



## IRONFITNESS PERSONAL TRAINER

## TOUGH GUY & GAL CHALLENGE – 12KM

Weeks 1-12

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		
Foundation	Week 2	Easy run	Rest	Tempo	Strength	Rest	Long run	Strength/rest	See notes*
	Total time	30 mins		30 mins			40-45 mins		
Foundation	Week 3	Easy run	Rest	Tempo	Strength	Rest	Long run	Strength/rest	See notes*
	Total time	30 mins		35 mins			45-50 mins		
Development	Week 4	Easy	Rest	Hills	Strength	Rest	Long run	Strength/rest	See notes*
	Total time	30-35 mins		35 mins			50-55 mins		
Development	Week 5	Easy run	Rest	Hills	Strength	Rest	Long run	Strength/rest	See notes*
	Total time	30-35 mins		35-40 mins			55-60 mins		

Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Development	Week 6	Easy run	Rest	Tempo	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	
Conditioning	Week 7	Easy run	Rest	Easy run	Strength	Rest	Long run	Strength/rest	See notes*
	Total time	35 mins		45 mins			65 mins		
Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Conditioning	Week 8	Easy run	Rest	Hills	Strength	Rest	Long run	Strength/rest	See notes*
	Total time	35 mins		45 mins			1 hour 10 mins		
Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Conditioning	Week 9	Easy run	Rest	Hills	Strength	Rest	Long run	Strength/rest	See notes*
	Total time	35-40 mins		50 mins			1 hour 15 mins		
Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Performance	Week 10	Easy run	Rest	Hills	Strength	Rest	Long run	Strength/rest	See notes*
	Total time	35-40 mins		50-55 mins			1 hour 20 mins		
Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Performance	Week 11	Hills	Rest	Easy run	Strength	Rest	Long run	Rest	See notes*
	Total time	55 mins		40 mins			50 mins		
Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Performance / Taper	Week 12	Tempo	Rest	Easy run	Easy run	Rest	EVENT	EVENT	See notes*
	Total time	40 mins		35-40 mins	30 mins				

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# TOUGH GUY & GAL CHALLENGE –12 KM

Notes\*

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Plank 15 secs after run.	Foam roll any muscles that feel tight.	Run out 12.5 mins moderate (refer to effort guide) pace and then run back 12.5 mins faster than moderate pace.	<b>Full body strength</b> 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 <b>full body strength</b> workout optional.
Week 2	Plank 15-20 secs after run.	Enjoy your rest day.	Run easy 10 mins, moderate hard 10 mins, 5 mins moderate and 5 mins easy.	<b>Full body strength</b> 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 15-20 secs after 15 mins intervals and do 15 star jumps.	Repeat <b>full body strength</b> workout optional.
Week 3	Plank 20 secs after run.	Enjoy your rest day.	Easy run 10 mins. Run 5 mins moderate/hard with 2 mins easy jog recovery and repeat. Have 1 min complete rest and then easy run 10 mins.	<b>Full body strength</b> 2-3 sets x 12 reps 45 secs rest between sets. A – Squats 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 and walk for 15 secs after 15 mins intervals and do 15 star jumps, 15 squats and 10 push ups.	Repeat <b>full body strength</b> workout optional.
Week 4	After run, hold plank for 25 secs.	Enjoy your rest day.	Easy run 10 mins on flat road. On a gentle gradient hill, run up fast for 60 secs and easy jog down then have a complete rest for 60 secs. Repeat 4	<b>Full body strength</b> 3 sets x 12-15 reps 45 secs rest between sets. A – Squat jumps B – Push ups	Enjoy your rest day.	Run on trails ideal. Walk 15 secs every 15 mins intervals and do 15 star jumps, 15 squats and 10 push ups.	Repeat <b>full body strength</b> workout optional.

			more times. Easy run 10-15 mins.	C – Bridges (level 2 lift one leg up and do 6 reps per leg) D - Burpees			
<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Week 5	After run, hold plank for 25-30 secs.	Foam roll any muscles that feel tight.	Run 10 mins easy. On a gentle gradient hill, run fast uphill for 70 secs, easy recovery jog down and rest for 45 secs. Repeat 4 more times. 10 mins easy run.	<b>Upper body strength &amp; core</b> 2 sets x 12 reps with 45 secs rest between sets. A – Triceps 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 10 secs after 15 mins intervals and do 15 star jumps, 15 alternating lunges and 10-15 push ups.	<b>Lower body strength</b> 2 sets x 12 reps with 45 secs rest between sets. A – Squats B – Front lunges (alternating single leg) C – Lateral lunges D – T-stand
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Week 6	After run, hold plank for 30 secs.	Enjoy your rest day.	Easy run 10 mins. On a flat road run 10 mins moderate hard and rest for 2 mins. Repeat the 10 mins run with 2 mins recovery jog. Easy run for 10 mins.	<b>Upper body strength</b> 2-3 sets x 12 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 15 mins intervals and do 15 star jumps, 15 alternating lunges and 10-15 push ups.	<b>Lower body strength</b> 2-3 sets x 12 reps with 45 secs rest between sets. A – Squats B – Front lunges (alternating single leg) C – Lateral lunges D – T-stand
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Week 7	After run, hold a plank for 35 secs.	Enjoy your rest day.	Easy run 10 mins. On flat trails run 10 mins moderate/hard, 5 mins easy jog, then run 4 mins as hard as you can. Have 2 mins rest then easy jog 14 mins.	<b>Upper body strength</b> 2-3 sets x 15 reps 30-45 secs rest between sets. A – Tricep dips B – Push ups C – Plank & side planks left and right side D – Mountain climbers	Rest.	Run on trails and walk for 5 secs after 20 mins intervals and do 8 burpees, 8 sit ups, 8 squat jumps and 8 push ups.	<b>Lower body strength</b> 2-3 sets x 12 reps with 30-45 secs rest between sets. A – Squats B – Front lunges (alternating single leg) C – Lateral lunges D – T-stand
<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Week 8	After run hold a plank for 30-45 secs.	Enjoy your rest day.	Run 15 mins easy and on a steeper hill from previous weeks, run up hill fast for 30 secs and	<b>Upper body strength</b> 3 sets x 15 reps 30-45 secs rest between sets.	Foam roll any tight muscles.	Run on trails and walk 5 seconds after 20 mins and do 8 burpees, 8 sit ups, 8	<b>Lower body strength</b> 3 sets x 15 reps with 30-45 secs rest between sets.

