

## Climbing challenge

### Reaching your personal best

Like any athlete, you can only reach your full potential if you train smart. Many people think, the harder the better. So they train too hard, then they end up feeling tired, they get ill or they injure themselves. The way to avoid this and perform at your best is to

train smart. Plan all your training sessions. Understand what each one is trying to achieve. And, when you get started, be mindful of how each session should feel in its effort and intensity. Here's a guide for just that.

# YEAH!

Type of session	Perceived effort level (1-10)*	Heart rate	How it should feel: the talk test
Recovery	6-6.5	60-65%	You can speak in complete sentences, totally conversational. You're relaxed and enjoying the session.
Easy	6.5-7	65-70%	You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady	7-8	70-80%	You can speak in short sentences but you have a slight pause in your breath.
Threshold	8-8.5	80-85%	You can speak 4-5 words. Your breathing is more laboured and you know you're working. We call this: controlled discomfort.
Hard	8.5-9	85-90%	You can say only 2-3 words maximum and you're out of breath, but you know you could still do more if you had to.

\*Perceived effort =  
1 represents no effort and  
10 represents maximum effort

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Rest	<b>Cross-training / Run</b> 30 mins cross-training: split 10 mins easy effort, 10 mins steady effort, 10 mins easy effort (can be indoor bike or elliptical trainer) or 30 mins easy effort run. 15 mins strength and conditioning + stretch	<b>Walk</b> 45 mins easy effort walk + stretch	<b>Cross-training</b> 30 mins cross-training alternating easy with steady effort (aim for step machine)	Rest	<b>Cross-training</b> 30-45 mins easy effort cross-training (can be indoor bike or swimming) + stretch	<b>Walk</b> 60 mins steady effort walk over off road undulating terrain + stretch
<b>Week 2</b>	Rest	<b>Cross-training / Run</b> 35 mins cross-training: split 10 mins easy effort, 15 mins steady effort, 10 mins easy effort (can be indoor bike or elliptical trainer) or 35 mins easy effort run. 15 mins strength and conditioning + stretch	<b>Walk</b> 50 mins easy effort walk + stretch	<b>Cross-training</b> 40 mins cross-training alternating easy and steady effort (aim for step machine)	Rest	<b>Cross-training</b> 40 mins cross-training alternating easy and steady effort (aim for step machine)	<b>Walk</b> 75 mins steady effort walk over off road undulating terrain + stretch
<b>Week 3</b>	Rest	<b>Cross-training</b> 40 mins easy cross-training or gym class	<b>Walk / Run</b> 5 mins brisk walk, 5 mins easy run, 5 x 2 mins at threshold effort with a 90 second brisk walk between sets, 5 mins easy run, 5 minute cool down (brisk walk)	<b>Walk</b> 30-45 mins easy effort walk, 15-30 mins strength and conditioning + stretch	Rest	<b>Cross-training</b> 30 mins cross-training alternating easy and steady effort (aim for step machine)	<b>Walk</b> 105 mins steady effort walk over off road undulating terrain if possible + stretch
<b>Week 4</b>	Rest	<b>Walk / Run</b> 5 mins brisk walk, 5 mins easy run, 6 x 2 mins at threshold effort with a 90 second brisk walk between sets, 5 mins easy run, 5 minute cool down (brisk walk)	Rest	<b>Cross-training</b> 40 mins cross-training (elliptical trainer) – 10 mins easy effort, 20 mins steady effort (set on a random hill program) 10 mins easy effort + 20 mins conditioning work	Rest	<b>Cross-training</b> 45 mins easy effort cross-training (can be indoor bike or swimming) + stretch	<b>Walk</b> 90 mins steady effort walk over off road undulating terrain if possible + stretch
<b>Week 5</b>	Rest	<b>Walk / Run</b> 5 mins brisk walk, 5 mins easy run, 6 x 3 mins at threshold effort with a 90 second brisk walk between sets, 5 mins easy run, 5 minute cool down (brisk walk)	<b>Walk</b> 60 mins easy effort walk + stretch	<b>Cross-training</b> 45 mins cross-training (elliptical trainer): split 10 mins easy effort, 25 mins steady effort (set on a random hill program) 10 mins easy effort + 20 mins conditioning work	Rest	<b>Cross-training</b> 40 mins cross-training alternating easy and steady effort – aim for step machine	<b>Walk</b> 150 mins steady effort walk over off road undulating terrain + stretch
<b>Week 6</b>	Rest	<b>Cross-training</b> 40 mins easy cross-training or gym class	<b>Walk</b> 60 mins easy effort walk + stretch	<b>Cross-training</b> 45 mins cross-training (elliptical trainer): split 10 mins easy effort, 25 mins steady effort (set on a random hill program) 10 mins easy effort + 20 mins conditioning work	Rest	<b>Cross-training</b> 45 mins cross-training alternating easy and steady effort – aim for step machine	<b>Walk</b> 180 mins steady effort walk over off road undulating terrain + stretch
<b>Week 7</b>	Rest	<b>Walk / Run</b> 5 mins brisk walk, 5 mins easy run, 6 x 3 mins at threshold effort with a 60 second brisk walk between sets, 5 mins easy run, 5 minute cool down (brisk walk)	<b>Walk</b> 75 mins easy effort walk + stretch	<b>Cross-training</b> 40 mins cross-training alternating easy with steady effort (aim for step machine)	Rest	<b>Run</b> 30 mins easy run + 30 mins conditioning work	<b>Walk</b> 210 mins steady effort walk over off road undulating terrain + stretch
<b>Week 8</b>	Rest	<b>Cross-training</b> 40 mins easy cross-training or gym class	Rest	<b>Cross-training</b> 50 mins cross-training (elliptical trainer): split 10 mins easy effort, 30 mins steady effort (set on a random hill program) 10 mins easy effort + 20 mins conditioning work	Rest	<b>Cross-training</b> 45 mins cross-training alternating easy and steady effort – aim for step machine	<b>Walk</b> 90 mins steady effort walk over off road undulating terrain if possible please + stretch

