

# 30KM TRAINING PLAN SUGGESTION



<b>Week:</b>	<b>Weekday Run/walk (minimum hours per week):</b>	<b>Weekend Hike (once a week):</b>	<b>Extra Training exercise (at least once a week):</b>
<b>Week 1</b>	1hr Aerobic effort at a moderate pace.	5km hike, hilly at comfortable effort.	Leg training using body weight.
<b>Week 2</b>	1hr Aerobic effort. Trails with incline at expected race effort.	8km hike, hilly at comfortable effort.	Leg training with body weight.
<b>Week 3</b>	1.5hr Aerobic run, flat.	9km hike, hilly at a moderate to advanced level.	Leg training with additional weight.
<b>Week 4</b>	2hrs Aerobic effort. Trails with incline at expected race effort.	10km hike, hilly at comfortable effort.	Light stretch/yoga session.
<b>Week 5</b>	2hrs Aerobic effort. Trails with hills at expected race effort.	12km hike, hilly at a moderate to advanced level.	Abdominal and back exercises with body weight.
<b>Week 6</b>	1.5hrs Aerobic run, flat terrain	15km hike, hilly with steep declines. Moderate to advanced.	Abdominal and back exercises with additional weight.
<b>Week 7</b>	2hrs Aerobic effort. Trails with hills at expected race effort.	20km hike, hilly at comfortable effort.	Moderate stretch/yoga session.
<b>Week 8</b>	RECOVERY WEEK 30min Aerobic Run, flat terrain	RECOVERY WEEK 10km hike, hilly at an advanced level.	RECOVERY WEEK Focus on nutrition and teamwork exercises
<b>Week 9</b>	30min aerobic run, flat terrain	25km hike, hilly at moderate to advanced level.	Focus on support crew plan and teamwork exercises.
<b>Week 10</b>	1hrs Aerobic effort. Trails with hills at expected race effort.	28km hike, hilly at an advanced level. Include steep climbs.	Intense stretch/yoga session.
<b>Week 11</b>	REST WEEK! Finalise your teamwork strategy and goals.	Light 5km beach walk. Finalise your teamwork strategy and goals.	Moderate stretch session. Finalise your teamwork strategy and goals.