



**FIND YOUR FEET**

BE WILDER · PLAY WILDER · PERFORM WILDER

# RUN TASMANINA STAGERACE

TRAINING PACKAGE  
BY HANNY ALLSTON

INTRO

The success is in starting

CONSIDERATIONS

Read carefully before  
you start

TRAINING IDEAS

The foundation of excellence is customisation

TRAINING PLANNER

Time to grow, play &  
perform wilder





## FROM THE AUTHOR

It is my absolute pleasure to welcome you to Tasmania, particularly its southern regions which was where I grew up and where I learnt the art of loving trail running. Most of the trails that you are going to enjoy over these 4 days were places that I used to run on – for joy, recovery, training and even competing as I prepared for international competitions. What I love about the Rapid Ascent events are the cleverly crafted routes, relaxed event atmosphere, camaraderie with other athletes, and an opportunity to run through parts of a landscape you might not otherwise have the opportunity to visit. Therefore, I believe your success and enjoyment on my home trails here in Tasmania are consistency of your preparation, knowledge of how to stay fuelled and hydrated in our quickly changing Tasmanian environments, and also in the mental approach over the 4 days.

The focus of this training planner is to help you to find your feet, using your Rapid Ascent Tasmania 4-day goal as a foundation for personal growth and wilder adventures.

I cannot emphasise strongly enough that **this training plan is a guide**. I hope that you see it as an opportunity to learn the skills of preparing for trail running goals whilst incorporating exercise into a lifestyle. Therefore, I believe it is absolutely essential for you to use this training planner in combination with the extensive knowledge located in my newly released [Trail Running Guidebook](#). This Guidebook explains in detail the theories behind my training resources, and provides insights on a wide range of important topics such as recovery, common injuries, nutrition & hydration, and psychology. All of these topics will be imperative to understand prior to race day!

I have learnt from my own elite running career and fifteen years of coaching endurance runners, that in order to thrive in your chosen goal it is essential that you are willing to sit firmly in the driver's seat; to listen to your body and fully respect the demands of your personal lifestyle.

*(Continue on next page)*



I call this – **growing wilder**. It is essential to ask yourself the question, ‘Who am I when I am not running?’ If you are struggling to answer this question then there is a strong risk that your running goals will feel unsustainable over the longer term.

Next, it is critical that this goal is fun! Make sure that you incorporate the activities, locations, trails and friendships that you love. I dare you to – **play wilder**. Only then will you feel ready to – **perform wilder**.

As you will see in this training planner, there are plenty of opportunities to select carefully from a breadth of sessions on offer. This is to ensure that you do not place too many stresses on your body thereby risking injury, illness and disengagement from the goal. Feel free to modify any sessions to ensure that you are getting the rest and recuperation that you require to maintain your enjoyment in the goal and your physical health.

After all, we are all unique human beings and our bodies are certainly not machines!

Finally, I have learnt through hard lessons that racing success does not make you a better or more successful person. Rather, the journey to your chosen performance goal and the ‘self’ you build along the way are better measures of personal attainment, as is your excitement for the ‘what next?’ You are about to start on a successful journey that can lead you into a long-term lifestyle incorporating great health, happiness and wilder adventures.

I am excited! Are you?

Hanny  
ALLSTON



# CONSIDERATIONS:

## HOW TO PERSONALISE THIS TRAINING PLAN TO YOUR OWN NEEDS

1. READ: 'THE TRAIL RUNNING GUIDEBOOK' by Hanny Allston (Get 20% off storewide with discount code: RUNTASMANIA)
2. Enter dates into the Training Planner
3. Enter any events that you wish to race - highlight these so they are obvious
4. Plan for recovery after events - for every 10km you race at maximal intensity you will require 1 week of recovery. If you are unsure of how your events fit into your greater goal then you may need to arrange an additional [Performance Consultation](#) with me.

### RECOVERY/MISSION WEEK

5. Begin by planning the development of your long 'missions'. These are the days you practice everything from carrying your mandatory gear to fuelling/hydration. Go somewhere new. Aim to run most of the time, but practice some walking too. If you don't have a fuelling/hydration strategy you may need to read my Trail Running Guidebook and maybe also arrange an additional [Performance Consultation](#) with me.
6. Think about whether you need to include night trail running practice.
7. Leave the rest of your Recovery/Mission weeks relatively free & flexible. It should only include light strength training (upper body & rehab), jogging and other cross-training activities that leave you feeling fully refreshed after the previous training weeks. Ideally you will have 4-5 days of full rest & recovery prior to missions. Try to include extra sleep & rest during this period to optimize your recovery.
8. Don't forget to fill in your Reflections sheets to track the progress of your Missions .

### INTENSITY WEEKS 1 & 2

9. Try to work into the structure of Easy 🟡 Moderate 🟡 Hard days of training. Reserve the Hard days for higher intensity and longer running. Please note, during these weeks, long runs should not become 'missions' and should be kept as 'do'able runs before breakfast', or of a length no greater than around 2.5hrs.
10. Aim to make your Hard days 'Hard' and your Easy days 'Easy'. That is, be careful not to overload the Rest/Easy days. Remember, Easy days should be preparing the body to train. Moderate days are lower intensity, volume building days. Hard days are for strategic exertion.
11. In Moderate Weeks, the cumulative training should feel tough'ish but achievable.
12. In Hard Weeks, the cumulative training should feel challenging but not reaching a place where you are risking niggles, injuries or excessive fatigue.

