

THE MOA EXPERIENCE 12 WEEK TRAINING PLAN

Who is this for? This 12 week training plan is aimed at runners who can already comfortably run for 30 mins on the flat/road. The plan includes 3-4 runs per week, plus some additional cross training, to make sure you are hill-ready.

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 'in an ideal world' ...What that means is, 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, removing the Saturday sessions is 'allowed'. 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.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 07/09	Rest Recovery routine	5km easy run	X train	5km easy hilly run	Rest Recovery routine	Rest Recovery routine or 5- 6 km easy run	5-6 km easy trail run
Week 2 14/09	Rest Recovery routine	30 min with short efforts, as: 10 min easy warm up 5 x 20s at 80% effort with enough time between each to bring the HR down (between 30- 90s). Remainder of time at moderate pace 5 min easy cool down	X train	45 min Fartlek as: 10 min easy warm up easy 5 x 1 min at 70- 80% (or 5km pace if known), 90 seconds easy between each rep. Remainder of time at moderate pace 5 min easy cool down	Rest Recovery routine	Rest Recovery routine or 5- 6 km easy run	7 km easy trail run
Week 3 21/09	Rest Recovery routine	4km easy run	X train	4km easy hilly run	Rest Recovery routine	Rest Recovery routine	5-6 km trail run
Week 4 28/09	Rest Recovery routine	40 min with short efforts, as: 10 min easy warm up 6 x 20s at 80% effort with enough time between each to bring the HR down (between 30- 90s). Remainder of time at moderate pace 5 min easy cool down	X train	50 min Fartlek as: 10 min easy warm up 6 x 1 min at 70-80% effort (or 5k pace if known), 90 secs easy between each repetition Remainder of time at moderate pace 5 min easy cool down	Rest Recovery routine	5-6 km easy run	7 km trail run
Week 5 05/10	Rest Recovery routine	45 min with short efforts, as: 10 min easy warm up 6 x 20s at 80% effort with enough time between each to bring the HR down (between 30- 90s). Remainder of time at moderate pace 5 min easy cool down	X train	45 min- 1 hour hill reps as: 15 min warm up 6 x 30 sec at 80%, recover on the down Easy run to finish	Rest Recovery routine	5-6 km easy run	9 km trail run
Week 6 12/10	Rest Recovery routine	4km easy	X train	4 km easy hilly run	Rest Recovery routine	5-6 km easy run	5-6 km easy trail run

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Week 7 19/10	Rest Recovery routine	50 min with short efforts, as: 10 min easy warm up 6 x 30s at 80% effort with enough time between each to bring the HR down (between 30- 90s). Remainder of time at moderate pace 5 min easy cool down	X train	45 min- 1 hour hill reps as: 15 min warm up 3 x 3 mins at 80%, recover on the down. Undulating hills/trail for the remainder of time	Rest Recovery routine	5-6 km easy run	11 km hilly trail run
Week 8 26/10	Rest Recovery routine	40 min with short efforts, as: 10 min easy warm up 6 x 30s at 80% effort with enough time between each to bring the HR down (between 30- 90s). Remainder of time at moderate pace 5 min easy cool down	X train	1 hour hill reps as: 15 min warm up 3 x 2 mins as 1 min 80-90%, stop, 20 squat jumps, 1 min max, recover on the down. Undulating hills/trail for the remainder of time	Rest Recovery routine	5-6 km or Rest Recovery routine	13 km easy trail run
Week 9 02/11	Rest Recovery routine	30min easy run	X train	45 min hilly run, working the hills. Everything else, easy pace	Rest Recovery routine	5-6 km	10 km easy trail run
Week 10 09/11	Rest Recovery routine	40 min with short efforts, as: 10 min easy warm up 6 x 20s at 80% effort with enough time between each to bring the HR down (between 30- 90s). Remainder of time at moderate pace 5 min easy cool down	X train	1 hour hill reps as: 15 warm up 3 x 4 min at race pace, recover on the down Undulating hills/trail for the remainder of time	Rest Recovery routine	5-6 km easy run	12 km hilly run. Working the DOWN hills
Week 11 16/11	Rest Recovery routine	40 min with short efforts, as: 10 min easy warm up 6 x 20s at 80% effort with enough time between each to bring the HR down (between 30- 90s). Remainder of time at moderate pace 5 min easy cool down	X train	45 min hilly run, working the hills just above race pace maintaining good form.	Rest Recovery routine	Rest Recovery routine or X train	8-10 km easy trail run
Week 12 23/11	Rest Recovery routine	40 min with short efforts, as: 10 min easy warm up 6 x 20s at 80% effort with enough time between each to bring the HR down (between 30- 90s). Remainder of time at moderate pace 5 min easy cool down	X train	20min easy trail run	Rest Recovery routine	Rest Recovery routine	RACE DAY- The Moa Experience!!

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.

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.

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.

Fartlek Run: This run alternates fast intervals with easy runs. The selected pace for the intervals should be maintained for the whole distance/duration (don't go out too fast and then fade). Aim for 70-80% effort or 5km pace (if known).

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.

Easy Run: Exactly 'what it says on the tin'. Easy. Work on good footing and form. You should be able to hold a conversation with someone. Can be done on road or trail

Easy Hilly Run: Same as above but choose an undulating route. If you find that the HR is getting too high, walking the hills is a good option. Some ideas: Papamoa hills accessing via Summerhills MTB car park (to avoid the big climb from the other car park). Up and down The Mount is probably a little too much, but the base track or Oruahine track is a good 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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