

# 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	Rolling Hills	DTI	45	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	60	W1:R9 = 10 x 6 = 60
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	45	Nice an easy building trot over mixed terrain.
WEDS				
THURS	TT2	DTI	?	Record your time.
FRI				
SAT	Easy	DTI	60	W1:R9 = 10 x 6 = 60
SUN	Easy	<<DTI	40	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.
6 WEEKS TO GO.				

MON				
TUES	Rolling Hills	DTI	50	Nice an easy building trot over mixed terrain.
WEDS				
THURS	TT3	DTI	?	Record your time.
FRI				
SAT	Easy	DTI	80	W1:R9 = 10 x 4 = 40 W1:R19 = 20 X 2 = 40
SUN	Easy	<<DTI	40	All on a grassy & flat course (e.g sports field). Super easy 10 min warm up/ building pace for 10 minutes/ 20 mins barefoot & easy.
5 WEEKS TO GO.				
MON				
TUES	Rolling Hills	DTI/ DTI>	50	Mixed terrain & 25 @ DTI/ 25 @ DTI + 10 (beats). Bringing it home at a greater effort – whatever pace this yields.
WEDS				
THURS	TT4	DTI	?	Record your time.
FRI				
SAT	Easy	DTI/ DTI +	80	W1:R9 = 10 x 4 = 40 R40 @ DTI + 5 (beats).
SUN	Easy	<<DTI	40	All on a grassy & flat course (e.g sports field). Super easy 10 min warm up/ building pace for 10 minutes/ 20 mins barefoot & easy.
4 WEEKS TO GO.				
MON				
TUES	Rolling Hills	DTI/ DTI>	60	Mixed terrain & 30 @ DTI/ 30 @ DTI + 10 (beats).
WEDS				
THURS	TT5	DTI	?	Record your time.
FRI				
SAT	Easy	DTI/ DTI +	80	W1:R9 = 10 x 4 = 40 R40 @ DTI + 5 (beats).
SUN	Easy	<<DTI	40	All on a grassy & flat course (e.g sports field). Super easy 10 min warm up/ building pace for 10 minutes/ 20 mins barefoot & easy.
3 WEEKS TO GO.				
MON				
TUES	Rolling Hills	DTI/ DTI>	60	Mixed terrain & 30 @ DTI/ 30 @ DTI + 10 (beats).
WEDS				
THURS	TT6	DTI	?	Record your time.
FRI				
SAT	Easy	DTI/ DTI +	100	W1:R9 = 10 x 6 = 60

				R40 @ DTI + 5 (beats).
SUN	Easy	<<DTI	40	All on a grassy & flat course (e.g sports field). Super easy 10 min warm up/ building pace for 10 minutes/ 20 mins barefoot & easy.
2 WEEKS TO GO.				
MON	Walk	<<DTI	30	A brisk walk, only.
TUES	Rolling Hills	DTI/ DTI>	60	Mixed terrain & 30 @ DTI/ 30 @ DTI + 10 (beats).
WEDS				
THURS	TT7	DTI	?	Record your final TT time.
FRI				
SAT	Easy	DTI/ DTI>	50	R35@ DTI, R15@DTI + 15.
SUN	Easy	<<DTI	20	All on a grassy & flat course (e.g sports field). 20 mins barefoot & easy.
1 WEEK TO GO.				
MON	Walk	<<DTI	30	A brisk walk, only.
TUES	Rolling Hills	DTI/ DTI>	40	Mixed terrain & 20 @ DTI/ 20 @ DTI + 10 (beats).
WEDS				
THURS	Easy	DTI	30	Nice a steady.
FRI				
SAT	Walk	<<DTI	30	A brisk walk, only.
SUN	RACE DAY	?	?	Pacing & your finishing time.  <i>Listen to your body, look after your body, override normal and typically illusory pain &amp; discomfort emotions, pushing through &amp; backing your training fitness. If you run with (intensity) control, enjoying &amp; 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"> <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 feel 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>