*For ideas of what constitutes Easy, Moderate & Hard days see the table on the Training Ideas sheet of this document*

*(Continue on next page)*



# CONSIDERATIONS:

## HOW TO PERSONALISE THIS TRAINING PLAN TO YOUR OWN NEEDS

### TAPERING

15. You need to allow a at least 7 days for the final taper. For the two weeks before this you will need to begin freshening up by including Sharpening Sessions & decreasing the duration of your Long Runs. If you feel apprehensive about the taper week provided in this plan, you may need to read my Trail Running Guidebook and maybe also arrange an additional [Performance Consultation](#) with me.

16. Plan when you need to start focusing in on your pre-race Nutrition & Hydration. If you are unsure of how to optimally refuel and rehydrate in the final week before your event, you may need to read my Trail Running Guidebook and maybe also arrange an additional [Performance Consultation](#) with me.

17. Remember to factor in Allied Health services such as massage into the taper period. You should not have a heavy massage closer than 4 days out from your race to avoid Delayed Onset Muscle Soreness.

### OTHER CONSIDERATIONS

18. Plan your training using durations not distances. This will give you a greater accuracy of your training as it will allow you to include strength & cross-training in your overall weekly volumes.

19. Do not just measure your training in volumes, you also have to account for quality of training & intensity of training in your calculations. I.e. a really hard week will not just be a bigger volume week. In fact, it may be a low volume week but with tougher quality training sessions or races.

20. If the 3-week cycle doesn't fit in completely to your plan, you may need to include an additional Moderate Week where you build back into full training off the back of a race or heavy training period.



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## TRAIL RUNNING TOURS

Since 2014, we've at **Find Your Feet Tours** run through ancient forests in Tasmania, scrambled to 3000m peaks in the Dolomites, and laughed our way through wobbly green food in Japan. With over 570 guests, 63 tours, and memories that last a lifetime, Find Your Feet Trail Running Tours are so much more than a holiday.

Led by expert guides, our small-group tours are all about exploring wild places at a pace that suits you. Whether you're new to trails or an ultra-seasoned mountain goat - we've got a tour to match your stride!

[WWW.FINDYOURFEETTOURS.COM.AU](http://WWW.FINDYOURFEETTOURS.COM.AU)

# TRAINING IDEAS:

Use this guide to help you to personalise your training planner. Feel free to substitute any of the training sessions outlined in this program with your own activities. For example, if I have suggested jogging on an Easy Day, you may like to swap this for swimming if this is something that you really enjoy? For more detailed information on this concept, please refer to my Trail Running Guidebook. You may also need to arrange an additional [Performance Consultation](#) with me.

| REST DAYS                         | EASY DAYS                                                                  | MODERATE DAYS                                            | HARD DAYS                                          |
|-----------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------|
| <i>No formal planned training</i> | <i>Low volume, low intensity days that best prepare your body to train</i> | <i>Low intensity, volume or 'time-in- the-legs' days</i> | <i>High intensity or high volume training days</i> |

## EXAMPLE SESSIONS

|                                       |                                        |                                                     |                                                     |
|---------------------------------------|----------------------------------------|-----------------------------------------------------|-----------------------------------------------------|
| Allied Health sessions<br>ie. Massage | Jogging                                | Two easy runs in one day                            | Long Runs - should still be run at a 'talking pace' |
| Gentle walking                        | Walking                                | One longer run (up to 75% of your weekend long run) | Hill Interval Sessions - longer reps                |
| Gardening or house activities         | Easy cross- training                   | Strength Training - harder sessions                 | Hilly Loops - hills run hard                        |
| Beach or pool activities              | Yoga/Pilates                           | Cross-training - not too hard though                | Hill Time-trials                                    |
|                                       | Active transport (ie. cycle commuting) |                                                     | Fartlek training - longer reps, less recovery       |
|                                       | Kids sports activities                 |                                                     | Time-trials                                         |
|                                       | Social sports activities               |                                                     | Races                                               |

## WHAT ELSE DO YOU ENJOY?

| REST DAYS | EASY DAYS | MODERATE DAYS | HARD DAYS |
|-----------|-----------|---------------|-----------|
|           |           |               |           |
|           |           |               |           |
|           |           |               |           |
|           |           |               |           |

| WEEK 1                                                                              | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                                                                                                                                                                                     |          |          |
|-------------------------------------------------------------------------------------|-----------------------------|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|                                                                                     |                             | Intensity                      | Activity                                                                                                                                                                                                                                                                                                                                                                                                            | Distance | Duration |
| <a href="#">Podcast Episode #17</a><br><a href="#">Psychological Foundations of</a> | Moderate Week               |                                | Aerobic: Moderate                                                                                                                                                                                                                                                                                                                                                                                                   |          |          |
|                                                                                     | Mon                         | Rest                           |                                                                                                                                                                                                                                                                                                                                                                                                                     |          |          |
|                                                                                     | Tue                         | Easy                           | Active recovery activities such as easy jogging or crosstraining                                                                                                                                                                                                                                                                                                                                                    |          | 0:30     |
|                                                                                     | Wed                         | Moderate                       | Easy run (talking comfortably) or crosstraining                                                                                                                                                                                                                                                                                                                                                                     |          | 0:40     |
|                                                                                     | Thu                         | Hard                           | Aerobic Run: Comfortable talking pace but add 3x5min tempo with 5min jog between                                                                                                                                                                                                                                                                                                                                    |          | 0:45     |
|                                                                                     | Fri                         | Rest                           |                                                                                                                                                                                                                                                                                                                                                                                                                     |          |          |
|                                                                                     | Sat                         | Moderate                       | Semi-long run on smoother, flatter surfaces                                                                                                                                                                                                                                                                                                                                                                         |          | 1:00     |
|                                                                                     | Sun                         | Hard                           | Long Run along hilly tracks and trails                                                                                                                                                                                                                                                                                                                                                                              |          | 1:15     |
|                                                                                     | Comments or Considerations? |                                | This week the training starts for your 4 days in Tasmania goal! A crucial part of preparing for this event is to practice on rougher terrain and hills. Try adding either or both into each week of your training if possible. I also strongly encourage you to pace yourself. Consistency is the key when it comes to preparing for multi day endurance events. Respect the recovery as much as the hard training! |          |          |
|                                                                                     | Notes:                      |                                |                                                                                                                                                                                                                                                                                                                                                                                                                     |          |          |

