



March 16th, 17th, 18th March 2012

Day 1: 33km Day 2: 32km Day 3: 25km



The Pronutro AfricanX is a multi stage 3 day endurance event! So that means lots and lots of running leading up to the event. With this increase of running it also leads to possible injuries, so this is where the Embark program comes into play. We will balance the running with cross training, strength work and gym work on a weekly basis. As a lot of our running will be off road, the groups will be necessary for safety on the trails. As you will be running with a partner on race day, it's very important to train with your partner. You will need to learn each other's weaknesses and strengths. We will be doing all the relevant training for the stages, including the picturesque run from Arniston to Klienmonde.

How will the training work:

You will receive a weekly program that includes running as a group and running with your partner or on your own. We will try to facilitate as many runs as possible, and link up with other groups where possible too.

The program (illustrated below) is broken down into building phases of training. The miles increase for 3 weeks and then we recover, and then back in to building for 3 weeks until recovery again. We will keep the training fun but challenging. We will explore Cape Town along all the dusty trails.

You should, at this stage be able to run 30kms a week, and be doing either hill or speed work once a week.

Below is the breakdown of week 1. Just so that you have an idea of how the program will work on a weekly basis.

Progressive build up to the race:

Phase 1	Phase 2	Phase 3	Phase 4
28 th Nov- 4 th Dec (30kms)	26 th – 1 st Jan (20kms)	23 rd – 29 th (20kms)	20 th – 26 th (50kms)
5 th – 11 th (30kms)	2 nd – 8 th (40kms)	30 th - 5 th Feb (60kms)	27 th - 4 th Mar (40kms)
12 th – 18 th (35kms)	9 th – 15 th (50kms)	6 th Feb – 12 th (70kms)	5 th – 11 th (10kms)
19 th – 25 th (40kms)	16 th – 22 nd (60kms)	13 th - 19 th (80kms)	12 th – 18 th Race Week

Key:

Recovery Phase	Intro phase	Building Phase	Base Phase	High Mileage Phase	Taper Phase	RACE
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Week 1 – Introduction Week 28th Nov- 4th Dec

	Swim	Bike	Run	Gym
Monday			5km conversational	
Tuesday			Speed work 4kms, plus 3kms warm up and 3kms cool down	
Wednesday	Either a 2k swim (see program below for session) or bike	An easy 45min spin		
Thursday				Legs & Core, see program below for session
Friday	SLEEP IN			
Saturday			Long Run 15kms off road	
Sunday	REST	REST	REST	REST

For the coached group training times and venue please contact steve@embark.co.za

Description of work outs:

Distance: This can either be on road or off road. 1 per month must be on road, the rest will be off road

Speed Work: Speed work is vital for running efficiency and mental strength, generally track sessions

Social Run: These are easy runs, conversational

Tempo Runs: This is a continuous run with a buildup in the middle to near 10-K race pace

Hill Run: Strength work, short hard uphill repeats with downhill recovery

Strength Work: Gym work, brilliant for strength and injury prevention

Cross Training: Our cross training sessions will be a non impact cardio session; examples of these can be swimming, riding, the ellipse machine etc.

Below is a guideline of the week to week mileage and sessions. For the full program please contact steve@embark.co.za

Week 2 (30kms)

1. **Distance off road:** 15kms, walk the hills
2. **Speed Work:** 6kms warm up and cool down + speed work 4kms
3. **Social Run:** 10kms base miles, lotsa smiles
4. **Strength Work: 1 Hour** Gym work, lower body ie: legs. Heavy weights, low reps max effort
5. **Cross Training:** Swim/Bike/Rowing/Step etc. 1 hour

Week 3 (35kms)

1. **Distance off road:** 10kms, walk the hills
2. **Speed Work:** 6kms warm up and cool down + speed work 4kms
3. **Hill Run:** 10kms in total with at least 40% uphill running
4. **5km Tempo Run**
5. **Strength Work: 1 Hour** Gym work, lower body heavy weights, low reps max effort
6. **Cross Training:** Swim/Bike/Rowing/Step etc 1 hour

Week 4 (40kms)

1. **Distance:** 15kms walking the hills
2. **Speed Work:** 6kms warm up and cool down + speed work 4kms
3. **Hill Run:** 10kms in total with at least 40% uphill running
4. **Social Run:** 5kms very easy, conversation, fun.
5. **Strength Work: 1 Hour** Gym work, legs, light weights, high reps, 3 sets
6. **Cross Training:** Swim/Bike/Rowing/Step etc 1 hour

Week 5 (15kms) Recovery Week

1. **Distance off road:** 10kms walking the hills
2. **Social Run:** 5kms
3. **Strength Work: 1 Hour** Gym work, lower body heavy weights, low reps max effort

Week 6 (40kms)

