

# THE MOA EXPERIENCE 12 WEEK TRAINING PLAN

**Who is this for?** This 12 week training plan is aimed at beginner runners or those looking for a faster time than previous at the 8km Mini Moa.

**How the plan works:** The 12 week plan is split into 3 week blocks, with 2 'hard' weeks followed by 1 'recovery' week. This plan is for, 'in an ideal world', meaning, if you miss a session, don't panic and try and cram it in another time, just miss it out.

If you feel this is too hard or too much for you, exclude the optional training sessions, and work at the intensity of the sessions that you feel is right for you on that day. The weekend days can be swapped if desired. Try to avoid too much swapping of days, as this can sometimes lead to running lots of days consecutively. See bottom of document for glossary/key.



Week (week commencing)	Monday	Tuesday Intervals	Wednesday	Thursday Hills	Friday	Sunday Long	Saturday
1 07.09.20 Base week	Rest Recovery Routine	5min walk 20min as: (1min run, 3min walk) 5min walk	X Train	20min hilly walk (jog the downs if feeling good)	Rest Recovery Routine	40min walk	Rest Recovery Routine
2 14.09.20 Base week	Rest Recovery Routine	5min walk 20min as: (2min run, 2min walk) 5min walk	X Train	30min hilly walk (jog the downs if feeling good)	Rest Recovery Routine	45min walk	Optional 30min walk
3 21.09.20	Rest Recovery Routine	5min walk 20min as: (4min run, 1min walk) 5min walk	X Train	40min hilly walk (jog the downs if feeling good)	Rest Recovery Routine	1hour walk	Rest Recovery Routine
4 28.09.20	Rest Recovery Routine	5min walk 35min as: (5min run, 2min walk) 5min walk	X Train	40min hilly walk (run the downs)	Rest Recovery Routine	2min walk 20min jog 13min walk	Optional 30min walk
5 05.10.20	Rest Recovery Routine	5min walk 35min as: (5min run, 2min walk) 5min walk	X Train	50min hilly walk (run the downs)	Rest Recovery Routine	10min walk 30min jog 20min walk	30min walk
6 12.10.20	Rest Recovery Routine	5min walk 34min as: (15min run, 2min walk) 6min walk	X Train	1hour 15min hilly walk (jog the downs)	Rest Recovery Routine	1hour 30min hilly walk	Optional 30min walk

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7 19.10.20	Rest Recovery Routine	2min walk 3min jog 33min as: (10min run, 1min walk) 2min walk	X Train	40min hilly run.	Rest Recovery Routine	1hour hilly: Include 2 x 20min run. You decide the rest (if feeling good, aim 40min continuous).	20min walk
8 26.10.20	Rest Recovery Routine	2min walk 3min jog 42min as: (20min run, 1min walk) 5 min jog	X Train	50min hilly run	Rest Recovery Routine	1hour 20mins hilly: Include 2 x 30min run. You decide the rest (if feeling good, aim 60min continuous).	30min walk
9 02.11.20	Rest Recovery Routine	30min run	X Train	Hill Reps: 2min walk 8min jog 1min walk 7 x 1min run uphill, walk/jog the down to recover 10min jog	Rest Recovery Routine	2hour hilly walk (jog or run the downs)	Optional 30min walk
10 09.11.20	Rest Recovery Routine	1hour hilly run	X Train	Hill Reps: 2min walk 8min jog 1min walk 5 x 3min run uphill, walk/jog the down to recover 10min jog	Rest Recovery Routine	1hour 15min hilly run	20min jog
11 16.11.20	Rest Recovery Routine	1hour hilly run	X Train	Hill Reps: 2min walk 8min jog 1min walk 5 x 4min run uphill, walk/jog the down to recover 10min jog	Rest Recovery Routine	1hour hilly run	20min jog
12 23.11.20	Rest Recovery Routine	Hill Reps: 2min walk 8min jog 10 x 30sec run uphill, walk/jog the down to recover 10min jog	X Train or Rest	40min jog (include 5 x 20secs short efforts)	Rest Recovery Routine	Rest Prepare	The Mini Moa!

**Walk:** Put on your running shoes and training clothes. Make the walk purposeful. Don't take your handbag or be on your phone. These walks should be structured and feeling like you are achieving some fitness gains.

**Jog:** Or an easy run. Easy!! Less than 50% maximum effort/exertion. Work on good footing and form. You should be able to hold a conversation with someone.

**Run:** This should be at a pace which is 50-80% effort/exertion. Talking should feel difficult and your heart rate should be slowly rising over the duration (slowly!).

**Run with short efforts:** Used to improve running form. Think quick turnover, light sounding steps. Aim for 70-80% effort for the repetitions, allowing enough time between each set for the heart rate to settle. The remainder of time, hold good running form at a moderate pace.

**Hill Reps:** Aim for 80-90% effort focussing on good form. The hill doesn't want to be too steep. Allow enough time to recover on the down. The hill out of the car park from Papamoa hills (just ensure you are well warmed up first and that you haven't just got out the car) and The Mount, 4wd drive track below the water tank are good options.

**What is a recovery routine?** Having a good routine is important to ensure your body can cope with the running volume/load. Recovery is often one of those disciplines which is overlooked, or thought of as solely being passive (i.e. having a massage or hot bath). The focus of a recovery routine can be active, involving mobilising joints, stretching and releasing tight muscles, activating under active muscles etc. Remember rest and recovery are just as important as the run training, so don't skip them or justify skipping them.

**What is cross training (X train)?** Cross training is another form of exercise (preferably low impact) which allows you to take a break from running without taking a full rest day. Activities can include, yoga, pilates, swimming, cycling, body pump classes etc for up to 1 hour. In a 12 week lead up to a race, heavy weights may be detrimental to the 'beginner gym goer' but body weight exercises are a great alternative.



If you experience any 'niggles' or injuries, please contact Body In Motion Physiotherapy. With numerous clinics in Tauranga and The Mount, their experienced physiotherapists will be more than happy to look after you and keep you on track. If you have any doubt or concern about injury, it's best to seek advice sooner rather than later.

For bookings please contact: 07 927 3330 or visit <http://www.bodyinmotion.co.nz>

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