| WEEK 2                                                                                         | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                 |          |          |
|------------------------------------------------------------------------------------------------|-----------------------------|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|                                                                                                |                             | Intensity                      | Activity                                                                                                                                                                                                                                        | Distance | Duration |
| <a href="#">Podcast Episode #56</a><br><a href="#">Finding Purpose with Dr Patricia Bowmer</a> | Hard Week                   |                                | Aerobic: Hard                                                                                                                                                                                                                                   |          |          |
|                                                                                                | Mon                         | Rest                           |                                                                                                                                                                                                                                                 |          |          |
|                                                                                                | Tue                         | Easy                           | Active recovery activities such as easy jogging or crosstraining                                                                                                                                                                                |          | 0:30     |
|                                                                                                | Wed                         | Moderate                       | Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home                                                                                                                                                      |          | 0:50     |
|                                                                                                | Thu                         | Hard                           | Tempo: 15min w/up; 15min stronger run on gentle rolling hills; 15min cool down                                                                                                                                                                  |          | 0:45     |
|                                                                                                | Fri                         | Rest                           |                                                                                                                                                                                                                                                 |          |          |
|                                                                                                | Sat                         | Moderate                       | Longer Run aiming to run all the hills comfortably and work the downhill's a little stronger (to simulate race day)                                                                                                                             |          | 1:30     |
|                                                                                                | Sun                         | Hard                           | Longer walk or optional jog - but if fatigued please rest!                                                                                                                                                                                      |          | 1:00     |
|                                                                                                | Comments or Considerations? |                                | The 4 days in Tasmania is full of hills and requires four days of back to back running. Therefore, if possible try to incorporate lots of hills in your training. Aim to complete a 15min tempo over rolling hills during the Thursday session. |          |          |
|                                                                                                | Notes:                      |                                |                                                                                                                                                                                                                                                 |          |          |



| WEEK 3                                                               | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                                                                                                                                                                                                                    |          |          |
|----------------------------------------------------------------------|-----------------------------|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|                                                                      |                             | Intensity                      | Activity                                                                                                                                                                                                                                                                                                                                                                                                                                           | Distance | Duration |
|                                                                      | Recovery/Mission            |                                | Easy/Mission 1                                                                                                                                                                                                                                                                                                                                                                                                                                     |          |          |
|                                                                      | Mon                         | Rest                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                    |          |          |
| <a href="#">Podcast Episode # 19 Base Training with Hanny Alston</a> | Tue                         | Easy                           | Active Recovery: Choose from an easy jog, swim or walk                                                                                                                                                                                                                                                                                                                                                                                             |          | 0:30     |
|                                                                      | Wed                         | Easy/Rest                      | Easy jog to stretch out the legs                                                                                                                                                                                                                                                                                                                                                                                                                   |          | 0:40     |
|                                                                      | Thu                         | Easy/Rest                      | Active Recovery: Choose from an easy jog, swim or walk                                                                                                                                                                                                                                                                                                                                                                                             |          | 0:30     |
|                                                                      | Fri                         | Rest                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                    |          |          |
|                                                                      | Sat                         | Mission                        | Long Mission: Run as close to race conditions as possible but at an easier pace. Walk around 20% to reduce risk of injury and simulate race day.                                                                                                                                                                                                                                                                                                   |          | 1:20     |
|                                                                      | Sun                         | Mission                        | 30min jog then 60min walk to see how you pull up after the mission yesterday                                                                                                                                                                                                                                                                                                                                                                       |          | 1:30     |
|                                                                      | Comments or Considerations? |                                | This weekend's Mission/s are a critical step in your preparations for the 4 days in Tasmania. You can learn a lot about your body. Make sure you document the run (and if possible, complete it under warmer weather conditions ie. in the middle of the day). Also document how the body felt when you went out training the Sunday as this will be a good indicator of how well you looked after yourself during & after Saturday's long effort. |          |          |
|                                                                      | Notes:                      |                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                    |          |          |

| WEEK 4 | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                        |          |          |
|--------|-----------------------------|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|        |                             | Intensity                      | Activity                                                                                                                                               | Distance | Duration |
|        | Moderate Week               |                                | Aerobic: Moderate                                                                                                                                      |          |          |
|        | Mon                         | Rest                           |                                                                                                                                                        |          |          |
|        | Tue                         | Easy                           | Active recovery activities such as easy jogging or crosstraining                                                                                       |          | 0:30     |
|        | Wed                         | Moderate                       | Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home                                                             |          | 1:00     |
|        | Thu                         | Hard                           | Aerobic Endurance: 15min w'up; 15min tempo run on rolling hills; 15min c'down                                                                          |          | 0:45     |
|        | Fri                         | Rest                           |                                                                                                                                                        |          |          |
|        | Sat                         | Moderate                       | 5km Tempo Run - try to be able to replicate this as we are going to come back to it later in the program. Aim for a Park Run or enjoyable environment. |          | 1:00     |
|        | Sun                         | Hard                           | Walk or if fatigue, swap for active recovery                                                                                                           |          | 1:00     |
|        | Comments or Considerations? |                                | Focus of this week is consistency and getting a baseline of your fitness through the 5km Tempo Run.                                                    |          |          |
|        | Notes:                      |                                |                                                                                                                                                        |          |          |

