



15km Moa Experience Training Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	*Flush run is to get the legs moving after the weekend. Easy pace for this.	*Listen to your body and pull back if you need to.	*Cross training is so important to support your running, do at least 1 session a week.	*Hill training and intervals are tough make sure you warm up! *Walking is always an option. If you need to do walk/run intervals then do!	*If you feel a niggle that lasts more than a couple of days get checked out.	*Practice race day plans, nutrition, hydration, gear during your long weekend run.	*Visualise yourself at that finish line with the medal around your neck.
Week 1 - 17th June	30 mins Flush Run	Rest Day 'welcome to the start of an awesome journey bring it on The Moa Experience 15km !!' Coach Maree	30 mins of cross training - swim, bike, gym, weights, bodyweight	3k	Rest Day	3km 'Remember you are lapping everyone on the couch' Coach Maree	Rest and Stretch day
Week 2 - 24th June	30 mins Flush Run	Rest Day 'jump on the Moa Experience website and familiarise yourself with the course and event info' Coach Maree	30 mins of cross training - swim, bike, gym, weights, bodyweight	20 minutes out running 'Complete small goals everyday' Coach Maree	Rest Day	3 km	Rest and Stretch day 'yay 2 weeks of making positive changes in your life' Coach Maree
Week 3 - 1st July	30 mins Flush Run	Rest Day 'it is about consistency' Coach Maree	30 mins of cross training - swim, bike, gym, weights, bodyweight	20 minutes of hill repeats Option: 30 minute run	Rest Day	30 minutes out running 'I know it can be tough but it does get easier as better habits develop and your body adapts. Be patient and consistent' Coach Maree	Rest and Stretch day

Week 4 - 8th July	30 mins Flush Run	Rest Day 'listen to your body and do what is right for it' Coach Maree x	30 mins of cross training - swim, bike, gym, weights, bodyweight	3 km	Rest Day 'be kind to yourself and take a rest day if you need' Coach Maree x	4 km	Rest and Stretch day
Week 5 - 15th July	30 mins Flush Run 'make sure you are having something to eat at least 30mins before your run' Coach Maree	Rest Day	30 mins of cross training - swim, bike, gym, weights, bodyweight	Intervals - 2 min ave pace 1 min speed for 20-25 mins * include a good warm up Option: 30 minute run	Rest Day	7 km 'don't be afraid to ask for help. Meet a friend for a run' Coach Maree	Rest and Stretch day
Week 6 - 22nd July	30 mins Flush Run 'Half way through your training plan wohooo' Coach Maree	Rest Day	30 mins of cross training - swim, bike, gym, weights, bodyweight	7 km	Rest Day 'be kind to yourself and take a rest day if you need' Coach Maree x	1 hour run *try and do this on trail	Rest and Stretch day
Week 7 -29th July	30 mins Flush Run	6 km 'you got this and if you haven't you will' Coach Maree	30mins of cross training - swim, bike, gym, weights, bodyweight	30 minutes of hill repeats Option: 30 minute run	Rest Day	9 km	Rest and Stretch day 'listen to your body and do what is right for it' Coach Maree x
Week 8 - 5th August	30 mins Flush Run	6 km	30mins of cross training - swim, bike, gym, weights, bodyweight	6 km 'fill your cup first today and see if it makes a difference to how you feel' Coach Maree	Rest Day	11 km 'stretching is your friend and is a lovely way of giving back to your body' Coach Maree	Rest and Stretch day
Week 9 - 12th August	30 mins Flush Run	6 km 'start thinking about your race day plan. Gear, race pack pick up, start/finish line plans' Coach Maree	30mins of cross training - swim, bike, gym, weights, bodyweight	Intervals - 2 min ave pace 1 min speed for 20-25 mins * include a good warm up Option: 30 minute run	Rest Day	8 km 'think about your hydration and what you can improve on' Coach Maree	Rest and Stretch day *Book in a post event massage

<p>Week 10 - 19th August</p> <p>Peak Run</p>	<p>30 mins Flush Run</p> <p>'Rest and recovery is just as important as training. Be smart!' Coach Maree</p>	<p>5 km</p>	<p>30 mins of cross training - swim, bike, gym, weights, bodyweight</p>	<p>5 km</p> <p>'jump on the Moa Experience facebook page for some inspiration and motivation to get you through the last 2 weeks' Coach Maree</p>	<p>Rest Day</p>	<p>13 km Peak Run</p> <p>Practice all your race day rituals, nutrition, hydration and race plan. You want to learn lessons from this run.</p>	<p>Rest and Stretch day</p> <p>look at how far you have come. Be proud and keep up the awesome work' Coach Maree</p>
<p>Week 11 - 26th August</p> <p>Taper</p>	<p>30 mins Flush Run</p>	<p>6 km</p>	<p>30 mins of cross training - swim, bike, gym, weights, bodyweight</p>	<p>7 km</p> <p>'its all about mental strength at this point. Look forward and don't stop until the time is done. You got this' Coach Maree</p>	<p>Rest Day</p>	<p>8 km</p>	<p>Rest and Stretch day</p> <p>'you have done all the hard work! you are ready' Coach Maree</p>
<p>Week 12 - 2nd September</p> <p>Race week</p>	<p>30 mins Flush Run</p> <p>'race week is upon you enjoy the nerves' Coach Maree</p>	<p>5 km</p> <p>'remember nothing NEW on raceday! this includes nutrition, hydration, gear etc' Coach Maree</p>	<p>30 mins of cross training - swim, bike, gym, weights, bodyweight</p>	<p>6 km</p> <p>'come and find me at the start line/finish line I would love to meet you' Coach Maree</p>	<p>Rest Day</p> <p>'lay your gear out, attach your race bib, get your breakfast sorted and go to bed early' Coach Maree</p>	<p>Rest Day</p>	<p>The Moa Experience</p> <p>15km</p>