



This is a very basic generic training programme. For a personalized more detailed specific structured training programme please contact -
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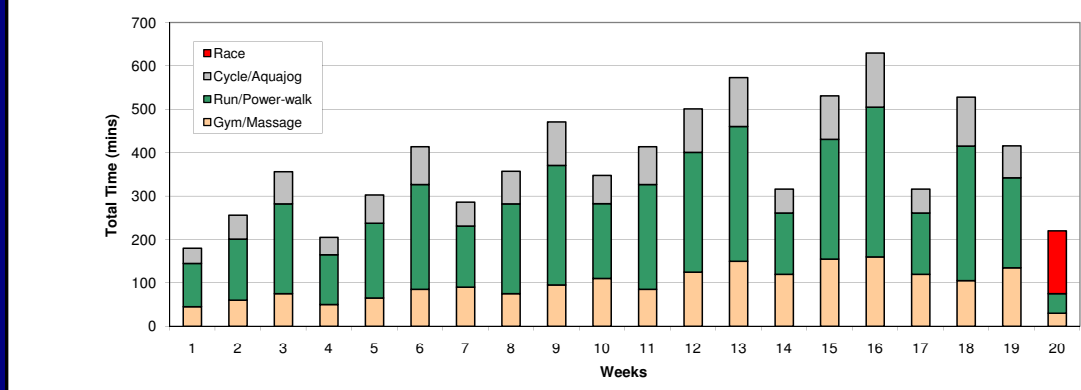
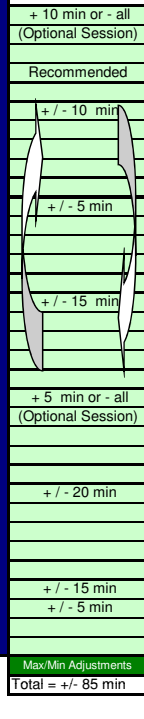


Table with 4 columns: Activity, and 20 rows corresponding to weeks 1-20. Activities include Gym/Massage, Run/Power-walk, Cycle/Aquajog, and Race. Total Time is 220 minutes.

Important - All figures represent volume of training in minutes.

Main training schedule table with columns for Day, Hr, Discip, Description, and weekly training minutes. It includes sections for Pre-season (base training), In-season (speed work), and Off-season (Refresh & Recharge). Activities include Gym, Running, and Massage.

Post race sit-down to debrief event and set new goals



Note: Feel free to switch Tues. & Thursday training days to suit mid-week running club activities in your area.
Sample explanation on how to correctly read the programme.
Week 6 commences 30th June and is a Medium volume week containing 70% of the greatest training week.

For a more comprehensible full colour version of the programme above, please refer to the Bay Trust Motu Challenge website www.motuchallenge.co.nz

Deception/Mingha Mt Run Guidebook
Waimakariri River Paddle Guide
two books in one
\$44.95 (+ \$1 postage and packaging nationwide in NZ).
www.multiportcoach.co.nz



The original Guidebook is back, much bigger and better.
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Post run/paddle necessities
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