

Plan: New to running

If this sounds like you, this is the plan for you:

"I am new to running and I want to do the short or medium course, so long as I am running no longer than 75mins. I will do the early races in the series but my aim is to do my best race at the last race in the series. I haven't run a lot before and would like to progress slowly so that I minimise my risk of becoming injured by giving my body plenty of time to recover and by walking and running for short periods to begin with."

OK, so you might not go into that much detail. This plan is called a linear and repeating plan. Over the course of the plan you will first develop endurance, then you will move on to developing speed-endurance and stamina. The amount of running you will do and the intensity of each session will be low enough that your muscles, tendons, ligaments and bones will be given plenty of time to become strong enough to ensure you are able to cope with the physical impact of running without becoming injured.

The First Three Months – “Shaping” (laying down the pathways in your brain that make training a habit)

There is a saying in running (well all sporting activity) that the first 3 sessions are the hardest, then the next hurdle is the first 3 weeks and then finally, the first 3 months is the next major challenge you will face.

Why? Well, your first run is fuelled by your new found desire to run. Your second run is carried by the momentum of the motivation that got you out on your first run. As you think about your third run, the novelty of running has worn off and the excitement you felt in anticipation for the first two runs is replaced with memories of being slightly tired and sore. Knowing that is going to be the case, you need to put in place a plan that will get you through the third run. Here are some ideas:

Shaping – your first goal should be to develop the habit of regular and consistent running. Here are some strategies to keep you going:

- allocate a certain amount of time to running, **scheduling** a given time of the day for running;
- **Stimulus response** - eg laying your clothes out the night before, putting them in the car, having your running gear beside your desk at work, putting pictures or goals on the fridge;
- **Reinforcement** - reward yourself, pat yourself on the back for getting and exercising, training with other people will help to make the activity a social one which will keep you going;
- **Group motivation** - running with other people or in a squad makes it a lot easier to keep at it for the three or so months it takes to successfully develop the habit of running - can you get a group of friends together?

Why will it be hard to make it to 3 months but easier to keep on going from then on? Writing in the Lore of Running, Doctor and running coach Tim Noakes suggests that after 3 months your subconscious has adapted to the stress of running by laying down the neural networks with make training a habit - that's why consistency is important, to stimulate your subconscious to ingrain running as a habit, you need to train a minimum of 3 - 4 times a week. Once you've ingrained the habit of running you will be resilient to the effort required to do, ie the thought of going out for a run won't put you off heading out the door. He says that like riding a bike, once you've learnt how to do it, your body never forgets. The first three months will only be hard the first time you do it. If it has been a few years since you last ran, don't worry, your body will get back into the habit of running very quickly.

So, count off the 3s. **What will be the date of your 3rd run?** Mark it in and know that one will take a little extra determination to do. **Where is the 3rd week?** Knowing you have to be especially diligent that week will help you get through. **What will the date be when you have run for 3 months?** That date is your first big goal. If you make it 3 months have trained consistently (3-4 times per week) you will have laid down the mental pathways that make running a habit.

These are my short term goals

To develop the habit of running

This is how I will achieve my goals

Following a structured training plan

This is why my goals are important to me

What motivates you?

I know I have succeed when:

I will feel like running is part of my life
I look forward to my regular run

How will you reward yourself?

