

Beginner's Ten week Training Schedule for a 30km Off Road Race



WAKATU NELSON STRIDERS
"We'll get you in the long run"

Before beginning this schedule you should be able to run for 20 minutes comfortably. If not work at achieving this before starting.

By Martin Lukes

Week 1	Time	Type	Comment
M	15	Jog	
T	30	Jog	
W	0	Rest or walk	
T	30	Easy jog	
F	0	Rest or walk	
S	45	Jog on hills	
S	0	Big day walk for + 4 hours	
Total	2:00		

Note: Long day walks is an excellent way to get fit and used to being on your feet for a long time.

Week 6	Time	Type	Comment
M	15	Jog	On grass
T	30	Hills	Go hard uphill
W	0	Rest	
T	30	Flat off road	Try sand if you can.
F	0	Rest	
S	30	Flat off road	Keep it smooth
S	2:00	Hills	Run whole way
Total	3:45		

Week 2	Time	Type	Comment
M	15	Jog	On grass
T	30	On hills	Try to run whole time
W	0	Rest	or walk
T	30	Flat	Off road is best
F	0	Rest	or walk
S	1:00	Hills	Run whole time
S	0:00	Big day walk for + 4 hours	
Total	2:15		

Note: Get used to running off road by running off road! Swimming helps recovery.

Week 7	Time	Type	Comment
M	15	Jog	On grass
T	30	Hills	Put in faster bursts going up
W	0	Rest	
T	1:00	Flat off road	Put in short bursts of faster running
F	0	Rest	
S	30	Flat off road	Relaxed
S	2:15	Hills	Aim to be comfortable whole way
Total	4:45		

Note: Take it easy coming downhill.

Week 3	Time	Type	Comment
M	15	Jog	On grass
T	30	Hills	Relax going down
W	0	Rest	or walk
T	45	Flat	Relax shoulders
F	0	Rest	or swim
S	30	Flat off road	
S	1:15	Hills	Choose a nice place
Total	3:15		

Note: Run tall and relaxed. Low arms to save energy.

Week 8	Time	Type	Comment
M	15	Jog	Grass
T	1:00	Hills	Run hard going up
W	0	Rest	
T	30	Flat off road	Run faster if you want
F	0	Rest	
S	30	Flat off road	Relaxed
S	2:30	Hills	Run nonstop
Total	4:45		

Note: Choose a pleasant scenic place to do the longer runs

Week 4	Time	Type	Comment
M	15	Jog	Grass
T	30	Hills	make it runnable!
W	0	Rest	
T	1:00	Flat	Steady pace
F	0	Rest	
S	45	Flat off road	Nice and rough for footwork!!
S	1:30	Hills	Practice drinking
Total	4:00		

Note: Get used to running off road on trickier terrain.

Week 9	Time	Type	Comment
M	0	Rest	
T	15	Jog	Recovery run
W	0	Rest	
T	30	Flat off road	Put in short fast bursts
F	0	Rest	
S	30	Flat off road	Keep it smooth
S	1:00	Easy hills	A stretch of legs!
Total	1:45		

Note: An easier "taper" week to recharge body's energies.

Week 5	Time	Type	Comment
M	0	Rest	
T	20	Flat off road	easy pace
W	0	Rest	
T	30	Flat off road	easy pace
F	0		
S	15		
S	1:45	Hills	Easy pace
Total	2:35		

Note: An easier / recovery week.

Week 10	Time	Type	Comment
M	0	Rest	
T	15	light strideouts on grass	
W	15	Light jog	Easy
T	15	Light jog	Easy
F	0		
S		Race	Start slower; finish stronger!!
S			

Note: Aim to run whole way in race; you will pass people later in race if you start conservatively. Eat and drink lots afterwards. Drink and eat during race.