



6-WEEK TRAINING SCHEDULE designed by Rescue Crewman, Tom Lee Lewes

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| Week 1 | 3 Sessions/Endurance/Strength Training |
| <p>It's normal to feel sore post exercise, especially whilst pushing yourself. The muscle soreness you may be feeling is called DOMS (Delayed Onset Muscle Soreness) - do not exercise when feeling this, give the muscles a day or two to recover and rebuild.</p> | |
| <p>Example warm up and warm down Warm up: 6 minutes – 4minute slow jog followed by full body dynamic stretching. Warm down: 5 minutes – Full body static stretching (Tip: Hold each stretch for 30-45seconds and repeat 2-3 times)</p> | |
| <p>Monday - Interval Training Warm up Intervals - 200m jog, 200m walk, 200m jog, 200m walk. Complete 12 squat thrusts with jumps (burpees) Warm down</p> | <p>Tuesday - Recovery Rest or cross train (swim, surf, bike ride etc)</p> |
| <p>Wednesday - Endurance Training Warm up 800m light jog followed by a 800m walk Warm down</p> | <p>Thursday – Recovery</p> |
| <p>Friday – Endurance Training Warm up 1000m jog, 800m walk, 500m jog Immediately followed by 2 sets of 15 abdominal crunches. Warm down</p> | <p>Saturday & Sunday- Recovery</p> |
| Week 2 | 3 Sessions/Endurance/Strength/Interval Training |
| <p>With week one down you will be feeling sore and tired, this is to be expected, but this week will be a fun session focusing on endurance and strength. Training tip: A good way to keep record of your training sessions is to have a calendar or diary to record training days, training progression and recovery.</p> | |
| <p>Monday- Endurance/Stength Training Warm Up 800m walk, 1 km jog. Immediately followed by 1 set of 10 body weight squats (60seconds recovery between sets). Warm down</p> | <p>Tuesday-Recovery</p> |
| <p>Wednesday - Interval Training Warm up 200m jog, 200m walk, 400m jog, 200m walk, 200m jog, 400m walk, 500m jog, 100m walk Warm Down</p> | <p>Thursday- Recovery</p> |
| <p>Friday - Endurance Training Warm up 1km run at 60% followed by 3minute rest. Repeat twice Warm Down</p> | <p>Saturday & Sunday- Recovery</p> |

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| Week 3 | 3 Sessions/Endurance/Circuit Training |
| <p>As you may have noticed the training sessions have started to get harder and longer, this is to build up your fitness levels and endurance. <i>It is not too late to join in.</i></p> <p>Before each session make sure you warm up and warm down to prevent injury. Stretching is one of the components of fitness along with cardiovascular fitness, endurance and strength. It helps to improve flexibility, makes you feel more relaxed, enhances movement, promotes circulation and protects against injury.</p> <p>Diet Tip - <i>A quick, easy and healthy energy boost can be nuts and dried fruits (trail mix).</i></p> | |
| Monday – Endurance Training Warm up 25 minute jog Warm down | Tuesday - Recovery Rest or cross train (swim, surf, bike ride etc) |
| Wednesday – Endurance Warm up 10 minute jog at 60% intensity. 2 minute recovery between sets, repeat twice. Warm down | Thursday – Recovery |
| Friday – Circuit Strength Training Warm up 3 x body weight squat, 5 x max push ups (drop to knees to make it easier), 5 x walking body lunges, 5 x sit ups. 2 minutes recovery, repeat circuit three times. | Saturday & Sunday - Recovery |
| Week 4 | 3 Sessions/Endurance/Strength Training |
| <p>Three weeks down you should be starting to feel as though you’re making progress. You will start to feel more motivated and excited to go running by this point.</p> <p>Before each session make sure you warm up and warm down to prevent injury. Stretching is one of the components of fitness along with cardiovascular fitness, endurance and strength. It helps to improve flexibility, makes you feel more relaxed, enhances movement, promotes circulation and protects against injury.</p> <p>Training tip: <i>Training within a group or with friends can help increase motivation and progression!</i></p> | |
| Monday – Interval training Warm up 500m jog with 1 minute recovery. Repeat for 2 repetitions 10 x abdominal sit ups. 1min recovery. Repeat once Warm down | Tuesday - Recovery Rest or cross train (swim, surf, bike ride etc) |
| Wednesday – Endurance Warm up 50 minute speed walk Warm Down | Thursday – Recovery |
| Friday – Strength Training Warm up Hill Climbs – 15minutes: 100m hill climbs at 50% intensity Warm down | Saturday & Sunday - Recovery |
| Week 5 | 4 Sessions/Endurance/Strength/Interval Training |
| <p>Don’t forget your warm up, warm down and stretching.</p> <p>Training tip: <i>Use Vaseline wherever things rub. They will help prevent blisters and chafing</i></p> | |
| Monday – Endurance Warm up 25minute jog 2 x 10 abdominal sit ups. 1 minute recovery | Tuesday - Recovery Rest or cross train (swim, surf, bike ride etc) |
| Wednesday – Endurance Warm up 60minute jog Warm down | Thursday – Recovery |
| Friday – Interval Training Warm up 10minutes jog, 10minutes powerwalk. Repeat once, no recovery. Warm down | Saturday - Strength/Endurance Warm up Find your biggest hill and jog up it. Warm down |
| Sunday - Recovery | |

| Week 6 | 4 Sessions/Recover |
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| <p>Congratulations, most of the hard work is done. The aim of this week is to let the body recover. It is important to keep active this week but keep training to a minimum (50-60% maximum intensity).</p> <p>Training Tip: <i>Make sure you've had a high-carb meal 2-3 hours beforehand if possible. Extra carbs before and during may help your performance.</i></p> <p><i>Recovery is just as important as the training you do. Without proper recovery, over-training can occur and become detrimental to your fitness.</i></p> | |
| <p>Monday – Recovery 30minute Walk 15minutes full body stretching</p> | <p>Tuesday - Recovery</p> |
| <p>Wednesday – Endurance / recovery 20 minute walk 15minutes full body stretching</p> | <p>Thursday – Recovery</p> |
| <p>Friday – Pre race recovery 20 minute walk 15minutes full body stretching</p> | <p>Saturday – Recovery 10minute light jog 20minutes full body stretching</p> |
| <p>Sunday - Recovery</p> | |
| <p style="text-align: center;">Training finishes here - Good Luck!!</p> | |