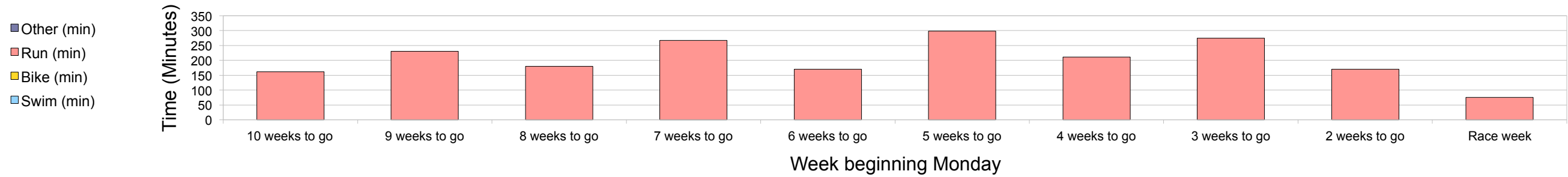


# Hammer Nutrition Hawke's Bay Trail Run Series - Half Marathon



| Date (Mon start) |             | 10 weeks to go | 9 weeks to go | 8 weeks to go | 7 weeks to go | 6 weeks to go | 5 weeks to go | 4 weeks to go | 3 weeks to go | 2 weeks to go | Race week |
|------------------|-------------|----------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|-----------|
| Type             |             | BASE           | BASE          | BASE          | BASE          | BASE          | BASE          | BASE          | BASE          | BASE          | RACE WEEK |
| Swim (min)       |             |                |               |               |               |               |               |               |               |               |           |
| Bike (min)       |             |                |               |               |               |               |               |               |               |               |           |
| Run (min)        |             | 162            | 230           | 180           | 267           | 170           | 298           | 211           | 275           | 170           | 75        |
| Other (min)      |             |                |               |               |               |               |               |               |               |               |           |
| Total (hrs)      |             | 02:42          | 03:50         | 03:00         | 04:27         | 02:50         | 04:58         | 03:31         | 04:35         | 02:50         | 01:15     |
| Focus/Effort     |             | FORM           | FORM          | FORM          | FORM          | FORM          | FORM          | FORM          | FORM          | FORM          | FORM      |
| Monday           | Swim (EXP)  | Rest Day       |               |               |               |               |               |               |               |               | Rest Day  |
|                  | Swim (time) | Rest Day       |               |               |               |               |               |               |               |               |           |
|                  | Bike (EXP)  | Rest Day       |               |               |               |               |               |               |               |               |           |
|                  | Bike (time) | Rest Day       |               |               |               |               |               |               |               |               |           |
|                  | Run (EXP)   | Rest Day       |               |               |               |               |               |               |               |               |           |
|                  | Run (time)  | Rest Day       |               |               |               |               |               |               |               |               |           |
| Tuesday          | Swim (EXP)  |                |               |               |               |               |               |               |               |               |           |
|                  | Swim (time) |                |               |               |               |               |               |               |               |               |           |
|                  | Bike (EXP)  |                |               |               |               |               |               |               |               |               |           |
|                  | Bike (time) |                |               |               |               |               |               |               |               |               |           |
|                  | Run (EXP)   | ENDUR          | ENDUR         | ENDUR         | ENDUR         | ENDUR         | ENDUR         | ENDUR         | ENDUR         | ENDUR         | ENDUR     |
|                  | Run (time)  | 30             | 30            | 30            | 30            | 30            | 30            | 30            | 30            | 30            | 30        |
| Wednesday        | Swim (EXP)  |                |               |               |               |               |               |               |               |               | Rest Day  |
|                  | Swim (time) |                |               |               |               |               |               |               |               |               |           |
|                  | Bike (EXP)  |                |               |               |               |               |               |               |               |               |           |
|                  | Bike (time) |                |               |               |               |               |               |               |               |               |           |
|                  | Run (EXP)   | EASY           | EASY          | EASY          | EASY          | EASY          | EASY          | EASY          | EASY          | EASY          |           |
|                  | Run (time)  | 25             | 25            | 25            | 25            | 25            | 25            | 25            | 25            | 25            |           |
| Thursday         | Swim (EXP)  |                |               |               |               |               |               |               |               |               |           |
|                  | Swim (time) |                |               |               |               |               |               |               |               |               |           |
|                  | Bike (EXP)  |                |               |               |               |               |               |               |               |               |           |
|                  | Bike (time) |                |               |               |               |               |               |               |               |               |           |
|                  | Run (EXP)   | ENDUR          | ENDUR         | ENDUR         | ENDUR         | ENDUR         | ENDUR         | ENDUR         | ENDUR         | ENDUR         |           |
|                  | Run (time)  | 25             | 25            | 25            | 25            | 25            | 25            | 25            | 25            | 25            |           |
| Friday           | Swim (EXP)  | Rest Day       |               |               |               |               |               |               |               |               | Rest Day  |
|                  | Swim (time) | Rest Day       |               |               |               |               |               |               |               |               |           |
|                  | Bike (EXP)  | Rest Day       |               |               |               |               |               |               |               |               |           |
|                  | Bike (time) | Rest Day       |               |               |               |               |               |               |               |               |           |
|                  | Run (EXP)   | Rest Day       |               |               |               |               |               |               |               |               |           |
|                  | Run (time)  | Rest Day       |               |               |               |               |               |               |               |               |           |
| Saturday         | Swim (EXP)  |                |               |               |               |               |               |               |               |               |           |
|                  | Swim (time) |                |               |               |               |               |               |               |               |               |           |
|                  | Bike (EXP)  |                |               |               |               |               |               |               |               |               |           |
|                  | Bike (time) |                |               |               |               |               |               |               |               |               |           |
|                  | Run (EXP)   | ENDUR4km       | ENDUR10km     | TT2km         | ENDUR14km     | TT3km         | ENDUR16km     | ENDUR7km      | ENDUR18km     | TT4km         | EASY      |
|                  | Run (time)  | 32             | 80            | 45            | 112           | 45            | 128           | 56            | 135           | 45            | 20        |
| Sunday           | Swim (EXP)  |                |               |               |               |               |               |               |               |               | Race 1    |
|                  | Swim (time) |                |               |               |               |               |               |               |               |               |           |
|                  | Bike (EXP)  |                |               |               |               |               |               |               |               |               |           |
|                  | Bike (time) |                |               |               |               |               |               |               |               |               |           |
|                  | Run (EXP)   | EASY           | EASY          | EASY          | EASY          | EASY          | EASY          | EASY          | EASY          | EASY          |           |
|                  | Run (time)  | 50             | 70            | 55            | 75            | 45            | 90            | 75            | 60            | 45            |           |