Target Event Analysis: Off Road Racing

<h2>Physical challenges</h2> <p>Endurance: if you expect to be running for more than 75mins the races will primarily endurance dependent, although you can expect bursts of high intensity brought about by increased resistance - running up hills and through mud. Fartlek sessions will prepare you for these, as will regular threshold runs and intervals to ensure you have adequate stamina and strength endurance to complete the courses without losing time due to hills and tough terrain.</p> <p>Stamina: if you expect to run comfortably hard for under 75mins then success in the races will primarily be determined by your stamina. A high degree of endurance fitness is the foundation of stamina, so you still need to do a lot of endurance work but you will also need to incorporate threshold running into your training.</p> <p>Agility: the courses can be very rough. You need to have good balance, fast reactions and the ability to change direction and speed, and jump so that you don't lose time on off road courses. The best way to develop these skills is through consistent training on trails. You can also develop good balance by incorporating proprioceptive exercises and agility through drills specifically designed to simulate the challenges of running off road.</p> <p>Hills: to be a strong hill runner you have to train on hills... Efficient hill running also relies upon maintaining good posture while you're running. You need to be able to run tall – forward and up – ensuring you have good alignment of ankles, knees, hips, shoulders and head/neck. Aside from running on hills in training, incorporating core and back strengthening exercises into your training regime will help you develop the strength you need to maintain running form as you're ascending.</p> <p>Downhills: you need to incorporate downhill running into your schedule to be a strong downhill. Be careful though, it is easy to injure yourself on a downhill. You can lose a lot of time if you don't have the ability to run downhill strongly. Your arms are one of your biggest assets on a downhill. Keeping your arms up and ready to be out stretched will help you to keep your balance. If you have good agility you'll also be able to run smoothly over the terrain. Be prepared to slow down when the ground is rough and technical. When it is smooth, it's time to open up a bit. Being a strong downhiller is a matter of confidence as much as anything. You need to have very strong quads to be able to run downhill fast. If you do leg weights, rather than focusing on concentric loading weights, exercise that involve the muscle working while it is shortening – try eccentric loading weights, you can do this by very slowly releasing a weight so your muscles continue to work while the muscle is lengthening. When you're practising downhill running, try to take the line that water would take. If the water would flow in the inside of curve, that's where you're running, if it would flow high on a corner, you will want to run high on the corner too. It is also useful to swing around trees like they are a pole on tight corners. Be careful of your shoulders if you decide to try that.</p>	<h2>Mental challenges</h2> <p>Length: <i>Pace judgement, tough periods, pushing through fatigue at the end</i></p>
<h2>Strengths</h2> <p>Mental determination/Motivation: Ensuring all sessions have a clear purpose will help to maximise the benefit of your mental fortitude. You have the experience as a sportsman to ensure you will gain the maximum benefit from the training you do.</p> <p>Endurance: You are only needing to reinvigorate your endurance base, rather than build it back up. You will be able to do this with shorter "near best steady state" runs rather than lots of long slow running.</p>	<h2>Opportunities</h2> <p>Course: the courses are all within an hour of Auckland city and the maps are online. You can practice the course before the race which will help you develop a good race strategy. Executing a race plan is key to good results, you learn where the challenges are in the course and can pace yourself so that you don't lose time because of tough climbs or nasty technical areas blowing energy on early parts of a course.</p> <p>Environments: aside from running over race courses, there are plenty of trails around Auckland that you can use to develop balance, agility and up/downhill running technique.</p>
<h2>Weaknesses</h2> <p>Strength endurance: since you are only seeking to maintain your fitness with this plan, you don't need to worry about addressing strength endurance and stamina, as these facets of your running are developed during the specialisation period (TQ and FQ) of a plan which has a target race. However, a Billat programme balances all intensities of running so you will see reasonable development of your strength endurance and stamina anyway.</p>	<h2>Threats</h2> <p>Weather: the weather over winter can be warm, dry and still or wet, cold and windy. You need to ensure you've suitable clothing for a range of weather conditions. Unless the course is on a sandy area, you can pretty much guarantee that the trails will be muddy and possibly slippery. It would be a good idea to get some trail shoes if you want to make sure you don't spend time on your butt!</p>

Priority	Shaping: Introduce walking, jogging and running Schedule 3-4 training sessions a week Base 1_FI: Improve endurance – cardiovascular fitness Improve strength of bones, ligaments, tendons and muscles in balance with training load Base21_EQ: Improve endurance Introduce slightly higher intensity running Speed1_TQ Step up intervals sessions to improve running economy Step up threshold sessions to improve stamina						
Specific Actions, Target Improvement/ Measures, Relevance and Assumed Skill Development	Year	Macro	Month	Action	Outcome/ Measure/VDOT Progression	Relevance	Skill Development
	2009	Shaping	May thru July	Training sessions Walk/Jog Drills	Develop the habit of running Increase in the length of time you can jog		Learn leg speed drills – Sat mornings 8am behind the wintergarden in the domain
	2009	Base1	July thru August	Easy running and long runs Short sprints	Increase the length of time you can spend jogging and running Improved running form and stride efficiency	Race pace Stride efficiency – the energy you put into running is driving you forwards (not upwards)	
		Base2	August thru September	Easy running and long runs Moneghetti sessions Cruise intervals	Increase the length of time you can spend jogging and running Introduce higher intensity sessions to develop economy – good pace for the effort you put into running Improve your stamina		
		Speed1	October	Intervals and cruise intervals	Stress vO2-max,	Improve running economy	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	SHAPING		Priority	Points	Ratio	Focus
MESO	EASY	Aer-con	P1	9	100%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	9	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	25	Anaer-cap	N/A	0	0%	

Mon 4-May Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Tue 5-May Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Wed 6-May Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Thu 7-May Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Fri 8-May Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Sat 9-May Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Sun 10-May Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

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MACRO	SHAPING		Priority	Points	Ratio	Focus
MESO	EASY	Aer-con	P1	9	100%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	9	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	24	Anaer-cap	N/A	0	0%	

Mon 11-May Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Tue 12-May Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Wed 13-May Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Thu 14-May Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Fri 15-May Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Sat 16-May Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Sun 17-May Micro (A) Race Commitments:

Priority	P1	What: Xterra Off Road Series - Short	Weight		Injury	
Code	A1E	How: Jog and walk the course	Rest HR		Motivation	
Points	6	Why: Build endurance and enjoy participation in a social race	Orthostatic HR		Weather	
		Actual				

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

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MACRO	SHAPING		Priority	Points	Ratio	Focus
MESO	EASY	Aer-con	P1	9	100%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	9	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	23	Anaer-cap	N/A	0	0%	

Mon 18-May Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Tue 19-May Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Wed 20-May Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Thu 21-May Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Fri 22-May Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Sat 23-May Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Sun 24-May Micro Easy Commitments:

Priority	P1	What: Walk and jog for 45 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation	
Points	5	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

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MACRO	SHAPING		Priority	Points	Ratio	Focus
MESO	MODERATE	Aer-con	P1	14	100%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	14	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	22	Anaer-cap	N/A	0	0%	

Mon 25-May Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Tue 26-May Micro Moderate Commitments:

Priority	P1	What: Jog for 30 minutes	Weight		Injury
Code	A1E	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Wed 27-May Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Thu 28-May Micro Easy Commitments:

