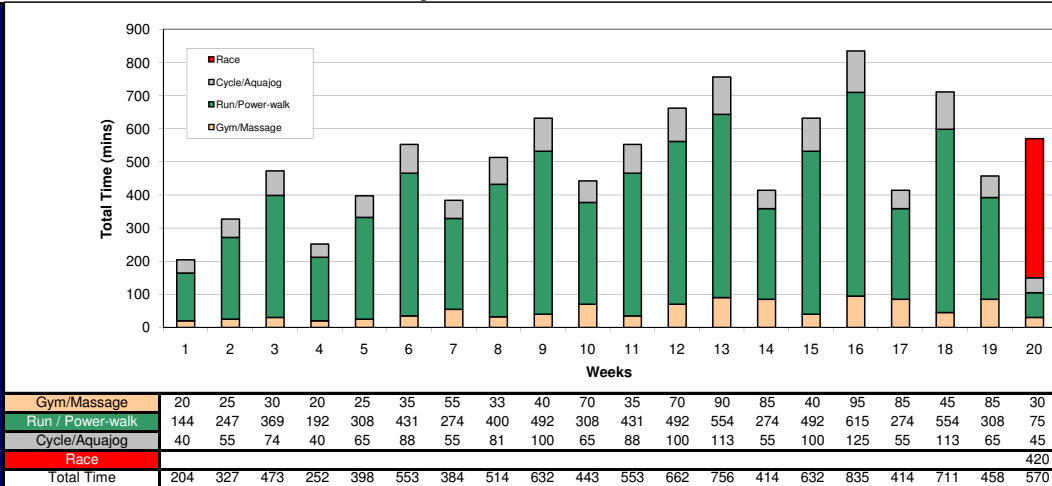




This is a very basic generic training programme. For a personalized more detailed specific structured training programme please contact -

Multisport Coaching Services Limited
 Tel: 0064 7 349 6554
 Mob: 0064 27 648 7546
 Email: neil@multisportcoach.co.nz



Important - All figures represent volume of training in minutes.

Day	Hr	Discip.	Description	Specifics Details	Pre-season (base training)																				In-season (speed work)					Off-season					
					Sport Conditioning										Strength/Endurance										Power/Speed					Taper			Refresh & Recharge		
					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23								
Monday	am	Cycle	Either Solo or Pool	Gentle Spinning on Flat	30	40	54	30	45	63	40	59	72	45	63	72	81	40	72	90	40	81	45	35	21	22	23								
Monday	pm	Non Impact Activity	Active Rec. Sessions	Active Rec. Sessions	10	15	20	10	20	25	15	23	28	20	25	28	32	15	28	35	15	32	20	10	Plus 1	Plus 2	Plus 3								
Tuesday	am	R/W	Flat + Uneven	1/2 Fast; 1/2 Technical Run	20	30	45	25	38	53	30	49	60	38	53	60	68	30	60	75	30	68	38	25	Diff. Aerobic Activity										
Tuesday	pm	M	Massage	Muscle Recovery Aid							30				45		30	45	60		45	60	30	30+ min, 3-4 x Week											
Wednesday	am	R	Undulating + Soft	Short Easy Jog	15	25	36	20	30	42	25	39	48	30	42	48	54	25	48	60	25	54	30	20	+ / - 10 min										
Wednesday	pm		Park, Golf Course, Beach etc	Light/Slow Run with Good Stretch																				+ / - 5 min											
Thursday	am	R/W	Hills	Med. Hill / Stair Efforts	25	36	54	30	45	63	36	59	72	45	63	72	81	36	72	90	36	81	45	30	+ / - 15 min										
Thursday	pm		Park: On and Off -track	Hill Efforts & Step Reps																															
Friday	am	G	Gym	Lower Body and Trunk	20	25	30	20	25	35	25	33	40	25	35	40	45	25	40	50	25	45	25	+ 5 min or - all (Optional Session)											
Friday	pm		Floor and Swiss Ball Exercises	Leg Strength, Core Stability + Stretching																															
Saturday	am	R/W	Bush Tracks, Beach	Long Steady Pace	54	108	162	81	135	189	108	176	216	135	189	216	243	108	216	270	108	243	135	+ / - 60 to 90 min											
Saturday	pm		Regional or National Park	Off-road Run (Foot Placement/ Flow/ Carry on Momentum)																															
Sunday	am	R/W	Mtn Bush Track	Steep Climbing	30	48	72	36	60	84	78	96	60	84	96	108	75	96	120	75	108	60	60	+ / - 30 min											
Sunday	pm		Regional or National Park	Off-road Run & Power Walking, Downhill Skills																															

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

Max/Min Adjustments Total = +/- 135-165 mins

Note: Feel free to switch Tues. & Thursday training runs to suit mid-week running club activities in your area.

Sample explanation on how to correctly read the programme.
 Week 6 commences 15 weeks out from the Tropical Power Trinidad Coast 2 Coast and is a Medium volume week containing 70% of the greatest training week.
 The training set out for Tuesday morning of week 6, is a 53 minute run, with half the time doing some 3-5 minute efforts on the flat at a fast pace (high intensity); and the second half running on a uneven surface (i.e., rocky/rooty path) working on eye-foot co-ordination and balance. A 10 minute leeway can be subtracted or added to the length of the workout as you feel (given freedom, time constraints or general levels of energy etc). Listen to your body.
 When not doing any specifics (i.e., sustained effort or skills/technique) maintain a training intensity heart rate between 55-75% of your Heart Rate Reserve [220 - your Age - your Rest Heart Rate] + your Rest Heart Rate.
 I.e., The higher cycling training intensity for a 40 year old with a resting heart rate of 60 beats per minute (bpm) would be 75% x (220-40-60)+60 = 150bpm. Add between 5 to 10 bpm when running.
 Complete a gentle 5-10 minute warm-up and cool-down with stretches either side if your training sessions and events where not specified.

Programme Copyright to Multisport Coaching Services Limited

For a more comprehensible full colour version of the programme above, please refer to the Tropical Power Trinidad Coast 2 Coast website www.trinidadcoast2coast.com

The revised, 3rd edition

Deception/Mingha Mt Run Guidebook

complete with the

Waimakariri River Paddle Guide

two books in one

\$44.95c (+ \$1 postage and packaging nationwide in NZ).
 Mail order forms available online at:
www.multisportcoach.co.nz
 Otherwise available post publication at select sports retail outlets. See online for more details.

www.multisportcoach.co.nz
 Neil Gellatly Multisport Coaching Services



The original Guidebook is back, much bigger and better.

- Now over 100 colour pages
- Important course information
- Personal responsibility and safety considerations
- Double page spread route maps with GPS waypoints
- Cross-sectional diagram
- Masses of new colour photos with guide route and course notes
- Pre-run/paddle considerations
- Helpful Mt running and kayaking tips
- Post run/paddle necessities
- Plus advertising and further great savings