## Between Events Program

| Date (Mon start) |             | 1 <sup>st</sup> Week After | 2 <sup>nd</sup> Week After | 3 <sup>rd</sup> Week After | RACE WEEK  |
|------------------|-------------|----------------------------|----------------------------|----------------------------|------------|
| Type             |             | Recovery                   | Maintain                   | Maintain                   | RACE WEEK  |
| Swim (min)       |             |                            |                            |                            |            |
| Bike (min)       |             |                            |                            |                            |            |
| Run (min)        |             | 181                        | 275                        | 170                        | 75         |
| Other (min)      |             |                            |                            |                            |            |
| Total (hrs)      |             | 03:01                      | 04:35                      | 02:50                      | 01:15      |
| Focus/Effort     |             | FORM                       | FORM                       | FORM                       | FORM       |
| Monday           | Swim (EXP)  | Rest Day                   | Rest Day                   | Rest Day                   | Rest Day   |
|                  | Swim (time) |                            |                            |                            |            |
|                  | Bike (EXP)  |                            |                            |                            |            |
|                  | Bike (time) |                            |                            |                            |            |
|                  | Run (EXP)   |                            |                            |                            |            |
|                  | Run (time)  |                            |                            |                            |            |
| Tuesday          | Swim (EXP)  |                            |                            |                            |            |
|                  | Swim (time) |                            |                            |                            |            |
|                  | Bike (EXP)  |                            |                            |                            |            |
|                  | Bike (time) |                            |                            |                            |            |
|                  | Run (EXP)   | ENDUR                      | ENDUR                      | ENDUR                      | ENDUR      |
|                  | Run (time)  | 30                         | 30                         | 30                         | 30         |
| Wednesday        | Swim (EXP)  | Rest Day                   |                            |                            | Rest Day   |
|                  | Swim (time) |                            |                            |                            |            |
|                  | Bike (EXP)  |                            |                            |                            |            |
|                  | Bike (time) |                            |                            |                            |            |
|                  | Run (EXP)   |                            | EASY                       | EASY                       |            |
|                  | Run (time)  |                            | 25                         | 25                         |            |
| Thursday         | Swim (EXP)  |                            |                            |                            |            |
|                  | Swim (time) |                            |                            |                            |            |
|                  | Bike (EXP)  |                            |                            |                            |            |
|                  | Bike (time) |                            |                            |                            |            |
|                  | Run (EXP)   | ENDUR                      | ENDUR                      | ENDUR                      | ENDUR      |
|                  | Run (time)  | 25                         | 25                         | 25                         | 25         |
| Friday           | Swim (EXP)  | Rest Day                   | Rest Day                   | Rest Day                   | Rest Day   |
|                  | Swim (time) |                            |                            |                            |            |
|                  | Bike (EXP)  |                            |                            |                            |            |
|                  | Bike (time) |                            |                            |                            |            |
|                  | Run (EXP)   |                            |                            |                            |            |
|                  | Run (time)  |                            |                            |                            |            |
| Saturday         | Swim (EXP)  |                            |                            |                            |            |
|                  | Swim (time) |                            |                            |                            |            |
|                  | Bike (EXP)  |                            |                            |                            |            |
|                  | Bike (time) |                            |                            |                            |            |
|                  | Run (EXP)   | ENDUR7km                   | ENDUR15km                  | TT4km                      | EASY       |
|                  | Run (time)  | 56                         | 135                        | 45                         | 20         |
| Sunday           | Swim (EXP)  |                            |                            |                            | Trail Race |
|                  | Swim (time) |                            |                            |                            |            |
|                  | Bike (EXP)  |                            |                            |                            |            |
|                  | Bike (time) |                            |                            |                            |            |
|                  | Run (EXP)   | EASY                       | EASY                       | EASY                       |            |
|                  | Run (time)  | 45                         | 60                         | 45                         |            |

