

Program Summary: Gene Beveridge Tarawera 50km 2019-02-09 Page 2

Week Beginning		3/12/2018	10/12/2018	17/12/2018	24/12/2018	31/12/2018	7/01/2019	14/01/2019	21/01/2019	28/01/2019
Weeks of Program		10	11	12	13	14	15	16	17	18
Weeks to A Goal		9	8	7	6	5	4	3	2	1
Strategy		Recover	Overload	Conservative Balance	Conservative Balance	Overload	Recover	Recover	Maintain	Maintain
Weekly Difficulty		6%	100%	56%	59%	77%	38%	38%	51%	51%
Weekly Duration [hh:mm]		0:50	13:55	10:23	10:43	13:23	7:20	7:20	7:05	9:19
Program Overview	Monday	AM		🚴 Easy ride: 40 minutes	🚴 Easy ride: 40 minutes	🚴 Easy ride: 40 minutes	🚴 Easy ride: 30 minutes	🚴 Easy ride: 30 minutes	🚴 Easy ride: 30 minutes	🚴 Easy ride: 30 minutes
		PM	🚴 Steady hilly trail run: 85 minutes	1. 🚴 Strength and conditioning 2. 🚴 Maintenance	1. 🚴 Strength and conditioning 2. 🚴 Maintenance	1. 🚴 Strength and conditioning 2. 🚴 Maintenance	1. 🚴 Strength and conditioning 2. 🚴 Maintenance	1. 🚴 Strength and conditioning 2. 🚴 Maintenance	1. 🚴 Strength and conditioning 2. 🚴 Maintenance	1. 🚴 Strength and conditioning 2. 🚴 Maintenance
	Tuesday	AM		🚴 Easy ride: 40 minutes	🚴 Easy ride: 40 minutes	🚴 Easy ride: 40 minutes				
		PM	🚴 Long hilly trail run: 145 minutes	🚴 Hilly tempo hilly trail run: 25 minutes + WU/WD	🚴 Hilly tempo hilly trail run: 25 minutes + WU/WD	🚴 Hilly tempo hilly trail run: 25 minutes + WU/WD	🚴 Hilly tempo hilly trail run: 25 minutes + WU/WD	🚴 Hilly tempo hilly trail run: 25 minutes + WU/WD	🚴 Easy run: 55 minutes	🚴 Hilly tempo hilly trail run: 25 minutes + WU/WD
	Wednesday	AM								
		PM	🚴 Long hilly trail run: 145 minutes	🚴 Easy road ride: 30 minutes	🚴 Easy road ride: 30 minutes	🚴 Easy road ride: 80 minutes	🚴 Easy road ride: 30 minutes	🚴 Easy road ride: 30 minutes	🚴 Easy run: 55 minutes	🚴 Easy road ride: 105 minutes
	Thursday	AM		🚴 Easy ride: 40 minutes	🚴 Easy ride: 40 minutes	🚴 Easy ride: 40 minutes				
		PM	🚴 Steady hilly trail run: 85 minutes	🚴 Intervals: 1km x3 + WU/WD	🚴 Intervals: 1km x4 + WU/WD	🚴 Intervals: 1km x5 + WU/WD	🚴 Intervals: 1km x4 + WU/WD	🚴 Intervals: 1km x4 + WU/WD		🚴 Intervals: 1km x4 + WU/WD
	Friday	AM		🚴 Easy ride: 40 minutes	🚴 Easy ride: 40 minutes	🚴 Easy ride: 40 minutes	🚴 Easy ride: 30 minutes	🚴 Easy ride: 30 minutes		🚴 Easy ride: 30 minutes
		PM	🚴 Steady hilly trail run: 85 minutes	1. 🚴 Strength and conditioning 2. 🚴 Maintenance	1. 🚴 Strength and conditioning 2. 🚴 Maintenance	1. 🚴 Strength and conditioning 2. 🚴 Maintenance	1. 🚴 Strength and conditioning 2. 🚴 Maintenance	1. 🚴 Strength and conditioning 2. 🚴 Maintenance	🚴 Race: 15 minutes + WU/WD	1. 🚴 Strength and conditioning 2. 🚴 Maintenance
	Saturday	AM	🚴 Long hilly trail run: 145 minutes	🚴 Steady hilly trail run: 70 minutes	🚴 Steady hilly trail run: 75 minutes	🚴 Steady hilly trail run: 95 minutes	🚴 Steady hilly trail run: 50 minutes	🚴 Steady hilly trail run: 50 minutes	🚴 Race: 90 minutes + WU/WD	🚴 Steady hilly trail run: 65 minutes
		PM		🚴 Easy road ride: 30 minutes	🚴 Easy road ride: 30 minutes	🚴 Easy road ride: 80 minutes				
	Sunday	AM	🚴 Long hilly trail run: 145 minutes	🚴 Long hilly trail run: 115 minutes	🚴 Long hilly trail run: 125 minutes	🚴 Long hilly trail run: 160 minutes	🚴 Long hilly trail run: 80 minutes	🚴 Long hilly trail run: 80 minutes	🚴 Race: 30 minutes + WU/WD	🚴 Long hilly trail run: 105 minutes
		PM	🚴 Steady hilly trail run: 50 minutes							

Week Beginning		4/02/2019				
Weeks of Program		19				
Weeks to A Goal		0				
Strategy		Race				
Weekly Difficulty		58%				
Weekly Duration [hh:mm]		6:49				
Program Overview	Monday	AM				
		PM				
	Tuesday	AM				
		PM	🏃 Intervals: 1km x4 + WU/WD			
	Wednesday	AM				
		PM	1. 🏃 Easy road run: 40 minutes 2. 🏃 45 stride outs			
	Thursday	AM	🏃 Easy road run: 20 minutes			
		PM				
	Friday	AM	🏃 Easy road run: 30 minutes			
		PM				
	Saturday	AM	🏃 Race: 180 minutes + WU/WD			
		PM				
	Sunday	AM				
		PM				