

BEGINNERS TRAINING PROGRAM

week beginning		SESSIONS		
		1	2	3
12	30-Mar	20 mins (1 min jog/1 min walk)	Gym Session (cover all major body parts using light weights and high repetitions [15-20])	Cross-Training 30 mins (Bike, Row, X-trainer)
11	06-Apr	20 mins (2 mins jog/2 mins walk)	Cross-Training 30 mins (Bike, Row, X-trainer)	25 mins (1 min jog/1 min walk) Try to make your walk recovery a little faster
10	13-Apr	(3mins jog/1min walk) x 3 then take an extra 2 mins recovery and repeat	Gym Session (cover all major body parts using light weights and high repetitions [15-20])	Cross-Training 30 mins (Bike, Row, X-trainer)
9	20-Apr	(Jog 5 mins/Walk 3 mins) x 3	Gym Session (Legs/Bum/Tum)	Walk/Jog around the Serpentine in Hyde Park to get an idea of the course (enjoy the views of the Hilton!)
8	27-Apr	(Jog 5 mins then complete 20 reps of squats and bench dips) - repeat 4 times	Cross-Training 45 mins (Bike, Row, X-trainer)	Walk 2mins/Jog 10, Walk 2min/Jog 5, Walk 2mins/Jog 2mins
7	04-May	Hills - Walk/Jog 25mins (Treadmill varied incline 1-5%)	Gym Session (Legs/Bum/Tum)	Jog 15 mins (Finish with core strength exercises)
6	11-May	Walk/Jog around the Serpentine in Hyde Park (try and be a little faster this time/less walking)	Cross-Training 40 mins (Bike, Row, Run or X-trainer) [with 6-8 30second bursts]	Jog 20 mins (Finish with core strength exercises)
5	18-May	Hill runs @ 3-5% (Jog 3mins/Walk 2mins) x 4	Spinning Session or Gym Class	Jog 25 mins (Finish with core strength exercises)
4	25-May	(Jog 5 mins then complete 20 reps of lunges and bench dips) repeat 4 times	Cross Training 20 mins (followed by 3 sets each of squats/lunges/step-ups)	Jog 30 mins (Finish with core strength exercises)
3	01-Jun	Jog 30 mins (complete 50 lunges, squats, bench dips within the time - walk recovery if needed between exercises)	General Gym Session	Jog 35 mins (Finish with core strength exercises)
2	08-Jun	Jog 20 mins with 5 or 6 short sprints	Cross-Training 45 mins (Bike, Row, Run or X-trainer)	Jog 20 mins (Finish with core strength exercises)
1	15-Jun	Lunch in Galvin at Windows to survey the course!	RACE DAY!!!	