Priority	P1	What: Jog for 30 minutes	Weight		Injury
Code	A1E	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Fri 29-May Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Sat 30-May Micro Easy Commitments:

Priority	P1	What: Jog for 30 minutes	Weight		Injury
Code	A1E	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Sun 31-May Micro Easy Commitments:

Priority	P1	What: Walk and jog for 45 minutes	Weight		Injury
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation
Points	5	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	SHAPING		Priority	Points	Ratio	Focus
MESO	EASY	Aer-con	P1	15	100%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	15	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	21	Anaer-cap	N/A	0	0%	

Mon 1-Jun Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Tue 2-Jun Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Wed 3-Jun Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Thu 4-Jun Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Fri 5-Jun Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Sat 6-Jun Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Sun 7-Jun Micro (A) Race Commitments:

Priority	P1	What: Xterra Off Road Series - Short	Weight		Injury	
Code	A1E	How: Jog and walk the course	Rest HR		Motivation	
Points	6	Why: Build endurance and enjoy participation in a social race	Orthostatic HR		Weather	
		Actual				

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	SHAPING		Priority	Points	Ratio	Focus
MESO	MODERATE	Aer-con	P1	14	100%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	14	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	20	Anaer-cap	N/A	0	0%	

Mon 8-Jun		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Tue 9-Jun		Micro Moderate	Commitments:			
Priority	P1	What: Jog for 30 minutes	Weight		Injury	
Code	A1E	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Wed 10-Jun		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Thu 11-Jun		Micro Easy	Commitments:			
Priority	P1	What: Jog for 30 minutes	Weight		Injury	
Code	A1E	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Fri 12-Jun		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Sat 13-Jun		Micro Easy	Commitments:			
Priority	P1	What: Jog for 30 minutes	Weight		Injury	
Code	A1E	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Sun 14-Jun		Micro Moderate	Commitments:			
Priority	P1	What: Jog for 45 minutes	Weight		Injury	
Code	A1E	How: Jog for 45 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	5	Why: Introduce Long run	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	SHAPING		Priority	Points	Ratio	Focus
MESO	EASY	Aer-con	P1	14	100%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	14	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	19	Anaer-cap	N/A	0	0%	

Mon 15-Jun Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Tue 16-Jun Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Wed 17-Jun Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Thu 18-Jun Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins.	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Fri 19-Jun Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Sat 20-Jun Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Sun 21-Jun Micro Moderate Commitments:

Priority	P1	What: Jog for 45 minutes	Weight		Injury
Code	A1E	How: Jog for 45 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	5	Why: Introduce Long run	Orthostatic HR		Weather
		Actual			

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	SHAPING		Priority	Points	Ratio	Focus
MESO	MODERATE	Aer-con	P1	15	100%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	15	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	18	Anaer-cap	N/A	0	0%	

Mon 22-Jun Micro Rest Commitments:						
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Tue 23-Jun Micro Moderate Commitments:						
Priority	P1	What: Jog for 30 minutes	Weight		Injury	
Code	A1E	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Wed 24-Jun Micro Rest Commitments:						
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Thu 25-Jun Micro Easy Commitments:						
Priority	P1	What: Jog for 30 minutes	Weight		Injury	
Code	A1E	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Fri 26-Jun Micro Rest Commitments:						
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Sat 27-Jun Micro Easy Commitments:						
Priority	P1	What: Jog for 30 minutes	Weight		Injury	
Code	A1E	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Sun 28-Jun Micro (A) Race Commitments:						
Priority	P1	What: Xterra Off Road Series - Short/Medium Course	Weight		Injury	
Code	A1E	How: Jog and walk the course	Rest HR		Motivation	
Points	6	Why: Build endurance and enjoy participation in a social race	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	SHAPING		Priority	Points	Ratio	Focus
MESO	MODERATE	Aer-con	P1	14	100%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	14	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	17	Anaer-cap	N/A	0	0%	

Mon 29-Jun Micro Rest Commitments:						
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Tue 30-Jun Micro Moderate Commitments:						
Priority	P1	What: Jog for 30 minutes	Weight		Injury	
Code	A1E	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Wed 1-Jul Micro Rest Commitments:						
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Thu 2-Jul Micro Easy Commitments:						
Priority	P1	What: Jog for 30 minutes	Weight		Injury	
Code	A1E	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Fri 3-Jul Micro Rest Commitments:						
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Sat 4-Jul Micro Easy Commitments:						
Priority	P1	What: Jog for 30 minutes	Weight		Injury	
Code	A1E	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Sun 5-Jul Micro Moderate Commitments:						
Priority	P1	What: Jog for 50 minutes	Weight		Injury	
Code	A1E	How: Jog for 50 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	5	Why: Introduce Long run	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	SHAPING		Priority	Points	Ratio	Focus
MESO	EASY	Aer-con	P1	14	100%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	14	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	16	Anaer-cap	N/A	0	0%	

Mon 6-Jul		Micro Rest	Commitments:			
Priority		What: How: Why: Actual	Weight		Injury	
Code			Rest HR		Motivation	
Points			Orthostatic HR		Weather	

Tue 7-Jul		Micro Easy	Commitments:			
Priority	P1	What: Walk and jog for 30 minutes How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins. Why: Build endurance Actual	Weight		Injury	
Code	A2AR		Rest HR		Motivation	
Points	3		Orthostatic HR		Weather	