1. **Back to Back Distance Run:** 12kms off road, followed by 13kms the next day on road. Make sure you take a full rest day after this back to back run
2. **Speed Work:** 6kms warm up and cool down + speed work 4kms
3. **Tempo Run:** 5km
4. **Strength Work: 1 Hour** Gym work, lower body heavy weights, low reps max effort

Week 7 (50kms)

1. **Back to Back Distance Run:** 15kms off road, followed by 17kms the next day on road. Make sure you take a full rest day after this back to back run
2. **Speed Work:** 8kms warm up and cool down + speed work 4kms
3. **Social Run:** 6km social
4. **Cross Training:** Swim/Bike/Rowing/Step etc 1 hour

Week 8 (60kms)

1. **Back to Back Distance Run:** 17kms off road, followed by 17kms the next day on road. Make sure you take a full rest day after this back to back run
2. **Speed Work:** 8kms warm up and cool down + speed work 4kms
3. **Social Run:** 5kms
4. **Hill Run:** 10kms in total with at least 50% uphill hard running
5. **Strength Work: 1 Hour** Gym work, lower body heavy weights, low reps max effort
6. **Cross Training:** Swim/Bike/Rowing/Step etc 1 hour

Week 9 (20kms)

1. **Social Run:** 5km
2. **Social Run:** 5km
3. **Cross Training:** Swim/Bike/Rowing/Step etc 30 min

Week 10 (60kms)

1. **Distance off road:** 25kms
2. **Speed Work:** 8kms warm up and cool down + speed work 4kms
3. **Social Run:** 9kms
4. **Hill Run:** 12kms in total with at least 50% uphill running
5. **Cross Training:** Swim/Bike/Rowing/Step etc 1 hour

Week 11 (70kms)

1. **Back to Back Distance Run:** 25kms off road, followed by 28kms the next day off road. Make sure you take a full rest day after this back to back run
2. **Speed Work:** 8kms + speed work 4kms
3. **Tempo Run:** 5km
4. **Strength Work: 1 Hour** Gym work, lower body heavy weights, low reps max effort

Week 12 (80kms)

1. **Back to Back to Back Distance Run: Try to do these all the same time each day to get a routine like the race, I advise to do this on fri/sat/sun.** 20kms off road, followed by 15kms the next day on road, followed by 15kms off road. Make sure you take a full rest day after this back to back run.
2. **Speed Work:** 10kms warm up and cool down + speed work 4kms
3. **Hill Run:** 10kms in total with at least 40% uphill running
4. **Social Run:** 6km, just time on legs, easy running

Week 13 (50kms)

1. **Distance off road:** 15kms walking the hills
2. **Speed Work:** 10kms warm up and cool down + speed work 4kms
3. **Social Run:** 15kms, on road
4. **Tempo Run:** 6kms

Week 14 (40kms)

1. **Distance off road:** 12kms walking the hills
2. **Speed Work:** 8kms warm up and cool down + speed work 4kms
3. **Social Run:** 8kms, on road, very easy
4. **Tempo Run:** 8kms

Week 15 (10kms)

1. **Social Run:** 5kms
2. **Tempo Run:** 5kms

Week 16 (10kms plus race 90kms)

1. **Social Run:** 5kms
2. **Tempo Run:** 5kms
3. **RACE!!!**

Example of Swim session

Distance 2k

Warm-up 200

100m straight swim

4x25 1st length slow, 2nd a little faster, 3rd is faster still, last length is sprint. X4

Main Set 1700m

12x25 (going on 35 secs) no paddles

200m easy swim with paddles and pool buoy

8x50 (swim first 25m at around 80% of top speed, then swim recovery back, then rest 15 seconds)

200m easy swim with paddles and pool buoy

5x100 (swim at around 75% of top speed with 30 secs recovery)

100m easy swim with paddles and pool buoy

Cool-down 100

4x25 stoke of choice

Example of Gym session**Legs and Core****Legs**

5 minutes warm up on the bike or running machine.

Leg press for 5 sets (12 reps) of heavy, nice and controlled reps. - be sure to keep your back flat and the movement controlled.

Squats - 3 sets (10 reps), again use perfect form to avoid injury.

Dumbbell lunges to work the glutes and quads more. 3 sets (10 reps) working first one leg for 10 consecutive reps and then the other, this will keep all tension on the working leg.

Leg extension 3 sets (10 reps) focus on the peak contraction on the top to feel the burn.

Lying leg curls 4 sets (12 reps) really squeeze at the top.

Dead lifts 3 sets (10 reps) feeling the stretch all the way down.

Abs

4 sets (20 reps) of crunches with knees up and crossed at the ankles.

4 sets (20 reps) of crunches with knees raised seated on the end of a flat bench.

4 sets (20 reps) of decline sit-ups.