| WEEK 5                                                               | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                                         |          |          |
|----------------------------------------------------------------------|-----------------------------|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|                                                                      |                             | Intensity                      | Activity                                                                                                                                                                                                                                                                | Distance | Duration |
| <a href="#">Podcast Episode #21 Sports Nutrition &amp; Hydration</a> | Hard Week                   |                                | Aerobic: Hard                                                                                                                                                                                                                                                           |          |          |
|                                                                      | Mon                         | Rest                           |                                                                                                                                                                                                                                                                         |          |          |
|                                                                      | Tue                         | Easy                           | Active recovery activities such as easy jogging or cross training                                                                                                                                                                                                       |          | 0:30     |
|                                                                      | Wed                         | Moderate                       | Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home                                                                                                                                                                              |          | 0:50     |
|                                                                      | Thu                         | Hard                           | Tempo Run: 15min w'up; 3x5min uphill running (try to run the whole way) then jog back to start; 10min c'down                                                                                                                                                            |          | 0:50     |
|                                                                      | Thu                         | Rest                           |                                                                                                                                                                                                                                                                         |          |          |
|                                                                      | Sat                         | Moderate                       | Aerobic run (or walk) at talking pace                                                                                                                                                                                                                                   |          | 1:00     |
|                                                                      | Sun                         | Hard                           | Long Run: add some hills and trails in if you can. Run this at a talking pace but work the uphill's a little stronger.                                                                                                                                                  |          | 1:30     |
|                                                                      | Comments or Considerations? |                                | This week is simply a progression on last week. If you are struggling to cope with the load of increased hill training, then cut back on some of the volume and the number of repetitions. It is important to work within your limits to avoid injury and overtraining. |          |          |
|                                                                      | Notes:                      |                                |                                                                                                                                                                                                                                                                         |          |          |



| WEEK 6                      | DAY              | 4 DAYS IN TASMANIA                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                  |          |          |
|-----------------------------|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|                             |                  | Intensity                                                                                                                                                                                                                                                                                                                                                                                                             | Activity                                                                                                                                         | Distance | Duration |
|                             | Recovery/Mission |                                                                                                                                                                                                                                                                                                                                                                                                                       | Easy/Mission 2                                                                                                                                   |          |          |
|                             | Mon              | Rest                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                  |          |          |
|                             | Tue              | Easy                                                                                                                                                                                                                                                                                                                                                                                                                  | Active Recovery: Choose from an easy jog, swim or walk                                                                                           |          | 0:30     |
|                             | Wed              | Easy/Rest                                                                                                                                                                                                                                                                                                                                                                                                             | Easy jog to stretch out the legs                                                                                                                 |          | 0:30     |
|                             | Thu              | Rest                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                  |          |          |
|                             | Fri              | Easy/Rest                                                                                                                                                                                                                                                                                                                                                                                                             | Relaxed aerobic run                                                                                                                              |          | 0:45     |
|                             | Sat              | Mission                                                                                                                                                                                                                                                                                                                                                                                                               | Long Mission: Run as close to race conditions as possible but at an easier pace. Walk around 20% to reduce risk of injury and simulate race day. |          | 1:45     |
|                             | Sun              | Rest                                                                                                                                                                                                                                                                                                                                                                                                                  | Optional easy 1hr walk or 30min jog+30min walk to see how you feel.                                                                              |          | 1:00     |
| Comments or Considerations? |                  | This weekend we are increasing the number of back to back days. Make sure you take the advice to include plenty of walking in the 1:45hr mission. This is designed to help you physically and mentally prepare for the joys of walking on race day, and also to minimize the risk of injury. It is critical that you do not embark back on full training next week until you are fully recovered from these missions. |                                                                                                                                                  |          |          |
| Notes:                      |                  |                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                  |          |          |

| WEEK 7                                                                    | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |          |
|---------------------------------------------------------------------------|-----------------------------|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|                                                                           |                             | Intensity                      | Activity                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Distance | Duration |
|                                                                           | Moderate Week               |                                | Hills: Moderate                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |          |
|                                                                           | Mon                         | Rest                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |          |
| <a href="#">Podcast Episode #25 Hill Training &amp; Running Technique</a> | Tue                         | Easy                           | Active recovery activities such as easy jogging or crosstraining                                                                                                                                                                                                                                                                                                                                                                                                                            |          | 0:30     |
|                                                                           | Wed                         | Moderate                       | Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home                                                                                                                                                                                                                                                                                                                                                                                                  |          | 1:00     |
|                                                                           | Thu                         | Hard                           | Hills Tempo: 15min w/up; 20mins done as running any hill you find hard then cruising at talking effort till the next hill; 10min easy jog or walk c' down                                                                                                                                                                                                                                                                                                                                   |          | 0:45     |
|                                                                           | Fri                         | Rest                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |          |
|                                                                           | Sat                         | Moderate                       | Hill Intervals: 15min w/up; 4x5min strong (not hard) uphill runs with jog back recoveries; short cool down                                                                                                                                                                                                                                                                                                                                                                                  |          | 0:45     |
|                                                                           | Sun                         | Hard                           | Long Run: add some hills and trails in if you can. Run this at a talking pace but work the downhill's stronger.                                                                                                                                                                                                                                                                                                                                                                             |          | 1:45     |
|                                                                           | Comments or Considerations? |                                | This week we really start to focus on hills. It is actually hard to injure yourself on hills so long as you are careful on the descents. Try to stay tall and strong on each effort. Focus on running with a high cadence (>180 steps/minute). If you are too fatigued by Sunday, go for a walk instead of a run. This week also sets the standard benchmark for all future Moderate and Hard week long runs. They will now be capped at 2hrs, with the missions instead growing in length. |          |          |
|                                                                           | Notes:                      |                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |          |