Wed 8-Jul		Micro Rest	Commitments:			
Priority		What: How: Why: Actual	Weight		Injury	
Code			Rest HR		Motivation	
Points			Orthostatic HR		Weather	

Thu 9-Jul		Micro Easy	Commitments:			
Priority	P1	What: Walk and jog for 30 minutes How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging for 30mins. Why: Build endurance Actual	Weight		Injury	
Code	A2AR		Rest HR		Motivation	
Points	3		Orthostatic HR		Weather	

Fri 10-Jul		Micro Rest	Commitments:			
Priority		What: How: Why: Actual	Weight		Injury	
Code			Rest HR		Motivation	
Points			Orthostatic HR		Weather	

Sat 11-Jul		Micro Easy	Commitments:			
Priority	P1	What: Walk and jog for 30 minutes How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging Why: Build endurance Actual	Weight		Injury	
Code	A2AR		Rest HR		Motivation	
Points	3		Orthostatic HR		Weather	

Sun 12-Jul		Micro Moderate	Commitments:			
Priority	P1	What: Jog for 50 minutes How: Jog for 50 mins, going just as fast as you can to ensure you can jog for the entire time Why: Introduce Long run Actual	Weight		Injury	
Code	A1E		Rest HR		Motivation	
Points	5		Orthostatic HR		Weather	

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASEL_FI		Priority	Points	Ratio	Focus
MESO	MODERATE	Aer-con	P1	12	88%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	14	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	15	Anaer-cap	PI_Q1	2	12%	

Mon 13-Jul Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Tue 14-Jul Micro Moderate Commitments:

Priority	P1	What: Jog for 30 minutes	Weight		Injury
Code	A1E	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Wed 15-Jul Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Thu 16-Jul Micro Hard Commitments:

Priority	PI_Q1	What: 5 x 80m stride outs	Weight		Injury
Code	D5R	How: Jog for 10 minutes to warm up, stretch gently, then 5 x 80m near top sprint, take up to 2 minutes of walking about to recover before you start the next repetition, jog for 10 minutes to cool down, then stretch	Rest HR		Motivation
Points	2	Why: Improve stride mechanics and power	Orthostatic HR		Weather
		Actual			

Fri 17-Jul Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Sat 18-Jul Micro Easy Commitments:

Priority	P1	What: Jog for 30 minutes	Weight		Injury
Code	A2AR	How: Jog going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Sun 19-Jul Micro (A) Race Commitments:

Priority	P1	What: Xterra Off Road Series - Short/Medium Course	Weight		Injury
Code	A1E	How: Jog and walk the course	Rest HR		Motivation
Points	6	Why: Build endurance and enjoy participation in a social race	Orthostatic HR		Weather
		Actual			

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASEL_FI		Priority	Points	Ratio	Focus
MESO	MODERATE	Aer-con	P1	15	90%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	16	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	14	Anaer-cap	PI_Q1	2	10%	

Mon 20-Jul Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Tue 21-Jul Micro Moderate Commitments:

Priority	P1	What: Jog for 30 minutes	Weight		Injury
Code	A1E	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Wed 22-Jul Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Thu 23-Jul Micro Hard Commitments:

Priority	PI_Q1	What: 5 x 80m stride outs	Weight		Injury
Code	D5R	How: Jog for 10 minutes to warm up, stretch gently, then 5 x 80m near top sprint, take up to 2 minutes of walking about to recover before you start the next repetition, jog for 10 minutes to cool down, then stretch	Rest HR		Motivation
Points	2	Why: Improve stride mechanics and power	Orthostatic HR		Weather
		Actual			

Fri 24-Jul Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Sat 25-Jul Micro Easy Commitments:

Priority	P1	What: Jog for 30 minutes	Weight		Injury
Code	A2AR	How: Jog going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Sun 26-Jul Micro Moderate Commitments:

Priority	P1	What: Jog for 55 minutes	Weight		Injury
Code	A1E	How: Jog for 55 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	6	Why: Introduce Long run	Orthostatic HR		Weather
		Actual			

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASEL_FI		Priority	Points	Ratio	Focus
MESO	EASY	Aer-con	P1	15	94%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	15	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	13	Anaer-cap	PI_Q1	1	6%	

Mon 27-Jul		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Tue 28-Jul		Micro Easy	Commitments:			
Priority	P1	What: Jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Wed 29-Jul		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Thu 30-Jul		Micro Easy	Commitments:			
Priority	PI_Q1	What: 3 x 80m stride outs	Weight		Injury	
Code	D5R	How: Jog for 10 minutes to warm up, stretch gently, then 5 x 80m near top sprint, take up to 2 minutes of walking about to recover before you start the next repetition, jog for 10 minutes to cool down, then stretch	Rest HR		Motivation	
Points	1	Why: Improve stride mechanics and power	Orthostatic HR		Weather	
		Actual				
Fri 31-Jul		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Sat 1-Aug		Micro Easy	Commitments:			
Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Sun 2-Aug		Micro Moderate	Commitments:			
Priority	P1	What: Jog for 55 minutes	Weight		Injury	
Code	A1E	How: Jog for 55 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	6	Why: Introduce Long run	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASEL_FI		Priority	Points	Ratio	Focus
MESO	MODERATE	Aer-con	P1	16	89%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	17	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	12	Anaer-cap	PI_Q1	2	11%	

Mon 3-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Tue 4-Aug Micro Moderate Commitments:

