



IRONFITNESS PERSONAL TRAINER

TOUGH GUY & GAL CHALLENGE – 12KM

Weeks 1-8

Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Foundation	Week 1	Easy run	Rest	Tempo run	Strength	Rest	Long run	Strength/rest	See notes*
	Total time	30 mins		25 mins			35-40 mins		
Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Foundation	Week 2	Easy run	Rest	Tempo	Strength	Rest	Long run	Strength/rest	See notes*
	Total time	30 mins		30 mins			40-45 mins		
Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Development	Week 3	Easy run	Rest	Hills	Strength	Rest	Long run	Strength/rest	See notes*
	Total time	30 mins		30 mins			45-50 mins		
Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Development	Week 4	Easy	Rest	Tempo	Strength	Rest	Long run	Strength/rest	See notes*
	Total time	35 mins		35 mins			50-55 mins		
Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Conditioning	Week 5	Easy run	Rest	Tempo run	Strength	Rest	Long run	Strength/rest	See notes*
	Total time	35 mins		40 mins			55-60 mins		

Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Conditioning	Week 6	Easy run	Rest	Hills	Strength	Rest	Long run	Strength/rest	See notes*
	Total time	35 mins		40 mins			60-65 mins		
Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Performance	Week 7	Easy run	Rest	Easy run	Strength	Rest	Long run	Strength/rest	See notes*
	Total time	40 mins		45 mins			60-70 mins		
Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Performance / Taper	Week 8	Hills	Rest	Easy run	Easy run	Rest	EVENT	EVENT	See notes*
	Total time	20 mins		35 mins	30-35 mins				

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TOUGH GUY & GAL CHALLENGE –12 KM

Notes*

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Plank 20 secs after run.	Foam roll any muscles that feel tight.	Run out 12.5 mins moderate (refer to effort guide) and then run back 12.5 mins faster than moderate.	Full body strength 1-2 sets x 10-12 reps 45-60 secs rest between sets. A – Squats B – Push ups C – Bridges D - Burpees	Foam roll any muscles that may feel tight.	Run on trails and walk for 20 secs after 15 mins intervals and do 15 star jumps.	Repeat full body strength workout optional.
Week 2	Plank 25 secs after run.	Enjoy your rest day.	Run easy 10 mins, moderate hard 8 mins, 4 mins easy, 3 mins fast and 5 mins easy.	Full body strength 2 sets x 10-12 reps 45 secs rest between sets. A – Squats B – Push ups C – Bridges D - Burpees	Foam roll any tight muscles.	Run on trails and walk for 15 secs after 15 mins intervals and do 15 star jumps, 15 squats and 10 push ups.	Repeat full body strength workout optional.
Week 3	Plank 30 secs after run.	Enjoy your rest day.	Easy run 10 mins. On a gentle gradient hill run fast uphill for 30 secs and easy recovery jog	Full body strength 2-3 sets x 12 reps 45 secs rest between sets.	Enjoy your rest day.	Run on trails and walk for 10 secs after 15 mins intervals and do 15 star jumps, 15	Repeat full body strength workout optional.

