

6 Week Run Program- M2M Challenge

Name:

Race Date: **29 July 2018**

My Run Log - log what you complete

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 18 th June-24 th June							
2 25 th June-1 st July							
3 2 nd July-8 th July							
4 9 th July- 15 th July							
5 16 th July-22 nd July							
6 23 rd July-29 th July							

Suggested 6 week Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	6PM RUN CLASS	LIFT CLASS/WEIGHTS	Rest/Stretch	Intervals 2min on 2min off x15 sets	RIPPED/ Circuit /Swimming/Walk	Steady run 40min	Rest
2	6PM RUN CLASS	LIFT CLASS/WEIGHTS	Rest/Stretch	400m on 400m recovery x8	RIPPED/ Circuit /Swimming/Walk	5km comfortable -3km hard	Rest
3	6PM RUN CLASS	LIFT CLASS/WEIGHTS	Rest/Stretch	800m on 200m recovery x6	RIPPED/ Circuit /Swimming/Walk	10km Run	Rest
4	6PM RUN CLASS	LIFT CLASS/WEIGHTS	Rest/Stretch	1km on 200m recovery x6	RIPPED/ Circuit /Swimming/Walk	60min run or 10km (longest option)	Rest
5	6PM RUN CLASS	LIFT CLASS/WEIGHTS	Rest/Stretch	1.2km on 400m recovery x5	RIPPED/ Circuit /Swimming/Walk	4km comfortable pace - 8km (80% max pace)	Rest
6	6PM RUN CLASS	LIFT CLASS/WEIGHTS	Rest/Stretch	4min on 1 min recovery x10	Rest	Walk Easy/Rest/Stretch	RACE DAY M2M

Tips for Success

Check our website for complete details, here >>> <http://www.chodatfitness.com.au/freerunclasses/>

- Stretching
- Strength training
- Diet and water

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Training Guide

Frequency: Ideally you should be running 3 times/week for 12 weeks in preparation for the Mountain to Mountain. Work out what days and times will fit into your weekly routine and commit to it!

Rest days: Rest days are as important as training days. Try not to train on consecutive days particularly with your strength training sessions as the rest days in between allow your muscles to recover, repair and build strength.

Run Length: The aim of the program is to gradually increase running distance and duration in lead up to the event. A final taper off of training should occur 1 weeks prior to the event to maximize performance on the day.

Interval/speed training: This type of training involves alternating faster running or jogging with walking or rest periods. Intervals are a great way to work speed into your training thus improve your run time. Intervals should be run at a faster pace than your longer distance runs. These are your Thursday Runs on the program.

Strength training: Strength training should involve the whole body but a particular focus on the lower body and core. A stretching and flexibility component is also important to maintain supple muscles and reduce injury risk. See below for some strength training ideas you can do anywhere anytime. Aim to do 3 sets (rounds) of 12 repetitions of each exercise, rest to recover for one minute in between each set. Aim to hold the prone hold for 1 minute and repeat twice.

Mountain to Mountain Nutrition: Whilst in training it's important to eat 3 meals each day- breakfast, lunch, dinner and have healthy snacks in between to help stabilize blood sugar levels and keep hunger levels controlled. Your meals should be a balance of wholegrain, energy rich carbohydrates, protein and healthy fats with plenty of high fiber & nutrient rich vegetables, salads and fruit. Hydration is also top priority – make sure to be drinking plenty of water on training and rest days. On the race day make sure to have had breakfast approximately 3 hours before the start and small snack within the hour of starting and have plenty of water before, during and after.

Good luck!

-Team Chodat

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