| WEEK 8 | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                                                                                                                                                                                |          |          |
|--------|-----------------------------|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|        |                             | Intensity                      | Activity                                                                                                                                                                                                                                                                                                                                                                                                       | Distance | Duration |
|        | Hard Week                   |                                | Aerobic: Hard                                                                                                                                                                                                                                                                                                                                                                                                  |          |          |
|        | Mon                         | Rest                           |                                                                                                                                                                                                                                                                                                                                                                                                                |          |          |
|        | Tue                         | Easy                           | Active recovery activities such as easy jogging or cross-training                                                                                                                                                                                                                                                                                                                                              |          | 0:30     |
|        | Wed                         | Moderate                       | Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home                                                                                                                                                                                                                                                                                                                     |          | 1:15     |
|        | Thu                         | Hard                           | Hills Tempo: 15min w/up; 15mins done as running any hill you find hard then cruising at talking effort till the next hill; 10min easy jog or walk c'down                                                                                                                                                                                                                                                       |          | 0:40     |
|        | Fri                         | Rest                           |                                                                                                                                                                                                                                                                                                                                                                                                                |          |          |
|        | Sat                         | Moderate                       | Aerobic, talking-pace hilly run or walk                                                                                                                                                                                                                                                                                                                                                                        |          | 0:50     |
|        | Sun                         | Hard                           | Long Run: add some hills and trails in if you can. Run this at a talking pace.                                                                                                                                                                                                                                                                                                                                 |          | 2:00     |
|        | Comments or Considerations? |                                | A second solid week of hill training. This week really make sure your easy days are easy enough do you are recovery quicker from the hard days of training. Feel free to add a rest day or substitute sessions with cross-training/walking if you are carrying too much fatigue. The secret to reaching optimal performance is to listen to the body, avoid injury and train long-term with great consistency. |          |          |
|        | Notes:                      |                                |                                                                                                                                                                                                                                                                                                                                                                                                                |          |          |

| WEEK 9                                                              | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                                                                                     |          |          |
|---------------------------------------------------------------------|-----------------------------|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|                                                                     |                             | Intensity                      | Activity                                                                                                                                                                                                                                                                                                            | Distance | Duration |
| <a href="#">Podcast Episode #28 Mission + Adventure Psychology.</a> | Recovery/Mission            |                                | Easy/Mission 3                                                                                                                                                                                                                                                                                                      |          |          |
|                                                                     | Mon                         | Rest                           |                                                                                                                                                                                                                                                                                                                     |          |          |
|                                                                     | Tue                         | Easy                           | Active Recovery: Choose from an easy jog, swim or walk                                                                                                                                                                                                                                                              |          | 0:30     |
|                                                                     | Wed                         | Easy/Rest                      | Easy jog to stretch out the legs                                                                                                                                                                                                                                                                                    |          | 0:30     |
|                                                                     | Thu                         | Rest                           |                                                                                                                                                                                                                                                                                                                     |          |          |
|                                                                     | Fri                         | Hard                           | Long Run along hilly tracks and trails. Shorten if you need to.                                                                                                                                                                                                                                                     |          | 1:15     |
|                                                                     | Sat                         | Mission                        | Long Mission: Run as close to race conditions as possible but at an easier pace. Walk around 20% to reduce risk of injury and simulate race day.                                                                                                                                                                    |          | 2:00     |
|                                                                     | Sun                         | Easy                           | Easy 30min jog to test your recovery capabilities                                                                                                                                                                                                                                                                   |          | 0:30     |
|                                                                     | Comments or Considerations? |                                | This week is really solid. It is imperative to take on board any lessons you have had in previous missions as otherwise you will not be able to complete these back to back runs. It is also important to include some walking to reduce risk of injury. If in doubt, rest on Sunday instead of the easy 30min jog. |          |          |
|                                                                     | Notes:                      |                                |                                                                                                                                                                                                                                                                                                                     |          |          |



| WEEK 10 | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                                                                                                                                                                                |          |          |
|---------|-----------------------------|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|         |                             | Intensity                      | Activity                                                                                                                                                                                                                                                                                                                                                                                                       | Distance | Duration |
|         |                             |                                |                                                                                                                                                                                                                                                                                                                                                                                                                |          |          |
|         | Moderate Week               |                                | Hills: Moderate                                                                                                                                                                                                                                                                                                                                                                                                |          |          |
|         | Mon                         | Rest                           |                                                                                                                                                                                                                                                                                                                                                                                                                |          |          |
|         | Tue                         | Easy                           | Active recovery activities such as easy jogging or crosstraining                                                                                                                                                                                                                                                                                                                                               |          | 0:30     |
|         | Wed                         | Easy                           |                                                                                                                                                                                                                                                                                                                                                                                                                |          |          |
|         | Thu                         | Hard                           | Hilly aerobic run at comfortable talking effort                                                                                                                                                                                                                                                                                                                                                                |          | 1:00     |
|         | Fri                         | Easy                           | Choose from easy jogging or crosstraining activities                                                                                                                                                                                                                                                                                                                                                           |          | 0:30     |
|         | Sat                         | Moderate                       | Hilly Run aiming to run all the hills comfortably and work the uphill a little stronger (to simulate race day)                                                                                                                                                                                                                                                                                                 |          | 0:45     |
|         | Sun                         | Hard                           | Long Run: add some longer uphill and trails in if you can. Run this at a talking pace. Add walking as required.                                                                                                                                                                                                                                                                                                |          | 2:00     |
|         | Comments or Considerations? |                                | Back into training this week. Take your time to build back to normal routines if you are still recovering from the Mission and back-to-back runs last weekend. The main focus of this week is the back-to-back longer runs on the weekend. However, if you are struggling with the volume then just focus on one solid long run on Sunday. It is critical not to overtrain at this point in your preparations. |          |          |
|         | Notes:                      |                                |                                                                                                                                                                                                                                                                                                                                                                                                                |          |          |