### Rate of perceived Exertion (RPE) 5 point scale

|                |   |
|----------------|---|
| <b>Level 1</b> | No effect, normal lounge lizard mode  |
| <b>Level 2</b> | Slightly breathless, beginning to sweat, able to talk easily. Most base training              |
| <b>Level 3</b> | More breathless, sentences shorter, sweating harder. Up to 90mins training or race            |
| <b>Level 4</b> | Breathless, single word conversations, short, hard efforts up to 15 mins or short race        |
| <b>Level 5</b> | Last thing you want to do is talk. Survival is the key. A couple of minutes before collapsing |

### Rate of Perceived Exertion (RPE) 20 point Scale

|              |                                 |
|--------------|---------------------------------|
| <b>1 – 5</b> | Extremely light, minimal effort |
| <b>6</b>     | 20% effort, very, very light    |
| <b>7</b>     | 30% effort                      |
| <b>8</b>     | 40% effort                      |
| <b>9</b>     | 50% effort, very light          |
| <b>10</b>    | 55% effort                      |
| <b>11</b>    | 60% effort, fairly light        |
| <b>12</b>    | 65% effort                      |
| <b>13</b>    | 70% effort, moderately hard     |
| <b>14</b>    | 75% effort                      |
| <b>15</b>    | 80% effort, hard                |
| <b>16</b>    | 85% effort                      |
| <b>17</b>    | 90% effort, very hard           |
| <b>18</b>    | 95% effort                      |
| <b>19</b>    | 100% effort, very, very hard    |
| <b>20</b>    | Exhaustion                      |

### Rate of Perceived Exertion (RPE) 10 point Scale

|                 |   |
|-----------------|---|
| <b>Level 1</b>  | Watching TV eating sweets   |
| <b>Level 2</b>  | Comfortable and able to maintain this pace all day                            |
| <b>Level 3</b>  | Comfortable but breathing a bit harder  |
| <b>Level 4</b>  | Sweating a little but feel good and able to talk easily                       |
| <b>Level 5</b>  | Just above comfortable, sweating a little more, but still able to talk easily |
| <b>Level 6</b>  | Can still talk, but slightly breathless and a little less comfortable         |
| <b>Level 7</b>  | Can still talk but don't really want to. Sweating like a pig                  |
| <b>Level 8</b>  | Able to talk in grunts only. Can't keep this pace up for long                 |
| <b>Level 9</b>  | Probably going to die shortly   |
| <b>Level 10</b> | Death would be easier   |