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1. Calculate your fitting training intensity – **THE DTI INTENSITY.**
2. Understand and map out your timetrial – **THE TT MODEL.**
3. Consider Brad Pamp's thoughts on running technique – **RUNNING TECHNIQUE.**
4. Check out the 'what if, can I,' section.
5. 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 | Rolling Hills | DTI | 50 | Ideally, find a rolling hills course. Hold your DTI on the ascents & let your HR lower naturally on the descents. Consider a shorter and lighter stride on the descents. |
| WEDS | | | | |
| THURS | TT1 | DTI | ? | Record your time. |
| FRI | | | | |
| SAT | Easy | DTI | 70 | 20 @ <DTI/ 40 @ DTI/ 10 @ DTI + 5 = 70 mins. |
| SUN | Easy | <<DTI | 30 | All on a grassy & flat course (e.g sports field), at a 'super easy' pace, with the last 20 minutes barefeet. Do not stretch out. Music is a good idea. |
| 7 WEEKS TO GO. | | | | |
| MON | | | | |
| TUES | Rolling Hills | DTI | 50 | Same as last week, base building, with more hills being better. |
| WEDS | | | | |
| THURS | TT2 | DTI | ? | Record your time. |
| FRI | | | | |
| SAT | Easy | DTI | 70 | 20 @ <DTI/ 40 @ DTI/ 10 @ DTI + 10 = 70 mins. |
| SUN | Easy | <<DTI | 40 | Grassy park with the last 20 barefoot @ DTI. |
| 6 WEEKS TO GO. | | | | |
| MON | | | | |

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|-----------------------|---------------|-------|----|--|
| TUES | Rolling Hills | DTI | 60 | 20 min warm up @ <DTI, then spend 30 mins running up & down a 3-6% hill. Ideally find a hill offer 30-60 seconds of ascent @ DTI. Allow your HR to lower naturally on the ascents. 10 easy DTI warm down to finish. |
| WEDS | | | | |
| THURS | TT3 | DTI | ? | Record your time. |
| FRI | | | | |
| SAT | Easy | DTI | 90 | 20 @ <DTI/ 50 @ DTI/ 20 @ DTI + 10 = 70 mins. |
| SUN | Easy | <<DTI | 40 | Grassy park with the last 20 barefoot @ DTI. |
| 5 WEEKS TO GO. | | | | |
| MON | | | | |
| TUES | Rolling Hills | DTI | 60 | 20 min warm up @ <DTI, then spend 30 mins running up & down a 3-6% hill. Ideally find a hill offer 30-60 seconds of ascent @ DTI. Allow your HR to lower naturally on the ascents. 10 easy DTI warm down to finish. |
| WEDS | Easy (Opt) | <DTI | 45 | Easy sub DTI float is optional. |
| THURS | TT4 | DTI | ? | Record your time. |
| FRI | | | | |
| SAT | Easy | DTI | 90 | 10 @ <DTI/ 60 @ DTI/ 20 @ DTI + 10 = 70 mins. |
| SUN | Easy | <<DTI | 45 | Grassy park with the last 20 barefoot @ DTI. |
| 4 WEEKS TO GO. | | | | |
| MON | | | | |
| TUES | Rolling Hills | DTI | 60 | 20 W/Up 30 Hill repeats @ DTI 10 warm down. |
| WEDS | Easy (Opt) | <DTI | 45 | Easy sub DTI float is optional. |
| THURS | TT5 | DTI | ? | Record your time. |
| FRI | | | | |
| SAT | Easy | DTI | 80 | 10 <DTI warm up. 10 DTI 4 mins @ DTI + 15: 1 min @ <DTI = 5 min x 6 = 30 mins 30 mins @ DTI |
| SUN | Easy | <<DTI | 45 | Grassy park with the last 30 barefoot @ DTI. |
| 3 WEEKS TO GO. | | | | |
| MON | Walk | | 30 | 30 min brisk walk, optional but recommended. |
| TUES | Rolling Hills | DTI | 60 | 10 W/Up 40 Hill repeats @ DTI 10 warm down. |

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|-----------------------|---------------|-------|----|--|
| WEDS | Easy (Opt) | <DTI | 45 | Easy sub DTI float is optional. |
| THURS | TT6 | DTI | ? | Record your time. |
| FRI | | | | |
| SAT | Easy | DTI | 80 | 10 <DTI warm up. 10 DTI 4 mins @ DTI + 15: 1 min @ <DTI = 5 min x 8 = 40 mins 15 mins @ DTI 5 mins @ DTI + 20 Walking cool down. |
| SUN | Easy | <<DTI | 45 | Grassy park with the last 30 barefoot @ DTI. |
| 2 WEEKS TO GO. | | | | |
| MON | Walk | | 30 | 30 min brisk walk, optional but recommended. |
| TUES | Rolling Hills | DTI | 60 | Rolling hills. |
| WEDS | | | | |
| THURS | TT7 | DTI | ? | Record your final time. |
| FRI | | | | |
| SAT | Easy | DTI | 50 | 10 <DTI warm up. 10 DTI 4 mins @ DTI + 15: 1 min @ <DTI = 5 min x 4 = 20 mins 10 mins @ DTI Walking cool down. |
| SUN | Easy | <<DTI | 45 | Grassy park with the last 30 barefoot @ DTI. |
| 1 WEEK TO GO. | | | | |
| MON | Easy | <DTI | 30 | Easy 30 mins <DTI. |
| TUES | Rolling Hills | DTI | 30 | Rolling hills. |
| WEDS | | | | |
| THURS | Easy | DTI | 30 | Steady but don't blow the doors off. |
| FRI | | | | |
| SAT | Walk | | 30 | 30 min brisk walk, optional but recommended. |
| SUN | RACE DAY | ? | ? | Pacing & your finishing time. <i>Listen to your body, look after your body, override normal and typically illusory pain & discomfort emotions, pushing through & backing your training fitness. If you run with (intensity) control, enjoying & embracing the day, it's rare you don't hit your personal goal at the finishing line. I recommend against over analysing pre-race timing goals.</i> <ul style="list-style-type: none"> • Get to the starting area early. |

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| | | | | <ul style="list-style-type: none">• 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 feel comfortable.• Walk through the aid stations.• Hold strong posture over the last 5kms and push strongly.• Make soft contact with the surface and know you can reach the 20km mark.• Finish the event strongly and be proud of your achievement. |
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Smile.