| WEEK 11 | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                                                                                                                                                                                                      |          |          |
|---------|-----------------------------|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|         |                             | Intensity                      | Activity                                                                                                                                                                                                                                                                                                                                                                                                                             | Distance | Duration |
|         | Hard Week                   |                                | Hills: Hard                                                                                                                                                                                                                                                                                                                                                                                                                          |          |          |
|         | Mon                         | Rest                           |                                                                                                                                                                                                                                                                                                                                                                                                                                      |          |          |
|         | Tue                         | Easy                           | Active recovery activities such as easy jogging or cross training                                                                                                                                                                                                                                                                                                                                                                    |          | 0:30     |
|         | Wed                         | Moderate                       | Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home                                                                                                                                                                                                                                                                                                                                           |          | 1:15     |
|         | Thu                         | Hard                           | Hill Intervals: Warm up then attempt 3-4x(3min hard uphill with jog back recoveries). Cool down for 5-10mins afterwards                                                                                                                                                                                                                                                                                                              |          | 0:45     |
|         | Fri                         | Easy                           |                                                                                                                                                                                                                                                                                                                                                                                                                                      |          |          |
|         | Sat                         | Moderate                       | Hilly Run at talking effort, although aim to run the uphill a little stronger                                                                                                                                                                                                                                                                                                                                                        |          | 0:50     |
|         | Sun                         | Hard                           | Long Run: add some hills and trails in if you can. Add walking as required.                                                                                                                                                                                                                                                                                                                                                          |          | 2:00     |
|         | Comments or Considerations? |                                | This week is simply a progression on last week. If you are struggling to cope with the load of increased hill training, then cut back on some of the volume and the number of repetitions. It is important to work within your limits to avoid injury and overtraining. You also need to be in a great place going into next week as it will be the longest one-day mission that you will do in training for the 4 days in Tasmania. |          |          |
|         | Notes:                      |                                |                                                                                                                                                                                                                                                                                                                                                                                                                                      |          |          |

| WEEK 12                     | DAY              | 4 DAYS IN TASMANIA - The Quoll                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                  |          |          |
|-----------------------------|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|                             |                  | Intensity                                                                                                                                                                                                                                                                                                                                                                                                                               | Activity                                                                                                                                         | Distance | Duration |
|                             | Recovery/Mission |                                                                                                                                                                                                                                                                                                                                                                                                                                         | Easy/Mission 4                                                                                                                                   |          |          |
|                             | Mon              | Rest                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                  |          |          |
|                             | Tue              | Easy                                                                                                                                                                                                                                                                                                                                                                                                                                    | Active Recovery: Choose from an easy jog, swim or walk                                                                                           |          | 0:30     |
|                             | Wed              | Easy/Rest                                                                                                                                                                                                                                                                                                                                                                                                                               | Easy jog to stretch out the legs                                                                                                                 |          | 0:40     |
|                             | Thu              |                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                  |          |          |
|                             | Fri              | Easy                                                                                                                                                                                                                                                                                                                                                                                                                                    | Easy relaxed run or walk                                                                                                                         |          | 1:00     |
|                             | Sat              | Mission                                                                                                                                                                                                                                                                                                                                                                                                                                 | Long Mission: Run as close to race conditions as possible but at an easier pace. Walk around 20% to reduce risk of injury and simulate race day. |          | 3:00     |
|                             | Sun              | Rest                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                  |          |          |
| Comments or Considerations? |                  | This is the longest mission you will complete in your preparations for the 4 days in Tasmania. Make sure you take the advice to include plenty of walking. This is designed to help you physically and mentally prepare for the joys of walking on race day, and also to minimize the risk of injury. It is critical that you do not embark back on full training next week until you are fully recovered from this Saturday's mission. |                                                                                                                                                  |          |          |
| Notes:                      |                  |                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                  |          |          |

| WEEK 13 | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                                                                                                                           |          |          |
|---------|-----------------------------|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|         |                             | Intensity                      | Activity                                                                                                                                                                                                                                                                                                                                                  | Distance | Duration |
|         | Moderate Week               |                                | Recovery + Taper Trial Week                                                                                                                                                                                                                                                                                                                               |          |          |
|         | Mon                         | Rest                           |                                                                                                                                                                                                                                                                                                                                                           |          |          |
|         | Tue                         | Easy                           | Active Recovery: Choose from an easy jog, swim or walk                                                                                                                                                                                                                                                                                                    |          | 0:30     |
|         | Wed                         | Moderate                       | Easy run or walk                                                                                                                                                                                                                                                                                                                                          |          | 0:40     |
|         | Thu                         | Moderate                       | Freshening up session: 3x1km stronger effort with 2-3mins easy jog in between. Include race day w'up & c'down                                                                                                                                                                                                                                             |          | 0:45     |
|         | Fri                         | Easy                           |                                                                                                                                                                                                                                                                                                                                                           |          |          |
|         | Sat                         | Moderate                       | Longer run - easy/talking pace and not too rough or hills                                                                                                                                                                                                                                                                                                 |          | 1:30     |
|         | Sun                         | Hard                           | Easy run with 10x 1min stronger/Easy efforts to get the legs zipping                                                                                                                                                                                                                                                                                      |          | 0:45     |
|         | Comments or Considerations? |                                | This week starts off really easy (and go easier if you need to!) so that you are fully recovered from the long mission last weekend. We then build into a taper-style week in preparation for your 4 days in Tasmania Trial Week next week. Take notes of what works and what doesn't so that you can make sure you amend this before race day in August. |          |          |
|         | Notes:                      |                                |                                                                                                                                                                                                                                                                                                                                                           |          |          |