			easy jog down and repeat 9 more times non-stop. Have 2 mins complete rest and finish run with 15-20 mins easy run.	A – Tricep dips B – Push ups C – Plank & side planks left and right side D – Mountain climbers		squat jumps and 8 push ups	A – Squats B – Front lunges (alternating single leg) C – Lateral lunges D – T-stand
<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Week 9	After run, hold plank for 20 secs, rest for 10 secs and hold another plank for 20 secs.	Foam roll any muscles that feel tight.	Run 15 mins easy, and on the same hill as week 8 run up fast for 30 secs and easy jog recovery down and do 1 burpee, have 30 secs rest and repeat 8 more times. Easy jog 20 mins easy.	<b>Upper body strength &amp; core</b> 2 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  <b>Lower body strength</b> 2 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	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 sit ups, 10 squat jumps and 10 push ups.	Rest or optional repeat <b>upper body strength</b> workout.
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Week 10	After run, hold plank for 25 secs with 10 secs rest and repeat set 2 more times, completing a total of 1 min and 15 secs plank.	Enjoy your rest day.	Easy run 10 mins, moderate run 5 mins and easy 5 mins. Then run 2 mins fast with 1 min easy recovery jog and repeat set 2 more times. Run easy 5 mins then have a complete rest for 30 secs. Then easy run for 10 mins.	<b>Full body strength</b> 3-4 sets x 15 reps 30 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	Foam roll any tight muscles. <b>Full body strength</b> 3 sets x 15 reps 30 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	Run on trails and walk for 5 secs after 20 mins intervals and do 10 burpees, 10 mountain climbers, 10 squat jumps and 10 push ups.	Rest or optional <b>full body strength</b> workout.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 11	Easy 20 mins run, then run up a gentle hill for 45 secs fast with easy recovery jog down, perform 2 burpees and have a complete r4e3st for 60 secs. Repeat set another 7 times. Easy 20 mins run.	Enjoy your rest day.	After run, hold a plank for 40 secs and have 10 secs rest, then hold plank for another 40 secs or more!	<b>Full body strength</b> 4 sets x 15 reps 30 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.	Run on trails and walk for 5 secs after 15 mins intervals and do 8 burpees, plank hold 30 secs, 8 mountain climbers, 8 squat jumps and 20 jog on the spot for 15 seconds then repeat all of the exercises. Try to keep moving between exercises.	Rest.
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 12	Easy jog for 15 mins and on flat terrain run fast for 45-60 secs and easy jog recovery run for 90 secs and repeat 4 more times. Easy run 15 mins.	Enjoy your rest day.	Run on flat terrain. After the run, plank for as long as you can.	Run as 10 mins easy. Then on a grass field, run 2 mins fast then recovery very easy run back to start then repeat for another 4 times. Easy run 15 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.

\* Warm up 5-10 mins before commencing the strength workouts such as 5 mins jogging. All exercises utilise your body weight so you can do the exercises anywhere such as your home or at your local park.

## Appendix

### Programming

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

### Rate of perceived exertion

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

### Progression of exercises

#### Squats

<b>Level 1 – Squats</b>	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.
<b>Level 2 – Jump squats</b>	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

<b>Level 1 - Push up on knees</b>	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.
<b>Level 2 - Push up on toes</b>	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

<b>Level 1</b>	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.
<b>Level 2 - Bridge with leg lift</b>	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.

<b>Burpees</b>	
<b>Level 1</b>	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.
<b>Level 2</b>	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.
<b>Lunges</b>	
<b>Front lunges</b>	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.
<b>Lateral lunges</b>	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.
<b>Planks</b>	
<b>Planks</b>	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.
<b>Side plank left and right</b>	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.
<b>Mountain climbers</b>	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.
<b>Other exercises</b>	
<b>Triceps dips</b>	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.
<b>T-stand</b>	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.