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<b>Week 9</b>	Rest	<b>Cross-training</b> 50 mins cross-training (elliptical trainer): split 10 mins easy effort, 30 mins steady effort (set on a random hill program) 10 mins easy effort + 20 mins conditioning work	<b>Walk</b> 75 mins easy effort walk + stretch	<b>Walk / Run</b> 5 mins brisk walk, 5 mins easy run, 6 x 4 mins at threshold effort with a 90 second brisk walk between sets, 5 mins easy run, 5 mins brisk walk cool down	Rest	<b>Run</b> 30 mins easy run <b>Conditioning</b> 30 mins conditioning work	<b>Walk</b> 240 mins steady effort walk over off road undulating terrain + stretch
<b>Week 10</b>	Rest	<b>Cross-training</b> 45 mins cross-training alternating easy with steady effort (aim for step machine)	<b>Cross-training</b> 40 mins easy cross-training or gym class	<b>Cross-training</b> 60 mins cross-training (elliptical trainer): split 10 mins easy effort, 40 mins steady effort (set on a random hill program) 10 mins easy effort <b>Conditioning</b> 20 mins conditioning work	Rest	<b>Walk</b> 75 mins easy effort walk + stretch	<b>Walk</b> 270 mins steady effort walk over off road undulating terrain + stretch
<b>Week 12</b>	Rest	<b>Cross-training</b> 40 mins easy cross-training or gym class	<b>Cross-training</b> 60 mins cross-training (elliptical trainer): split 10 mins easy effort, 40 mins steady effort (set on a random hill program) 10 mins easy effort <b>Conditioning</b> 20 mins conditioning work	<b>Walk</b> 60 mins easy effort walk <b>Conditioning</b> 15 mins strength and conditioning + stretch	Rest	<b>Walk</b> 60 mins steady effort walk over off road undulating terrain (if possible) + stretch	<b>Walk</b> 330 mins steady effort walk over off road undulating terrain + stretch
<b>Week 13</b>	Rest	<b>Conditioning</b> 45-60 mins strength and conditioning + stretch (can be a fitness class)	<b>Walk / Run</b> 5 mins brisk walk, 5 mins easy run, 6 x 4 mins at threshold effort with a 90 second brisk walk between sets, 5 mins easy run, 5 mins brisk walk cool down	<b>Walk</b> 60 mins easy effort walk, 15 mins strength and conditioning + stretch	Rest	<b>Cross-training</b> 50 mins cross-training alternating easy and steady effort – aim for step machine	<b>Walk</b> 360 mins steady effort walk over off road undulating terrain + stretch
<b>Week 14</b>	<b>Conditioning</b> 45-60 mins strength and conditioning + stretch (can be a fitness class)	<b>Walk</b> 60 mins easy effort walk + stretch	Rest	<b>Walk / Run</b> 5 mins brisk walk, 5 mins easy run, 6 x 4 mins at threshold effort with a 90 second brisk walk between sets, 5 mins easy run, 5 mins brisk walk cool down	Rest	<b>Cross-training</b> 60 mins cross-training (elliptical trainer): 10 mins easy effort, 40 mins steady effort (set on a random hill program) 10 mins easy effort <b>Conditioning</b> 20 mins conditioning work	<b>Walk</b> 180 mins steady effort walk over off road undulating terrain + stretch
<b>Week 15</b>	<b>Cross-training / Run</b> 30 mins easy effort cross-training or run + stretch	Rest	<b>Cross-training</b> 30 mins cross-training (elliptical trainer): 10 mins easy effort, 10 mins steady effort (set on a random hill program) 10 mins easy effort <b>Conditioning</b> 20 mins conditioning work	Rest	<b>Walk</b> 40 mins easy effort walk + stretch	Rest	<b>Walk</b> 60 mins steady effort walk over off road undulating terrain + stretch
<b>Week 16</b>	Rest	<b>Cross-training / Walk / Run</b> 30 mins easy effort cross-training, walk or run + stretch	Rest	<b>Cross-training / Walk / Run</b> 20 mins easy effort cross-training, walk or run + stretch	Rest Plan, prepare and look forward to tomorrow	<b>Climbing challenge</b> 	