| WEEK 14                        | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                                                                                      |          |          |
|--------------------------------|-----------------------------|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|                                |                             | Intensity                      | Activity                                                                                                                                                                                                                                                                                                             | Distance | Duration |
| 4 days in Tasmania TRIAL WEEK! | Hard Week                   |                                | 4 days in Tasmania Trial Week                                                                                                                                                                                                                                                                                        |          |          |
|                                | Mon                         | Rest                           |                                                                                                                                                                                                                                                                                                                      |          |          |
|                                | Tue                         | Easy                           | 20min jogs including 5x20sec faster efforts with 40sec jog recoveries                                                                                                                                                                                                                                                |          | 0:20     |
|                                | Wed                         | Moderate                       | Aerobic run: 60mins                                                                                                                                                                                                                                                                                                  |          | 1:00     |
|                                | Thu                         | Hard                           | Long Run with 15mins strong walking in the middle                                                                                                                                                                                                                                                                    |          | 1:30     |
|                                | Fri                         | Moderate                       | Long Run, include hills & approx. 20% walking: 2hrs                                                                                                                                                                                                                                                                  |          | 2:00     |
|                                | Sat                         | Hard                           | Easy 30min jog, 30min walk, 30min jog                                                                                                                                                                                                                                                                                |          | 1:30     |
|                                | Sun                         | Rest                           |                                                                                                                                                                                                                                                                                                                      |          |          |
|                                | Comments or Considerations? |                                | This is it guys, the 4 days in Tasmania Trial Week! The idea is to see how you go backing up day-to-day for 4 days in a row. I know you may struggle to fit this in around work & life commitments so just do your best. However, this experience will be invaluable to your feelings of preparedness come race day. |          |          |
|                                |                             | Notes:                         |                                                                                                                                                                                                                                                                                                                      |          |          |



| WEEK 15 | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                                                                                                    |          |          |
|---------|-----------------------------|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|         |                             | Intensity                      | Activity                                                                                                                                                                                                                                                                                                                           | Distance | Duration |
|         | Recovery/TT                 |                                | Easy/TT                                                                                                                                                                                                                                                                                                                            |          |          |
|         | Mon                         | Rest                           |                                                                                                                                                                                                                                                                                                                                    |          |          |
|         | Tue                         | Easy                           | Active Recovery: Choose from an easy jog, swim or walk                                                                                                                                                                                                                                                                             |          | 0:30     |
|         | Wed                         | Easy                           |                                                                                                                                                                                                                                                                                                                                    |          |          |
|         | Thu                         | Moderate                       | Semi-long run on smoother, flatter surfaces. Walk if fatigued.                                                                                                                                                                                                                                                                     |          | 1:15     |
|         | Fri                         | Easy                           | 20min jogs including 5x20sec faster efforts with 40sec jog recoveries                                                                                                                                                                                                                                                              |          | 0:20     |
|         | Sat                         | Hard                           | 5km or similar time-trial or tempo run just to give you some racing practice. Practice your race day breakfast, warm up and cool down too.                                                                                                                                                                                         |          | 1:00     |
|         | Sun                         | Moderate                       | Optional Long Run or walk if you pull up ok from yesterday's Time Trial                                                                                                                                                                                                                                                            |          | 1:30     |
|         | Comments or Considerations? |                                | The focus of this week is to identify the feeling of racing. On Saturday's Time Trial it is important to practice your race day breakfasts, gear, warm up routines etc. This is to help you feel prepared for the race in a few weeks. Hopefully you will also see some improvements in your time as you will be a lot fitter now! |          |          |
|         | Notes:                      |                                |                                                                                                                                                                                                                                                                                                                                    |          |          |

| WEEK 16 | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                                                                                                                                                                           |          |          |
|---------|-----------------------------|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|         |                             | Intensity                      | Activity                                                                                                                                                                                                                                                                                                                                                                                                  | Distance | Duration |
|         | Moderate Week               |                                | Speed Endurance: Moderate                                                                                                                                                                                                                                                                                                                                                                                 |          |          |
|         | Mon                         | Rest                           |                                                                                                                                                                                                                                                                                                                                                                                                           |          |          |
|         | Tue                         | Easy                           | Active Recovery: Choose from an easy jog, swim or walk                                                                                                                                                                                                                                                                                                                                                    |          | 0:30     |
|         | Wed                         | Moderate                       | Easy jog                                                                                                                                                                                                                                                                                                                                                                                                  |          | 0:30     |
|         | Thu                         | Moderate                       | Speed Endurance Session: w/up; 4x3min harder on gravel or grass surface with equal duration recoveries; c'down afterwards                                                                                                                                                                                                                                                                                 |          | 1:00     |
|         | Fri                         | Easy                           |                                                                                                                                                                                                                                                                                                                                                                                                           |          |          |
|         | Sat                         | Hard                           | Uphill 'n' Downhill Session: w/up; 3x(3min uphill, 1min recovery standing still, run to bottom) ensure a very good c'down afterwards                                                                                                                                                                                                                                                                      |          | 0:45     |
|         | Sun                         | Moderate                       | Long Run: steady talking pace over flatter terrain if possible - 90mins-2hrs                                                                                                                                                                                                                                                                                                                              |          | 2:00     |
|         | Comments or Considerations? |                                | This is the start of our Speed Endurance Phase which will lead into our Sharpening Phase. The idea is to make you feel zipper. We haven't done a lot of this yet so be very careful not to go too hard too soon. The recovery between sessions is paramount! Furthermore, remember the emphasis is on 'harder' or 'stronger' and not 'hard' - please no sprinting or racing, as this will lead to injury! |          |          |
|         | Notes:                      |                                |                                                                                                                                                                                                                                                                                                                                                                                                           |          |          |

