

TWO MONTH RUNNING PROGRAMME FOR PENINSULA CHALLENGE 29th JANUARY 2012

Allan's Beach to Taiaroa Head - Approximately 23km including two significant hills at the start and the finish

Race times: Winning time 2008 – 1 hour 33minutes approx,
70th place – approx 3hours for slower runners

There are two programmes: The minimal programme should be an adequate training to allow you to run the distance relatively comfortably.
The more competitive programme includes some steady state running, and some long intervals, which will allow you to run more competitively.

- Training more frequently will improve your performance to some extent, but also increase risk of injury.
- Alternative forms of training such as aqua-jogging, swimming or cycling are one way to train more frequently with minimal risk of injury.

Long run: Gradually build up hills; - work up hill relatively hard (two big hills in race).

Long 3-5min interval: warm up 10mins, 3-5 intervals at "puffed but can still talk" pace (10km race pace approximately) 10-15 warm down.

Steady State: 15-25min at ½ marathon pace and warm up 10min, warm down 10min

Both based on fact that 5day training allows you to run 85-95% potential significantly decreased injury risk.

MINIMAL PROGRAMME

DECEMBER 2011

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	REST DAY		45 Min Jog		40 Min Hills	01	30-45 Min Jog	02	REST DAY	03	45 Min Jog	04	45 Min
05	REST DAY	06	45 Min Jog	07	45 Min Hills	08	30-45 Min Jog	09	REST DAY	10	45 Min Jog	11	55 Min
12	REST DAY	13	45 Min Jog	14	50 Min Hills	15	30-45 Min Jog	16	REST DAY	17	45 Min Jog	18	1 Hour 10 Min
19	REST DAY	20	45 Min Jog	21	55 Min Hills	22	30-45 Min Jog	23	REST DAY	24	45 Min Jog	25	1 Hour 25 Min
26	REST DAY	27	45 Min Jog	28	60 Min Hills	29	30-45 Min Jog	30	REST DAY	31	45 Min Jog		

JANUARY 2012

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
												01	1 Hour 40 Min
02	REST DAY	03	45 Min Jog	04	40 Min Hills	05	30-45 Min Jog	06	REST DAY	07	45 Min Jog	08	2 Hours
09	REST DAY	10	45 Min Jog	11	45 Min Hills	12	30-45 Min Jog	13	REST DAY	14	45 Min Jog	15	2 Hours 20 Min
16	REST DAY	17	45 Min Jog	18	50 Min Hills	19	30-45 Min Jog	20	REST DAY	21	45 Min Jog	22	1 ½ Hours
23	REST DAY	24	45 Min Jog	25	55 Min Hills	26	30-45 Min Jog	27	REST DAY	28	45 Min Jog	29	RACE!!

MORE COMPETITIVE PROGRAMME

DECEMBER 2011

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	REST OR,		3x5Min/Jog 5 recovery		40 – 60 Mins	01	45 Min Hills	02	REST DAY	03	15 Min Steady State	04	1 ¼ hours
05	SWIM OR,	06	3x5Min/Jog 5 recovery	07	40 – 60 Mins	08	50 Min Hills	09	REST DAY	10	20 Min Steady State	11	1 ¼ - 1 ½ hours
12	CYCLE OR,	13	4x5Min/Jog 5 recovery	14	40 – 60 Mins	15	55 Min Hills	16	REST DAY	17	25 Min Steady State	18	1 ½ hours
19	AQUA JOG	20	4x5Min/Jog 5 recovery	21	40 – 60 Mins	22	60 Min Hills	23	REST DAY	24	25 Min Steady State	25	1 ½ - 2 hours
26	20 – 40 Mins	27	5x5Min/Jog 5 recovery	28	40 – 60 Mins	29	60 Min Hills	30	REST DAY	31	25 Min Steady State		

JANUARY 2012

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
												01	2 – 2 ½ hours
02	SWIM OR,	03	5x5Min/Jog 5 recovery	04	40 – 60 Mins	05	60 Min Hills	06	REST DAY	07	25 Min Steady State	08	2 – 3 hours
09	CYCLE OR,	10	5x3Min/Jog 5 recovery	11	40 – 60 Mins	12	60 Min Hills	13	REST DAY	14	25 Min Steady State	15	2 ½ - 3 hours
16	AQUA JOG	17	5x3Min/Jog 5 recovery	18	40 – 60 Mins	19	60 Min Hills	20	REST DAY	21	20 Min Steady State	22	1 ½ Hours
23	20 – 40 Mins	24	5x2Min/Jog 5 recovery	25	40 – 60 Mins	26	50 Min Hills	27	REST DAY	28	REST	29	RACE!!