Priority	P1	What: Jog for 35mins	Weight		Injury
Code	A1E	How: Jog for 35 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Wed 5-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Thu 6-Aug Micro Hard Commitments:

Priority	PI_Q1	What: 6 x 80m stride outs	Weight		Injury
Code	D5R	How: Jog for 10 minutes to warm up, stretch gently, then 5 x 80m near top sprint, take up to 2 minutes of walking about to recover before you start the next repetition, jog for 10 minutes to cool down, then stretch	Rest HR		Motivation
Points	2	Why: Improve stride mechanics and power	Orthostatic HR		Weather
		Actual			

Fri 7-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Sat 8-Aug Micro Easy Commitments:

Priority	P1	What: Jog for 35 minutes	Weight		Injury
Code	A2AR	How: Jog going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	4	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Sun 9-Aug Micro (A) Race Commitments:

Priority	P1	What: Xterra Off Road Series - Short/Medium Course	Weight		Injury
Code	A1E	How: Jog and walk the course	Rest HR		Motivation
Points	6	Why: Build endurance and enjoy participation in a social race	Orthostatic HR		Weather
		Actual			

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASEL_FI		Priority	Points	Ratio	Focus
MESO	MODERATE	Aer-con	P1	22	92%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	24	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	11	Anaer-cap	PI_Q1	2	8%	

Mon 10-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Tue 11-Aug Micro Moderate Commitments:

Priority	P1	What: Jog for 35mins	Weight		Injury
Code	A1E	How: Jog for 35 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Wed 12-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Thu 13-Aug Micro Hard Commitments:

Priority	PI_Q1	What: 6 x 80m stride outs	Weight		Injury
Code	D5R	How: Jog for 10 minutes to warm up, stretch gently, then 5 x 80m near top sprint, take up to 2 minutes of walking about to recover before you start the next repetition, jog for 10 minutes to cool down, then stretch	Rest HR		Motivation
Points	2	Why: Improve stride mechanics and power	Orthostatic HR		Weather
		Actual			

Fri 14-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Sat 15-Aug Micro Easy Commitments:

Priority	P1	What: Jog for 35 minutes	Weight		Injury
Code	A2AR	How: Jog going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	4	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Sun 16-Aug Micro Long Commitments:

Priority	P1	What: Run at an easy pace for 55 minutes	Weight		Injury
Code	A1E	How: Run for the full duration at a pace slightly above a jog. You should still feel as though you could hold a conversation	Rest HR		Motivation
Points	13	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASEL_FI		Priority	Points	Ratio	Focus
MESO	EASY	Aer-con	P1	22	94%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	23	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	10	Anaer-cap	PI_Q1	1	6%	

Mon 17-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Tue 18-Aug Micro Easy Commitments:

Priority	P1	What: Jog for 30 minutes	Weight		Injury
Code	A2AR	How: Jog for 35 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Wed 19-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Thu 20-Aug Micro Easy Commitments:

Priority	PI_Q1	What: 3 x 80m stride outs	Weight		Injury
Code	D5R	How: Jog for 10 minutes to warm up, stretch gently, then 5 x 80m near top sprint, take up to 2 minutes of walking about to recover before you start the next repetition, jog for 10 minutes to cool down, then stretch	Rest HR		Motivation
Points	1	Why: Improve stride mechanics and power	Orthostatic HR		Weather
		Actual			

Fri 21-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Sat 22-Aug Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Sun 23-Aug Micro Long Commitments:

Priority	P1	What: Run at an easy pace for 55 minutes	Weight		Injury
Code	A1E	How: Run for the full duration at a pace slightly above a jog. You should still feel as though you could hold a conversation	Rest HR		Motivation
Points	13	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE2_EQ		Priority	Points	Ratio	Focus
MESO	HARD	Aer-con	P1	20	87%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	23	Aer-cap	P2_Q1	3	13%	
WEEKS TO TARGET	9	Anaer-cap	N/A	0	0%	

Mon 24-Aug		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Tue 25-Aug		Micro Moderate	Commitments:			
Priority	P1	What: Run for 30 mins	Weight		Injury	
Code	A1E	How: Run at an easy pace for the duration. You should feel as though you could talk if you wanted to.	Rest HR		Motivation	
Points	7	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Wed 26-Aug		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Thu 27-Aug		Micro Hard	Commitments:			
Priority	P2_Q1	What: Moneghetti	Weight		Injury	
Code	C4I	How: Warm up with a gentle 10mins jogging and then do dynamic stretching. Then 1 x 90s brisk pace with 90s jogging/walking, then 1 x 60s Brisk pace with 60s walking, then 1 x 30s Brisk pace with 30s walking, then 1 x 15s Sprint with 15s walking. Cool down with 10mins easy jogging followed by stretching.	Rest HR		Motivation	
Points	3	Why: Gently introduce interval pace running	Orthostatic HR		Weather	
		Actual				

Fri 28-Aug		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Sat 29-Aug		Micro Easy	Commitments:			
Priority	P1	What: Jog for 40 minutes	Weight		Injury	
Code	A1E	How: Jog going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	4	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Sun 30-Aug		Micro (A) Race	Commitments:			
Priority	P1	What: Xterra Off Road Series - Short/Medium Course	Weight		Injury	
Code	A1E	How: Jog and walk the course	Rest HR		Motivation	
Points	6	Why: Build endurance and enjoy participation in a social race	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE2_EQ		Priority	Points	Ratio	Focus
MESO	HARD	Aer-con	P1	28	89%	
VDOT		Anaer-con	P2_Q1	4	11%	
VDOT POINTS	31	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	8	Anaer-cap	N/A	0	0%	