| WEEK 17 | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                 |          |          |
|---------|-----------------------------|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|         |                             | Intensity                      | Activity                                                                                                                                                                                                                                        | Distance | Duration |
|         | Hard Week                   |                                | Speed Endurance: Hard                                                                                                                                                                                                                           |          |          |
|         | Mon                         | Rest                           |                                                                                                                                                                                                                                                 |          |          |
|         | Tue                         | Easy                           | Active Recovery: Choose from an easy jog, swim or walk                                                                                                                                                                                          |          | 0:30     |
|         | Wed                         | Moderate                       | Mid-week longer run: best to run this over a flatter route to save energy for the rest of the week                                                                                                                                              |          | 1:15     |
|         | Thu                         | Hard                           | Speed Endurance Session: w/up; 20min stronger run at around 10km effort; c/down afterwards                                                                                                                                                      |          | 0:50     |
|         | Fri                         | Easy                           |                                                                                                                                                                                                                                                 |          |          |
|         | Sat                         | Hard                           | Mission: Run as close to race conditions as possible but at an easier pace.                                                                                                                                                                     |          | 2:30     |
|         | Sun                         | Rest                           |                                                                                                                                                                                                                                                 |          |          |
|         | Comments or Considerations? |                                | One more tough week! Dig in deep and give it everything you have got. Practice your nutrition, technique and recovery strategies. Following this week we begin to sharpen you up for race day. This is also your last proper long run so enjoy! |          |          |
|         | Notes:                      |                                |                                                                                                                                                                                                                                                 |          |          |

| WEEK 18                                                                              | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                                       |          |          |
|--------------------------------------------------------------------------------------|-----------------------------|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|                                                                                      |                             | Intensity                      | Activity                                                                                                                                                                                                                                                              | Distance | Duration |
| <a href="#">Podcast Episode #33</a><br><a href="#">Common Trail Running Injuries</a> | Hard Week                   |                                | Sharpening                                                                                                                                                                                                                                                            |          |          |
|                                                                                      | Mon                         | Rest                           | Passive recovery session                                                                                                                                                                                                                                              |          |          |
|                                                                                      | Tue                         | Easy                           | Active Recovery: Choose from an easy swim or walk                                                                                                                                                                                                                     |          | 0:30     |
|                                                                                      | Wed                         | Rest                           | Passive recovery session                                                                                                                                                                                                                                              |          |          |
|                                                                                      | Thu                         | Hard                           | Sharpening Session: 10x 1min stronger run with 1min easy jog or walk recovery                                                                                                                                                                                         |          | 0:45     |
| <a href="#">Podcast Episode #31</a><br><a href="#">Tapering+ Race Day Psychology</a> | Fri                         | Easy                           | Easy walk or jog to stretch out the legs. Or a swim if you wish.                                                                                                                                                                                                      |          | 0:30     |
|                                                                                      | Sat                         | Moderate                       | Sharpening Session: w'up: 3x 1km efforts with HR approx 75% of max (2min jog recoveries between each); 5-10min walk/jog c'down                                                                                                                                        |          | 0:45     |
|                                                                                      | Sun                         | Rest                           |                                                                                                                                                                                                                                                                       |          |          |
|                                                                                      | Comments or Considerations? |                                | This is your second last week of preparations. Watch that you don't increase the speed too much and risk injury. Good warm ups are critical before these shorter, faster sessions. The Saturday 1km speed session should make you feel light, fast and floaty. Enjoy! |          |          |
|                                                                                      |                             |                                |                                                                                                                                                                                                                                                                       |          |          |
| Notes:                                                                               |                             |                                |                                                                                                                                                                                                                                                                       |          |          |

| WEEK 19             | DAY                         | 4 DAYS IN TASMANIA - The Quoll |                                                                                                                                                                                                                                                                                                                                                     |          |          |
|---------------------|-----------------------------|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|                     |                             | Intensity                      | Activity                                                                                                                                                                                                                                                                                                                                            | Distance | Duration |
|                     | Easy Week                   |                                | Taper + Race Week!                                                                                                                                                                                                                                                                                                                                  |          |          |
|                     | Mon                         | Moderate                       | 30min jog with 4-6x 1min efforts at above race effort                                                                                                                                                                                                                                                                                               |          | 0:30     |
|                     | Tue                         | Easy                           | 30min walk or super, super easy jog                                                                                                                                                                                                                                                                                                                 |          | 0:30     |
|                     | Wed                         | HARD                           | Tasmania Stage 1: Hobart                                                                                                                                                                                                                                                                                                                            | 10km     |          |
|                     | Thu                         | HARD                           | Tasmania Stage 2: Mt Wellington                                                                                                                                                                                                                                                                                                                     | 19km     |          |
| 4 days in Tasmania! | Fri                         | HARD                           | Tasmania Stage 3: Fortescue Bay                                                                                                                                                                                                                                                                                                                     | 23.5km   |          |
|                     | Sat                         | HARD                           | Tasmania Stage 4: Cape Raoul                                                                                                                                                                                                                                                                                                                        | 15km     |          |
|                     | Sun                         | Rest                           | Well done! You did it! Superstar!                                                                                                                                                                                                                                                                                                                   |          |          |
|                     | Comments or Considerations? |                                | Race week! Recovery is the key and 'less will be more'. From Monday onwards increase your electrolyte and fluid intake. Also begin slowly removing fiber and protein from the diet so that the load on your digestive system is reduced for race day. Most importantly, enjoy the knowledge that you are well prepared and ready for the race days! |          |          |
|                     | Notes:                      |                                |                                                                                                                                                                                                                                                                                                                                                     |          |          |



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