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

Before beginning this schedule you should be able to run

By Martin Lukes

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

for 20 minutes comfortably. If not work at achieving this before starting.

Week 1	Time Type	Comment	Week 6	Time	Туре	Comment
M	15 Jog		W	15	Jog	On grass
Т	30 Jog		Τ	30	Hills	Go hard uphill
W	0 Rest or walk		W	0	Rest	
Τ	30 Easy jog		Т	30	Flat off road	Try sand if you can.
F	0 Rest or walk		F	0	Rest	
s	45 Jog on hills		S	30	Flat off road	Keep it smooth
S	O Big day walk fo	r + 4 hours	S	2:00	Hills	Run whole way
Total	2:00		Total	3:45		

W

Note:

0 Rest

An easier / recovery week.

Total	2:00		Total	3:45	
Note: Long	g day walks is an excell	lent way to get fit and used to bei	ng		
	et for a long time.				
Week 2	Time Type	Comment	Week 7	Time Type	Comment
	Time Type 15 Jog		W	 15 Jog	On grass
W T	15 Jog 30 On hills	On grass	Т	30 Hills	Put in faster bursts going up
T W	30 On nills 0 Rest	Try to run whole time or walk	w	0 Rest	i di ili rabibi bai bib gonig ap
W			Т	1:00 Flat off road	Put in short bursts of faster running
1	30 Flat	Off road is best	F	0 Rest	t and the state of
F	0 Rest	or walk	S	30 Flat off road	Relaxed
S	1:00 Hills	Run whole time	s	2:15 Hills	Aim to be comfortable whole way
5	0:00 Big day wall	k for + 4 hours	Total	4:45	The second secon
Total	2:15		Note:	Take it easy coming dow	wnhill
Note:		off road by running off road!			***************************************
Swimming	helps recovery.				
Week 3	Time Type	Comment	Week 8	Time Type	Comment
М	15 Jog	On grass	М	15 Jog	Grass
Τ .	30 Hills	Relax going down	Τ .	1:00 Hills	Run hard going up
. <b>W</b>	0 Rest	or walk	W	0 Rest	
Т	45 Flat	Relax shoulders	Т	30 Flat off road	Run faster if you want
F	0 Rest	or swim	F	0 Rest	
S	30 Flat off ro	30 Flat off road		30 Flat off road	Relaxed
5	1:15 Hills	Choose a nice place	5	2:30 Hills	Run nonstop
Total	3:15	•	Total	4:45	
Note:	Run tall and relaxed	d. Low arms to save energy.	Note:	Choose a pleasant scenic	place to do the longer runs
Week 4	Time Type	Comment	w		
м	15 Jog	< Grass		Time Type	Comment
			44		

30 Flat off road		3	30 Flat off road	Kelaxea	
1:15 Hills	Choose a nice place	5	2:30 Hills	Run nonstop	
3:15		Total	4:45		
Run tail and relaxed. Low	arms to save energy.	Note: Choose a pleasant scenic place to do the longer runs			
Time Type	Comment	Waak Q	Time Type	Comment	
15 Jog	Grass			Commen	
30 Hills	make it runable				
0 Rest	Steady pace Nice and rough for footwork!		15 Jog	Recovery run	
		W	0 Rest		
		Τ	30 Flat off road	Put in short fast bursts	
		F	0 Rest		
		s	30 Flat off road	Keep it smooth	
1:30 Hills	Practice drinking	s	1:00 Fasy hills	A stretch of legs!	
4:00		_	•		
Get used to running off	road on trickier terrain.	Mileusier Tuper week to rectainge body's energies.			
Time Type	Comment	Week 10	Time Type	Comment	
0 Rest		M	0 Rest		
20 Flat off road	easy pace	Τ	15 light strideouts	on grass	
	3:15 Run tall and relaxed. Low Time Type 15 Jog 30 Hills 0 Rest 1:00 Flat 0 Rest 45 Flat off road 1:30 Hills 4:00 Get used to running off Time Type 0 Rest	1:15 Hills Choose a nice place 3:15  Run tall and relaxed. Low arms to save energy.  Time Type Comment 15 Jog Grass 30 Hills make it runable! 0 Rest 1:00 Flat Steady pace 0 Rest 45 Flat off road Nice and rough for footwork!! 1:30 Hills Practice drinking 4:00  Get used to running off road on trickier terrain.  Time Type Comment 0 Rest	1:15 Hills Choose a nice place 3:15  Run tall and relaxed. Low arms to save energy.  Time Type Comment  15 Jog Grass  30 Hills make it runable!  0 Rest  1:00 Flat Steady pace  0 Rest  45 Flat off road Nice and rough for footwork!!  1:30 Hills Practice drinking  4:00  Get used to running off road on trickier terrain.  Time Type Comment Week 10  0 Rest  M  Week 9  M  T  S  Note:	1:15 Hills Choose a nice place 5 2:30 Hills  3:15  Run tall and relaxed. Low arms to save energy. Note: Choose a pleasant scenic  Time Type Comment  15 Jog Grass  30 Hills make it runable! Type  0 Rest  1:00 Flat Steady pace Time Type  0 Rest  45 Flat off road Nice and rough for footwork!! S 30 Flat off road  1:30 Hills Practice drinking S 1:00 Easy hills  4:00  Get used to running off road on trickier terrain.  Time Type Comment Week 10 Time Type  0 Rest  M 0 Rest  T 30 Flat off road  S 30 Flat off road  S 1:00 Easy hills  Note: An easier "taper" week to the same taper of the same	

30 Flat off road easy pace 15 Light jog Easy 0 0 5 S 15 Race Start slower; finish stronger!! 5 S 1:45 Hills Easy pace Total 2:35 Aim to run whole way in race; you will pass people later in race Note:

if you start conservatively. Eat and drink lots afterwards. Drink and eat during race.

Easy

15 Light jog