Mon 31-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Tue 1-Sep Micro Moderate Commitments:

Priority	P1	What: Run for 30 mins	Weight		Injury
Code	A1E	How: Run at an easy pace for the duration. You should feel as though you could talk if you wanted to.	Rest HR		Motivation
Points	7	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Wed 2-Sep Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Thu 3-Sep Micro Hard Commitments:

Priority	P2_Q1	What: Cruise Intervals: 2 x 5mins with 1 min recovery	Weight		Injury
Code	B3TI	How: Warm up with 10 mins easy jogging, then 2 x 5mins brisk running with 1 minute walking in between, then 10mins jogging cool down	Rest HR		Motivation
Points	4	Why: Gentle introduction to lactic threshold work outs	Orthostatic HR		Weather
		Actual			

Fri 4-Sep Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Sat 5-Sep Micro Easy Commitments:

Priority	P1	What: Jog for 40 minutes	Weight		Injury
Code	A1E	How: Jog going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	4	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Sun 6-Sep Micro Long Commitments:

Priority	P1	What: Run at an easy pace for 60 minutes	Weight		Injury
Code	A1E	How: Run for the full duration at a pace slightly above a jog. You should still feel as though you could hold a conversation	Rest HR		Motivation
Points	14	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE2_EQ		Priority	Points	Ratio	Focus
MESO	EASY	Aer-con	P1	26	100%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	26	Aer-cap		0	0%	
WEEKS TO TARGET	7	Anaer-cap	N/A	0	0%	

Mon 7-Sep		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Tue 8-Sep		Micro Easy	Commitments:			
Priority	P1	What: Jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Wed 9-Sep		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Thu 10-Sep		Micro Easy	Commitments:			
Priority	P1	What: 30 mins jogging	Weight		Injury	
Code	A2AR	How: Jog at an easy pace for the duration	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Fri 11-Sep		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Sat 12-Sep		Micro Easy	Commitments:			
Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury	
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging	Rest HR		Motivation	
Points	3	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Sun 13-Sep		Micro Long	Commitments:			
Priority	P1	What: Run at an easy pace for 60 minutes	Weight		Injury	
Code	A1E	How: Run for the full duration at a pace slightly above a jog. You should still feel as though you could hold a conversation	Rest HR		Motivation	
Points	14	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE2_EQ		Priority	Points	Ratio	Focus
MESO	HARD	Aer-con	P1	32	84%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	38	Aer-cap	P2_Q1	6	16%	
WEEKS TO TARGET	6	Anaer-cap	N/A	0	0%	

Mon 14-Sep		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Tue 15-Sep		Micro Moderate	Commitments:			
Priority	P1	What: Run for 35 mins	Weight		Injury	
Code	A1E	How: Run at an easy pace for the duration. You should feel as though you could talk if you wanted to.	Rest HR		Motivation	
Points	8	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Wed 16-Sep		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Thu 17-Sep		Micro Hard	Commitments:			
Priority	P2_Q1	What: Moneghetti	Weight		Injury	
Code	C4I	How: Warm up with a gentle 10mins jogging and then do dynamic stretching. Then 2 x 90s brisk pace with 90s jogging/walking in between, then 2 x 60s Brisk pace with 60s walking in between, then 2 x 30s Brisk pace with 30s walking in between, then 2 x 15s Sprint with 15s walking in between. Cool down with 10mins easy jogging followed by stretching.	Rest HR		Motivation	
Points	6	Why: Gently introduce interval pace running	Orthostatic HR		Weather	
		Actual				

Fri 18-Sep		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Sat 19-Sep		Micro Easy	Commitments:			
Priority	P1	What: Jog for 45 minutes	Weight		Injury	
Code	A1E	How: Jog going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	5	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Sun 20-Sep		Micro Long	Commitments:			
Priority	P1	What: Run at an easy pace for 70 minutes	Weight		Injury	
Code	A1E	How: Run for the full duration at a pace slightly above a jog. You should still feel as though you could hold a conversation	Rest HR		Motivation	
Points	16	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE2_EQ		Priority	Points	Ratio	Focus
MESO	HARD	Aer-con	P1	32	86%	
VDOT		Anaer-con	P2_Q1	5	14%	
VDOT POINTS	37	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	5	Anaer-cap	N/A	0	0%	