			downhill and stop for 30 secs. Repeat another 4 times. Easy run 10 mins.	A – Squats B – Push ups C – Bridges (level 2 lift one leg up and do 6 reps per leg) D - Burpees		alternating lunges and 10-15 push ups.	
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4	After run, hold plank for 20 secs, have a rest for 10 secs and hold plank for another 20 secs.	Enjoy your rest day.	Easy run 10 mins on flat road. Then run 5 mins moderate hard with 2 mins easy recovery run and repeat. Then run 1 min fast with 30 secs easy recovery run and repeat. Easy run 8 mins.	Full body strength 3 sets x 12-15 reps 45 secs rest between sets. A – Squat jumps B – Push ups C – Bridges (level 2 lift one leg up and do 6 reps per leg) D - Burpees	Enjoy your rest day.	Run on trails ideal. Walk 15 secs every 15 mins intervals and do 15 star jumps, 15 alternating lunges, 10-15 push ups and 15 mountain climbers.	Repeat full body strength workout optional.
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	After run, hold plank for 20, rest for 15 secs and repeat 3 times.	Foam roll any muscles that feel tight.	Run 10 mins easy, 10 mins moderate hard, 5 mins easy, 5 mins as fast as you can and 10 mins easy.	Upper body strength & core 2-3 sets x 12-15 reps with 45 secs rest between sets. A – Tricep dips B – Push ups C – Plank & side planks left and right side D – Mountain climbers	Foam roll any muscles that may feel tight.	Run on trails and walk for 5 secs after 20 mins intervals and do 10 burpees, 10 squat jumps, 10 mountain climbers and 10 push ups.	Lower body strength 2-3 sets x 12-15 reps with 45 secs rest between sets. A – Squats B – Front lunges (alternating single leg) C – Lateral lunges D – T-stand
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6	After run, hold plank for as long as you can.	Enjoy your rest day.	Easy run 15 mins. On a steep hill, run fast uphill for 30-45 secs and easy recovery jog downhill and repeat for another 4 times. Then easy run for 10 mins.	Upper body strength 3 sets x 15 reps 45 secs rest between sets. A – Tricep dips B – Push ups C – Plank & side planks left and right side D – Mountain climbers	Foam roll any tight muscles.	Run on trails and walk for 10 secs after 10 mins intervals and do 10 burpees, 10 squats, 10 mountain climbers and 10 push ups.	Lower body strength 3 sets x 15 reps with 45-45 secs rest between sets. A – Squats B – Front lunges (alternating single leg) C – Lateral lunges D – T-stand
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7	After run, hold a plank for 45-60 secs.	Enjoy your rest day.	Easy run 10 mins. Find some stairs and	Upper body strength 3-4 sets x 15 reps	Rest.	Run on trails and walk for 5 secs after	Lower body strength

			<p>a) Run up steps fast for 15-20 steps, jog down easy.</p> <p>b) Hop up 10 steps on left leg only, easy recovery jog down.</p> <p>c) Hop up 10 steps on right leg only, easy recovery jog down.</p> <p>d) Jump up 10 stairs and easy recovery jog down.</p> <p>Repeat (a)-(d) 2 more times. Easy jog 10-15 mins.</p>	<p>30-45 secs rest between sets.</p> <p>A – Tricep dips</p> <p>B – Push ups</p> <p>C – Plank & side planks left and right side</p> <p>D – Mountain climbers</p>		<p>15 mins intervals and 10 burpees, plank hold 30 secs and 10 jumps squats and jog on the spot for 15 seconds then repeat all of the exercises. Try to keep moving.</p>	<p>3-4 sets x 15 reps with 30-45 secs rest between sets.</p> <p>A – Squats</p> <p>B – Front lunges (alternating single leg)</p> <p>C – Lateral lunges</p> <p>D – T-stand</p>
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8	Easy jog for 5 mins and on same hill you ran on in week 2, run uphill fast for 30 secs and recovery walk downhill for 20 secs and repeat 4 more times. Easy run 10 mins.	Enjoy your rest day.	Run on flat terrain. After the run, plank for 60 secs or more,	Run as 10 mins easy. Then on a grass field, run 30 secs fast then recovery very easy run back to start then repeat for another 4 times. Easy run 10 mins.	Enjoy your rest day. One or two more sleeps to event day!	All the training has been done. Enjoy the event	All the training has been done. Enjoy the event

Appendix

Programming

Foundation	Introduce cardio and resistance training.
Development	Increase cardio and resistance volume.
Conditioning	Introduce anaerobic to support aerobic and increase intensity of resistance.
Performance	Interval training at approximate run distance times.
Performance / taper	Reducing training load to perform on event day.

