass, super easy pace, with the last 10 minutes barefoot.
3 WEEKS TO GO.				
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 x 6 = 60
SUN	Easy	<<DTI	30	All on grass, super easy pace, with the last 20 minutes barefoot.
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	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	?	<ul style="list-style-type: none"> <li>• Get to the starting area early.</li> <li>• Bounce on the spot warming up the calves before starting.</li> <li>• Start out nice and easily, making soft contact with the surface.</li> <li>• Build up to your all-day pace, it should be comfortable.</li> <li>• Walk through the aid stations.</li> <li>• Hold strong posture over the last 5kms.</li> <li>• Make soft contact with the surface and know you can reach the 20km mark.</li> <li>• Finish the event strongly and be proud of your achievement.</li> <li>• Smile.</li> </ul>