

Cole Murray Cape Kidnappers Trail Run - 12 October 2019
32k Solo 12 Week Training Programme
By Philip Shambrook

1. This program is aimed at those competitors who are likely to be doing the event for the first time or whose aim is simply to cross the finish line.
2. If you have not had a medical examination within the past 6 months, it is strongly recommended that you do so before starting the program.
3. The program starts 12 weeks before the event. Before starting the program you should be able to walk/run for 30 mins at least 3 times a week.
4. You accept sole responsibility for your level of fitness to undertake this program.
5. During the course of your exercise and afterwards, you may experience some discomfort. This is natural and to be expected. Symptoms may be presented as, but are not limited to, fatigue, shortness of breath or muscular discomfort. If at any time you feel this discomfort is indicative of a medical issue, you should stop exercising and seek medical advice immediately.
6. You are not expected, nor are you advised, to exercise with any injury or sickness. If you are injured or ill, you should seek medical advice concerning your ability to train. You should follow that advice.
7. If you can't run for the full duration to start with, break the time down to walk/run intervals, gradually increasing the run time as you decrease the walk. Be patient and don't try to do too much too soon.
8. All training should be done at an intensity that allows you to talk with slight breathlessness. If you can't talk, you are training too hard
9. The most important training sessions are the back-to-back sessions on Saturday and Sunday. By covering the longer distance over 2 days, you get all the benefits of doing the distance without overstraining your body, reducing the risk of injury.
10. It is important you spend as much time as possible on tracks and trails; incorporate hills into your training at weekends.

For more information or individual training advice contact:
Phil at philipshambrook@gmail.com

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre 22 July	Rest Day	30 minutes Road/easy trail	Rest Day	30 minutes Road/easy trail	Rest Day	5km hilly off road	5km off road
22 July	Rest Day	30 minutes Road/easy trail	Rest Day	40 minutes Road/easy trail	Rest Day	10km hilly off road	8km off road
29 July	Rest Day	35 minutes Road/easy trail	Rest Day	45 minutes Road/easy trail	Rest Day	11km hilly off road	9 km off road
5 Aug	Rest Day	40 minutes Road/easy trail	Rest Day	50 minutes Road/easy trail	Rest Day	12 km hilly off road	10 km off road
12 Aug	Rest Day	35 minutes Road/easy trail	Rest Day	45 minutes Road/easy trail	Rest Day	11km hilly off road	9km off road OR Hawke's Bay Trail Run Short Distance
19 Aug	Rest Day	40 minutes Road/easy trail	Rest Day	50 minutes Road/easy trail	Rest Day	12 km hilly off road	10 km off road
26 Aug	Rest Day	45 minutes Road/easy trail	Rest Day	55 minutes Road/easy trail	Rest Day	14 km hilly off road	11 km off road
2 Sept	Rest Day	35 minutes Road/easy trail	Rest Day	60 minutes Road/easy trail	Rest Day	16 km hilly off road	12 km off road
9 Sept	Rest Day	45 minutes Road/easy trail	Rest Day	50 minutes Road/easy trail	Rest Day	12 km hilly off road	9km off road OR Hawke's Bay Trail Run Middle Distance
16 Sept	Rest Day	50 minutes Road/easy trail	Rest Day	55 minutes Road/easy trail	Rest Day	15 km hilly off road	11 km off road
23 Sept	Rest Day	55 minutes Road/easy trail	Rest Day	65 minutes Road/easy trail	Rest Day	18 km hilly off road	15 km off road
30 Sept	Rest Day	40 minutes Road/easy trail	Rest Day	50 minutes Road/easy trail	Rest Day	16 km hilly off road	10 km off road
7 Oct	Rest Day	30 minutes Road/easy trail	Rest Day	40 minutes Road/easy trail	Rest Day	Yay! It's Race Day	Celebrate! 