Hammer Nutrition Hawke's Bay Trail Run Series - Half Marathon



Date (Mon start)		10 weeks to go	9 weeks to go	8 weeks to go	7 weeks to go	6 weeks to go	5 weeks to go	4 weeks to go	3 weeks to go	2 weeks to go	Race week
Type		BASE	BASE	BASE	BASE	BASE	BASE	BASE	BASE	BASE	RACE WEEK
Swim (min)		57,02	5,102	5,01	D/ IOL	D/ IOL	5,102	D/ (02	5/102	5,02	. J.OL WELK
Bike (min)											
Run (min)		162	230	180	267	170	298	211	275	170	75
Other (min)											
Total (hrs)		02:42	03:50	03:00	04:27	02:50	04:58	03:31	04:35	02:50	01:15
Focus/Effort		FORM	FORM	FORM	FORM	FORM	FORM	FORM	FORM	FORM	FORM
Monday	Swim (EXP)										
	Swim (time)										
	Bike (EXP)										
	Bike (time)	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
	Run (EXP)										
	Run (time)										
	Other (min)										
	Swim (EXP)										
	Swim (time)										
Torrestore	Bike (EXP)										
Tuesday	Bike (time)	ENDUD	ENDUD	ENDUD	ENDUD	ENDUD	ENDUD	ENDUD	ENDUD	ENDUD	ENDUD
	Run (EXP)	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR 30	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR
	Run (time)	30	30	30	30	30	30	30	30	30	30
	Other (min)										
	Swim (EXP)										
	Swim (time)										
Wednesday	Bike (EXP)										Poet Day
vveunesuay	Bike (time)	FACV	FACV	FACV	FACV	FACV	FACV	FACV	FACV	FACV	Rest Day
	Run (EXP) Run (time)	EASY 25	EASY 25	EASY 25	EASY 25	EASY 25	EASY 25	EASY 25	EASY 25	EASY 25	
	Other (min)	25	25	20	20	20	20	25	25	25	
	Swim (EXP)										
	Swim (time)										
	Bike (EXP)										
Thursday	Bike (time)										
,	Run (EXP)	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR	ENDUR
	Run (time)	25	25	25	25	25	25	25	25	25	25
	Other (min)										
	Swim (EXP)										
	Swim (time)										
	Bike (EXP)										
Friday	Bike (time)	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
	Run (EXP)										
	Run (time)										
	Other (min)										
Saturday	Swim (EXP)										
	Swim (time)										
	Bike (EXP)										
	Bike (time)	ENDLID	ENDLID (A)	TTC	ENDUS	TTC	ENDUD (C)	EMBL:DE:	ENDLID (A)	TT ()	E 4 0 1 /
	Run (EXP)	ENDUR4km	ENDUR10km	TT2km	ENDUR14km	TT3km	ENDUR16km	ENDUR7km	ENDUR18km	TT4km	EASY
	Run (time)	32	80	45	112	45	128	56	135	45	20
Sunday	Other (min)										
	Swim (EXP)										
	Swim (time)										
	Bike (EXP)										D- 4
	Bike (time)										Race 1
	Run (EXP)	EASY	EASY	EASY	EASY	EASY	EASY	EASY	EASY	EASY	
	Run (time)	50	70	55	75	45	90	75	60	45	
	Other (min)										

Between Events Program

Type	= \\/EEK	
Swim (min) Bike (min) Run (min) 181 275 170 7 7 7 7 7 7 7 7 7	RACE WEEK RACE WEEK	
Bike (min)	- WEEK	
Run (min)		
Other (min)	75	
Total (hrs)	75	
Focus/Effort	1:15	
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	20	
Other (min)		
Swim (EXP)		
Swim (time)	Trail Race	
Bike (EXP)		
Run (EXP) EASY EASY		
Run (time) 45 60 45		
Other (min)		

Rate of perceived Exertion (RPE) 5 point scale

Level 1	No effect, normal lounge lizard mode
Level 2	Slightly breathless, beginning to sweat, able to talk easily. Most base training
Level 3	More breathless, sentences shorter, sweating harder. Up to 90mins training or race
Level 4	Breathless, single word conversations, short, hard efforts up to 15 mins or short race
Level 5	Last thing you want to do is talk. Survival is the key. A couple of minutes before collapsing

Rate of Perceived Exertion (RPE) 20 point Scale

1 – 5 6 7 8 9 10	Extremely light, minimal effort 20% effort, very, very light 30% effort 40% effort 50% effort, very light 55% effort
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11	60% effort, fairly light
12	65% effort
13	70% effort, moderately hard
14	75% effort
15	80% effort, hard
16	85% effort
17	90% effort, very hard
18	95% effort
19	100% effort, very, very hard
20	Exhaustion

Rate of Perceived Exertion (RPE) 10 point Scale

Level 1	Watching TV eating sweets
Level 2	Comfortable and able to maintain this pace all day
Level 3	Comfortable but breathing a bit harder
Level 4	Sweating a little but feel good and able to talk easily
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Level 5	Just above comfortable, sweating a little more, but still able to talk easily
Level 6	Can still talk, but slightly breathless and a little less comfortable
Level 7	Can still talk but don't really want to. Sweating like a pig
Level 8	Able to talk in grunts only. Can't keep this pace up for long
Level 9	Probably going to die shortly
Level 10	Death would be easier