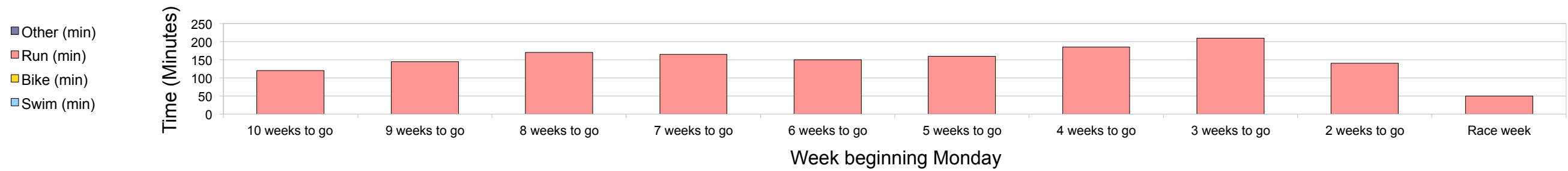


# Hammer Nutrition Hawkes Bay Trail Run Series - Short Course



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)		120	145	170	165	150	160	185	210	140	50
Other (min)											
Total (hrs)		02:00	02:25	02:50	02:45	02:30	02:40	03:05	03:30	02:20	00:50
Focus/Effort		FORM	FORM	FORM	FORM	FORM	FORM	FORM	FORM	FORM	FORM
Monday	Swim (EXP)	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)	10	15	20	25	15	20	25	35	25	15
Wednesday	Swim (EXP)										Rest Day
	Swim (time)										
	Bike (EXP)										
	Bike (time)										
	Run (EXP)	EASY	EASY	EASY	EASY	EASY	EASY	EASY	EASY	EASY	
	Run (time)	15	15	15	15	15	15	15	15	15	
Thursday	Swim (EXP)										
	Swim (time)										
	Bike (EXP)										
	Bike (time)										
	Run (EXP)	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR
	Run (time)	20	20	20	20	20	20	20	20	20	15
Friday	Swim (EXP)	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)	ENDUR	ENDUR	ENDUR	ENDUR	EASY	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR
	Run (time)	30	40	50	60	45	40	50	60	35	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)	45	55	65	45	55	65	75	80	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)		125	195	140	50
Other (min)					
Total (hrs)		02:05	03:15	02:20	00:50
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	35	25	15
	Other (min)				
Wednesday	Swim (EXP)	Rest Day			Rest Day
	Swim (time)				
	Bike (EXP)				
	Bike (time)				
	Run (EXP)		EASY	EASY	
	Run (time)		15	15	
	Other (min)				
Thursday	Swim (EXP)				
	Swim (time)				
	Bike (EXP)				
	Bike (time)				
	Run (EXP)	ENDUR	ENDUR	ENDUR	ENDUR
	Run (time)	20	20	20	15
	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)	ENDUR	ENDUR	ENDUR	ENDUR
	Run (time)	35	50	35	20
	Other (min)				
Sunday	Swim (EXP)				Trail Race
	Swim (time)				
	Bike (EXP)				
	Bike (time)				
	Run (EXP)	EASY	EASY	EASY	
	Run (time)	45	75	45	
	Other (min)				

### 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