Mon 21-Sep		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Tue 22-Sep		Micro Moderate	Commitments:			
Priority	P1	What: Run for 35 mins	Weight		Injury	
Code	A1E	How: Run at an easy pace for the duration. You should feel as though you could talk if you wanted to.	Rest HR		Motivation	
Points	8	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Wed 23-Sep		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Thu 24-Sep		Micro Hard	Commitments:			
Priority	P2_Q1	What: Cruise Intervals: 3 x 5mins, 1 min recovery	Weight		Injury	
Code	B3TI	How: Warm up with 10 mins easy jogging, then 3 x 5mins brisk running with 1 minute walking in between, then 10mins jogging cool down	Rest HR		Motivation	
Points	5	Why: Gentle introduction to lactic threshold work outs	Orthostatic HR		Weather	
		Actual				
Fri 25-Sep		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Sat 26-Sep		Micro Easy	Commitments:			
Priority	P1	What: Jog for 45 minutes	Weight		Injury	
Code	A1E	How: Jog going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	5	Why: Build endurance	Orthostatic HR		Weather	
		Actual				
Sun 27-Sep		Micro Long	Commitments:			
Priority	P1	What: Run at an easy pace for 70 minutes	Weight		Injury	
Code	A1E	How: Run for the full duration at a pace slightly above a jog. You should still feel as though you could hold a conversation	Rest HR		Motivation	
Points	16	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE2_EQ		Priority	Points	Ratio	Focus
MESO	EASY	Aer-con	P1	18	100%	
VDOT		Anaer-con	N/A	0	0%	
VDOT POINTS	18	Aer-cap	N/A	0	0%	
WEEKS TO TARGET	4	Anaer-cap	N/A	0	0%	

Mon 28-Sep Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Tue 29-Sep Micro Easy Commitments:

Priority	P1	What: Jog for 30 minutes	Weight		Injury
Code	A2AR	How: Jog for 30 mins, going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Wed 30-Sep Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Thu 1-Oct Micro Easy Commitments:

Priority	P1	What: 30 mins jogging	Weight		Injury
Code	A2AR	How: Jog at an easy pace for the duration	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Fri 2-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Sat 3-Oct Micro Easy Commitments:

Priority	P1	What: Walk and jog for 30 minutes	Weight		Injury
Code	A2AR	How: Begin with a 5 min walk, then try jogging just as far as is comfortable, then start walking again, once you feel you've recovered enough that you could jog again, again jog for as long as is comfortable then walk. Keep alternating the walking and jogging	Rest HR		Motivation
Points	3	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Sun 4-Oct Micro Long Commitments:

Priority	P1	What: Run at an easy pace for 80 minutes	Weight		Injury
Code	A1E	How: Run for the full duration at a pace slightly above a jog. You should still feel as though you could hold a conversation	Rest HR		Motivation
Points	18	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	Speed1_TQ		Priority	Points	Ratio	Focus
MESO	HARD	Aer-con	P1	23	47%	
VDOT		Anaer-con	P1_Q1	15	31%	
VDOT POINTS	50	Aer-cap	P1_Q2	11	22%	
WEEKS TO TARGET	3	Anaer-cap	N/A	0	0%	

Mon 5-Oct		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Tue 6-Oct		Micro Hard	Commitments:			
Priority	P1_Q1	What: Cruise Intervals: 3 x 6mins	Weight		Injury	
Code	B3T	How: Warm up with 5-10mins jogging. Run the at a comfortably hard pace for 6mins - you'll proably get into a rhythm where you take two steps for every breath in and two steps for every breath out. Jog for 1 minute between the bursts of higher intensity running. Cool down with 5-10mins jogging.	Rest HR		Motivation	
Points	15	Why: Raise you lactic threshold and improve your running economy	Orthostatic HR		Weather	
		Actual				
Wed 7-Oct		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Thu 8-Oct		Micro Hard	Commitments:			
Priority	P1_Q2	What: Intervals: 4 x 3mins hard with 3mins recovery	Weight		Injury	
Code	C4I	How: Warm up with 5-10mins jogging. Run as fast as you can for 3mins then rest for 3mins to recovery. You can stand, walk around or jog during your recovery. Cool down with 5-10mins of jogging	Rest HR		Motivation	
Points	11	Why: Improve your running economy. Develop the ability to run despite the pain.	Orthostatic HR		Weather	
		Actual				
Fri 9-Oct		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				
Sat 10-Oct		Micro Easy	Commitments:			
Priority	P1	What: Jog for 50 minutes	Weight		Injury	
Code	A1E	How: Jog going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation	
Points	5	Why: Build endurnace	Orthostatic HR		Weather	
		Actual				
Sun 11-Oct		Micro Long	Commitments:			
Priority	P1	What: Run at an easy pace for 80 minutes	Weight		Injury	
Code	A1E	How: Run for the full duration at a pace slightly above a jog. You should still feel as though you could hold a conversation	Rest HR		Motivation	
Points	18	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

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MACRO	Speed1_TQ		Priority	Points	Ratio	Focus
MESO	EASY	Aer-con	P1	37	70%	
VDOT		Anaer-con	P1_Q1	10	20%	
VDOT POINTS	53	Aer-cap	P1_Q2	5	10%	
WEEKS TO TARGET	2	Anaer-cap	N/A	0	0%	

Mon 12-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Tue 13-Oct Micro Moderate Commitments:

Priority	P1_Q1	What: Cruise Intervals: 2 x 6mins	Weight		Injury
Code	B3T	How: Warm up with 5-10mins jogging. Run the at a comfortably hard pace for 6mins - you'll proably get into a rhythm where you take two steps for every breath in and two steps for every breath out. Jog for 1 minute between the bursts of higher intensity running. Cool down with 5-10mins jogging.	Rest HR		Motivation
Points	10	Why: Raise you lactic threshold and improve your running economy	Orthostatic HR		Weather
		Actual			

Wed 14-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Thu 15-Oct Micro Moderate Commitments:

