

Training Schedules

Please note the following:

- There are two training schedules. The one for beginners is designed for people who are quite new to running and cycling. The intermediate schedule is for those who have some history of training in running and / or cycling.
- A minimum of two sessions per week are recommended
- The schedules have been set out so that you can record what you do.
- The distances are a guide. It is important to build over the training schedule rather than try to do too much initially. Set your own distances accordingly.
- It is strongly recommended, if you have access to a bike, to build a weekly cycle ride into your schedule. As well as building great aerobic capacity getting a weekly cycle in will help in reducing the possibility of stiffness and saddle soreness for the actual Challenge.
- One of the success factors for sticking to a training schedule is to follow it with other people. If possible try to follow a schedule with the rest of your team. This will also be great team building before the event.
- Running and cycling machines in a gym are valuable training, but second best to the real thing.
- Although running and cycling are of most benefit, any aerobic exercise is valuable including swimming and walking.
- It is essential to warm up before training and warm down after training.
- Enjoy...

Week 1

	Recommended Schedule		Training Record			Notes
	Beginner	Intermediate	Date & Time	Type of training (running, cycling, swimming, gym etc.)	Distance	
Session 1	1 km run or brisk walk (or mixture)	3 km run				
Session 2	1 km run or brisk walk (or mixture) and / or 3 km cycle	4 km run				
Session 3		10 km cycle				
Session 4						
Session 5						
Session 6						

Training Note: The sessions this week are designed to increase your heart rate but you should still be able to hold a conversation whilst exercising.

Week 2

	Recommended Schedule		Training Record			Notes
	Beginner	Intermediate	Date & Time	Type of training (running, cycling, swimming, gym etc.)	Distance	
Session 1	1.5 km run or brisk walk (or mixture)	4 km run				
Session 2	1.5 km run or brisk walk (or mixture) and / or 5 km cycle	5 km run				
Session 3		12 km cycle				
Session 4						
Session 5						
Session 6						

Training Note: Make sure you have sufficient rest between sessions, ideally a days rest.

Week 3

	Recommended Schedule		Training Record			Notes
	Beginner	Intermediate	Date & Time	Type of training (running, cycling, swimming, gym etc.)	Distance	
Session 1	3 km run or brisk walk (or mixture)	5 km run				
Session 2	3 km run or brisk walk (or mixture) and / or 8 km cycle	5 km run				
Session 3	4 km run or brisk walk (or mixture) and / or 8 km cycle	15 km cycle				
Session 4						
Session 5						
Session 6						

Training Note: This is a significant week to increase your capacity, try to get three sessions in.

Week 4

	Recommended Schedule		Training Record			Notes
	Beginner	Intermediate	Date & Time	Type of training (running, cycling, swimming, gym etc.)	Distance	
Session 1	3.5 km run or brisk walk (or mixture)	5 km run				
Session 2	3.5 km run or brisk walk (or mixture) and / or 8 km cycle	8 km run				
Session 3	3 km run or brisk walk (or mixture) and / or 8 km cycle	15 km cycle				
Session 4						
Session 5						
Session 6						