

Boulder Bay Classic Training Programme

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
69 Run 30min & Stretch 5mins Intensity: Steady	68 Rest	67 Strength circuit, & Stretch 5mins Intensity – Moderate	66 Group Run Intensity - Hard	65 Rest	64 Event Simulation Run 40min & Stretch 5mins Intensity - Steady	63 Rest
62 Run 35min & Stretch 5mins Intensity: Steady	61 Rest	60 Strength circuit, & Stretch 5mins Intensity – Moderate	59 Group Run Intensity - Hard	58 Rest	57 Event Simulation Run 45min & Stretch 5mins Intensity - Steady	56 Rest
55 Run 30min & Stretch 5mins Intensity: Steady EASY WEEK	54 Rest	53 Strength circuit, & Stretch 5mins Intensity – Moderate	52 Group Run Intensity - Hard	51 Rest	50 Event Simulation Run 40min & Stretch 5mins Intensity - Steady	49 Rest
48 Run 40min & Stretch 5mins Intensity: Steady	47 Rest	46 Strength circuit, & Stretch 5mins Intensity – Moderate	45 Group Run Intensity - Hard	44 Rest	43 Event Simulation Run 50min & Stretch 5mins Intensity -	42 Rest
41 Run 45min & Stretch 5mins Intensity: Steady	40 Rest	39 Strength circuit, & Stretch 5mins Intensity – Moderate	38 Group Run Intensity - Hard	37 Rest	36 Event Simulation Run 60min & Stretch 5mins Intensity - Steady	35 Rest
34 Run 35min & Stretch 5mins Intensity: Steady EASY WEEK	33 Rest	32 Strength circuit, & Stretch 5mins Intensity – Moderate	31 Group Run Intensity - Hard	30 Rest	29 Event Simulation Run 45min & Stretch 5mins Intensity - Steady	28 Rest



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27 Run 50min & Stretch 5mins Intensity: Steady	26 Rest	25 Strength circuit, & Stretch 5mins Intensity – Moderate	24 Group Run Intensity - Hard	23 Rest	22 Event Simulation Run 70min & Stretch 5mins Intensity - Moderate	21 Rest
20 Run 55min & Stretch 5mins Intensity: Steady	19 Rest	18 Strength circuit, & Stretch 5mins Intensity – Moderate	17 Group Run Intensity - Hard	16 Rest	15 Event Simulation Run 80min & Stretch 5mins Intensity - Moderate	14 Rest
13 Run 40min & Stretch 5mins Intensity: Steady EASY WEEK	12 Rest	11 Strength circuit, & Stretch 5mins Intensity – Moderate	10 Group Run Intensity - Hard	9 Rest	8 Event Simulation Run 40min & Stretch 5mins Intensity - Hard	7 Rest
6 Rest	5 Run 30min & Stretch 5mins Intensity: Hard	4 Rest	3 Run – 20mins Intensity - Hard	2 Rest – Check start time and race details	1 Rest – Prepare your gear and nutrition	0 BOULDER BAY CLASSIC

How hard should I go?

Intensity	Description
Easy	Can talk easily e.g. recovery, cool down
Steady	Can talk comfortably but you are breathing more heavily
Moderate Hard	You are really puffing now but can still talk in sentences
Hard	Don't feel like talking but can talk in single words
Very Hard	Sucking in all the oxygen you can!
Max	Sprinting - Giving it everything!!

Where to train?

The run is hillier than you might expect therefore make sure that you go for a few hill runs as part of your Saturday event simulation runs. Challenge yourself but make sure that you always keep yourself safe while out training.

Strength Circuit: This could be good to do as a group session or it could also be a quick fire 10 minute workout - including one minute of each exercise: squats, press ups, side plank (30 seconds each side) lunges (one minute each side) plank, step ups (one minute each side) sit ups, tricep dips. This short strength workout will help you move better and decrease the chance of injuries. Head to this link for an example <https://www.youtube.com/watch?v=3Yuyf1mWXH8&t=8s>

Technique

"There is more to running than just strapping your shoes on and heading out the door. How you move will have a big influence on your efficiency as well as speed and therefore how much you enjoy your training and racing.

If you are thinking about how you are running (the technique of it) rather than how far you have to go to the end you will probably be going well.

Listen to your body

Go as you feel - remember this training plan is a guide to your training and there are a number of other factors that affect the stress that your body is under, such as work, friends and quality of sleep. Therefore if you are feeling tired start your session and if you still feel bad after 15 minutes either cut your session short or turn around and go home.

However if you start feeling better carry on with your session as planned

Therefore use the following as a guideline:

- Option A - Do the session as prescribed.
- Option B - Do the same intensity session but decrease the duration by a third.
- Option C - Do a short recovery session with a maximum of 20 minutes and at level 1-2 intensity - do not do the prescribed training.
- Option D - Rest and do nothing making sure that you are eating well just like every other day.



Warming down

All times include the time to warm up but not your warm down - allow 3-5 minutes of easy exercise at the end of your session to warm down.

Get into the habit of stretching at the end of your session as part of your warm down. This is not included in the session time so please allow this. Lack of stretching can lead to a lack of power, poor technique and an increase chance of injury.

Nutrition

During your training make sure that you practice your race day nutrition. Get used to gels, sports drinks and foods so there are no surprises come race day.

Race day nutrition includes your meal the night before, your pre-race meal, during race energy food/fluid, and post-race food. Contact CP if you would like specific Nutrition advice.

Goal setting

Make a habit of writing a goal for yourself each week, achieving these will keep you on track and give you focus.