Priority	P1_Q2	What: Intervals: 3 x 3mins hard with 3 mins recovery	Weight		Injury
Code	C4I	How: Warm up with 5-10mins jogging. Run as fast as you can for 3mins then rest for 3mins to recovery. You can stand, walk around or jog during your recovery. Cool down with 5-10mins of jogging	Rest HR		Motivation
Points	5	Why: Improve your running economy. Develop the ability to run despite the pain.	Orthostatic HR		Weather
		Actual			

Fri 16-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Sat 17-Oct Micro Easy Commitments:

Priority	P1	What: Jog for 20 minutes	Weight		Injury
Code	A1E	How: Jog going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	3	Why: Build endurnace	Orthostatic HR		Weather
		Actual			

Sun 18-Oct Micro (B) Race Commitments:

Priority	P1	What: Sir Barry Curtis 5km or 10km	Weight		Injury
Code	A2SBT	How: Run this race at the best comfortably hard pace you can maintain for the duration - use your breathing to monitor your pace - aim to get into a 2 steps be breath rhythm; it's ok if this flucuates a bit.	Rest HR		Motivation
Points	34	Why: You this race to guage your VDOT. You can use this to estimate you time and therefore pace in the Auckland quarter or half marathon	Orthostatic HR		Weather
		Actual			

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	Speed1_TQ		Priority	Points	Ratio	Focus
MESO	HARD	Aer-con	P1	26	43%	
VDOT		Anaer-con	P1_Q1	21	34%	
VDOT POINTS	60	Aer-cap	P1_Q2	14	22%	
WEEKS TO TARGET	1	Anaer-cap	N/A	0	0%	

Mon 19-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Tue 20-Oct Micro Hard Commitments:

Priority	P1_Q1	What: Cruise Intervals: 4 x 6mins	Weight		Injury
Code	B3T	How: Warm up with 5-10mins jogging. Run the at a comfortably hard pace for 6mins - you'll proably get into a rhythm where you take two steps for every breath in and two steps for every breath out. Jog for 1 minute between the bursts of higher intensity running. Cool down with 5-10mins jogging.	Rest HR		Motivation
Points	21	Why: Raise you lactic threshold and improve your running economy	Orthostatic HR		Weather
		Actual			

Wed 21-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Thu 22-Oct Micro Hard Commitments:

Priority	P1_Q2	What: Intervals: 5 x 3mins hard with 3mins recovery	Weight		Injury
Code	C4I	How: Warm up with 5-10mins jogging. Run as fast as you can for 3mins then rest for 3mins to recovery. You can stand, walk around or jog during your recovery. Cool down with 5-10mins of jogging	Rest HR		Motivation
Points	14	Why: Improve your running economy. Develop the ability to run despite the pain.	Orthostatic HR		Weather
		Actual			

Fri 23-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Sat 24-Oct Micro Easy Commitments:

Priority	P1	What: Jog for 55 minutes	Weight		Injury
Code	A1E	How: Jog going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	6	Why: Build endurnace	Orthostatic HR		Weather
		Actual			

Sun 25-Oct Micro Long Commitments:

Priority	P1	What: Run at an easy pace for 90 minutes	Weight		Injury
Code	A1E	How: Run for the full duration at a pace slightly above a jog. You should still feel as though you could hold a conversation	Rest HR		Motivation
Points	21	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	Speed1_TQ		Priority	Points	Ratio	Focus
MESO	TAPER	Aer-con	P1	3	30%	
VDOT		Anaer-con	P1_Q1	5	52%	
VDOT POINTS	10	Aer-cap	P1_Q2	2	18%	
WEEKS TO TARGET	0	Anaer-cap	N/A	0	0%	

Mon 26-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Tue 27-Oct Micro Easy Commitments:

Priority	P1_Q1	What: Cruise Intervals: 1 x 6mins	Weight		Injury
Code	B3T	How: Warm up with 5-10mins jogging. Run the at a comfortably hard pace for 6mins - you'll proably get into a rhythm where you take two steps for every breath in and two steps for every breath out. Cool down with 5-10mins jogging.	Rest HR		Motivation
Points	5	Why: By still doing the high intensity running but for much shorter, you'll trick you body into over recovering for the training stress. That will help to bring you body into peak physical condition of race day.	Orthostatic HR		Weather
		Actual			

Wed 28-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Thu 29-Oct Micro Easy Commitments:

Priority	P1_Q2	What: Intervals: 1 x 2mins hard	Weight		Injury
Code	C4I	How: Warm up with 5-10mins jogging. Run as fast as you can for 3mins then rest for 3mins to recovery. You can stand, walk around or jog during your recovery. Cool down with 5-10mins of jogging	Rest HR		Motivation
Points	2	Why: Trick you body into over recovering.	Orthostatic HR		Weather
		Actual			

Fri 30-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Sat 31-Oct Micro Easy Commitments:

Priority	P1	What: Jog for 20 minutes	Weight		Injury
Code	A1E	How: Jog going just as fast as you can to ensure you can jog for the entire time	Rest HR		Motivation
Points	3	Why: Build endurnace	Orthostatic HR		Weather
		Actual			

Sun 1-Nov Micro (A) Race Commitments:

Priority	P1	What: Auckland Half Marathon	Weight		Injury
Code	A1E	How:	Rest HR		Motivation
Points		Why:	Orthostatic HR		Weather
		Actual			

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	