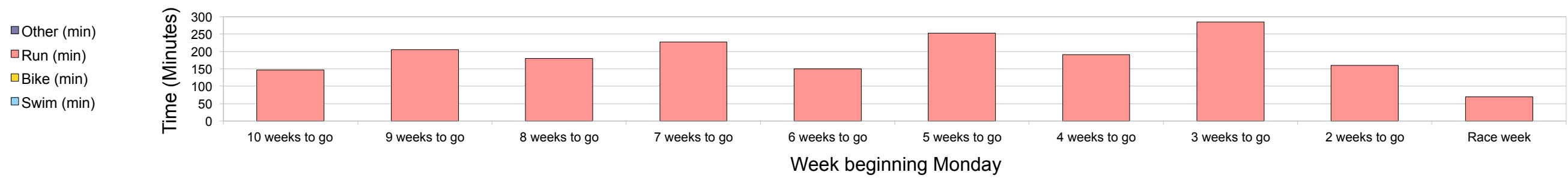


Hammer Nutrition Hawke's Bay Trail Run Series - Medium Course



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)		147	205	180	227	150	253	191	285	160	70
Other (min)											
Total (hrs)		02:27	03:25	03:00	03:47	02:30	04:13	03:11	04:45	02:40	01:10
Focus/Effort		FORM	FORM	FORM	FORM	FORM	FORM	FORM	FORM	FORM	FORM
Monday	Swim (EXP)										
	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	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR
	Run (time)	25	25	25	25	25	25	25	25	25	25
Wednesday	Swim (EXP)										
	Swim (time)										
	Bike (EXP)										
	Bike (time)										
	Run (EXP)	EASY	EASY	EASY	EASY	EASY	EASY	EASY	EASY	EASY	
	Run (time)	20	20	20	20	20	20	20	20	20	
Thursday	Swim (EXP)										
	Swim (time)										
	Bike (EXP)										
	Bike (time)										
	Run (EXP)	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR
	Run (time)	25	25	25	25	25	25	25	25	25	25
Friday	Swim (EXP)										
	Swim (time)										
	Bike (EXP)										
	Bike (time)										
	Run (EXP)										
	Run (time)										
Saturday	Swim (EXP)										
	Swim (time)										
	Bike (EXP)										
	Bike (time)										
	Run (EXP)	ENDUR3km	ENDUR8km	ENDUR10km	ENDUR12km	ENDUR4km	ENDUR9km	ENDUR11km	ENDUR13km	TT4km	EASY
	Run (time)	32	80	45	112	45	128	56	135	45	20
Sunday	Swim (EXP)										
	Swim (time)										
	Bike (EXP)										
	Bike (time)										
	Run (EXP)	EASY	EASY	EASY	EASY	EASY	EASY	EASY	EASY	EASY	
	Run (time)	45	55	65	45	35	55	65	80	45	

Between Events Program

Date (Mon start)		1 st Week After	2nd Week After	3 rd Week After	RACE WEEK
Type		Recovery	Maintain	Maintain	RACE WEEK
Swim (min)					
Bike (min)					
Run (min)		161	280	160	70
Other (min)					
Total (hrs)		02:41	04:40	02:40	01:10
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)				
	Other (min)				
Tuesday	Swim (EXP)				
	Swim (time)				
	Bike (EXP)				
	Bike (time)				
	Run (EXP)	ENDUR	ENDUR	ENDUR	ENDUR
	Run (time)	25	25	25	25
	Other (min)				
Wednesday	Swim (EXP)	Rest Day			Rest Day
	Swim (time)				
	Bike (EXP)				
	Bike (time)				
	Run (EXP)		EASY	EASY	
	Run (time)		20	20	
	Other (min)				
Thursday	Swim (EXP)				
	Swim (time)				
	Bike (EXP)				
	Bike (time)				
	Run (EXP)	ENDUR	ENDUR	ENDUR	ENDUR
	Run (time)	25	25	25	25
	Other (min)				
Friday	Swim (EXP)	Rest Day	Rest Day	Rest Day	Rest Day
	Swim (time)				
	Bike (EXP)				
	Bike (time)				
	Run (EXP)				
	Run (time)				
	Other (min)				
Saturday	Swim (EXP)				
	Swim (time)				
	Bike (EXP)				
	Bike (time)				
	Run (EXP)	ENDUR9km	ENDUR11km	TT3km	EASY
	Run (time)	56	135	45	20
	Other (min)				
Sunday	Swim (EXP)				Trail Race
	Swim (time)				
	Bike (EXP)				
	Bike (time)				
	Run (EXP)	EASY	EASY	EASY	
	Run (time)	55	75	45	
	Other (min)				

Rate of perceived Exertion (RPE) 5 point scale

Level 1	No effect, normal lounge lizard mode
Level 2	Slightly breathless, beginning to sweat, able to talk easily. Most base training
Level 3	More breathless, sentences shorter, sweating harder. Up to 90mins training or race
Level 4	Breathless, single word conversations, short, hard efforts up to 15 mins or short race
Level 5	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

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

Rate of Perceived Exertion (RPE) 10 point Scale

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