Rate of perceived exertion

Easy	Able to hold a conversation, not breathing heavy.
Moderate	Faster than easy but not hard. Breathing bit harder but can hold short conversation.
Hard	Difficult to hold a conversation, breathing is heavy and feels uncomfortable.

Progression of exercises

Squats

Level 1 – Squats	Stand tall with your feet shoulder width apart and toes pointing forward. Inhale as you bend at the knees, lowering from the buttocks as if you are sitting in a chair. Your thighs should be parallel to the ground at the bottom of the movement. Exhale as you straighten your legs back up to starting position.
Level 2 – Jump squats	Stand tall with your feet shoulder width apart and toes pointing forward. Inhale as you bend at the knees, lowering from the buttocks as if you are sitting in a chair. Exhale as you jump up, keeping hips and shoulders facing forward. Land softly, bending at the ankles, knees and hips bringing the body back to the half squat position.

Push ups

Level 1 - Push up on knees	On all fours (hands and knees), pull your core to your spine, bend your elbows to more than 90 degrees, lower your chest towards the floor and then push up extending the arms to the starting position.
Level 2 - Push up on toes	In a plank position, pull your core to your spine and bend your elbows to more than 90 degrees bringing your chest towards the floor, push up extending the arms to the starting position.

Bridges

Level 1	Lying on the ground with knees bent, toes pointing forward and arms by your side. Squeeze your core towards the floor and lift your hips off the ground so that they are aligned to your knees while squeezing your buttocks. Hold for 1 second at the top then drop your hips towards the floor slowly.
Level 2 - Bridge with leg lift	Lying on the ground with knees bent, toes pointing forward and arms by your side. Lift one leg and hold it up there throughout the whole movement. Squeeze your core towards the floor and lift your hips off the ground so that they are aligned to your knees while squeezing your buttocks. Hold for 1 second at the top then drop your hips towards the floor slowly.

Burpees	
Level 1	With your feet hip-width apart, bend your knees and bring hands to the floor in front. Jump your feet back into a plank position, collapse your chest towards the floor, push up from the arms as if doing a push up and jump your feet back to your hands and stand up.
Level 2	With your feet hip-width apart, bend your knees and bring hands to the floor in front. Jump your feet back into a plank position, do one push-up then jump your feet back to your hands and jump up landing softly with slight bend at your knees, hips and ankles.
Lunges	
Front lunges	Standing tall with your feet shoulder-width apart. Step forward with one foot keeping your torso as tall as possible. As you bend both legs to sink into a lunge position, keep your weight in the ball of your front foot and explode back up to the starting position.
Lateral lunges	Standing tall with your feet shoulder-width apart. Step out to one side with one foot keeping your torso as tall as possible. As you bend one legs to sink into a side lunge position, keep your weight in the ball of your foot that is extended to the side and explode back up to the starting position.
Planks	
Planks	Place your forearms on the floor and extend your legs out behind you. Your elbows should be directly beneath your shoulders and your body should form a straight line from head to heels.
Side plank left and right	Lie on your side with your legs straight and your forearm on the floor. Rest the other arm on your hip. Lift at the hips to form a straight line from head to heels, hold position and lower back down.
Mountain climbers	Starting in a push up position (see push up). Bend one knee bringing it towards your wrist on the same side under your body, then straighten your leg back to the starting push up position. Repeat on the other leg.
Other exercises	
Triceps dips	Sit with your feet flat on the floor in front of you and with knees bent. Placing hands on the floor behind your hips with fingers pointing towards your toes. Lift your hips off the floor and bend your elbows while lowering your hips towards the floor, then bring your hips back up to the starting position.
T-stand	Stand with feet together and arms at your side. Inhale and slowly bend from the hips, lowering the torso towards the floor and extending the arms forward out in front. As you fold forward, lift one leg off the floor until your torso, arms and legs are parallel to the floor. Exhale as you lift the torso and lower the leg down back to the starting position. Repeat with the other leg.