



GurneyGears.com Training Schedule for The **Power Gal** All women's race.

This program is for women who are starting from a low level of fitness (or possibly none!) and want to **complete the race and be fit enough to enjoy it.**

Please consult with your doctor before starting your training for this event.

I am assuming that you have done no running or biking recently.

From when the entries are available, in early December, there are **11 weeks** until the event on February 24th. If you follow this program from a later date then please start at the beginning as it is important that there is a gradual increase in your training.

The **race will involve** walking, running, mountain biking and tyre tubing.

Rather than tell you what to do each day I will give you what you should be looking at doing each week and you can decide how that fits in with your schedule. Space the training sessions out over the whole week.

You can either do the training in the morning or afternoon or both. If you have a really tight schedule and can only fit 1 or 2 hours training in a week then my advice would be to do the running parts only. **Running is one the most efficient ways to get fit.**

If you are injured or can't do one of the sports in training then that's fine just do what you can.

Running

In the program all walking is brisk walking and all running is jogging. It is very important you **don't run faster than a pace that will allow you to easily talk** (or sing if you are by yourself!). This intensity is the same for the bike riding.

I urge you to make sure your running shoes are new and have been fitted to you by a competent sport shoe sales person (or physio/podiatrist).

Mountain biking

The event involves mountain bike riding so it is best that you **train on a mountain bike.** If you haven't got one you can train on a road bike if you wish although I advise you to borrow one to do at least some riding off road before the race.

Please make sure your bike is safe to ride. Get it checked out by a bike mechanic.

Make sure when you cycle that your legs go around at least 90 times a minute. That's 90 complete revolutions. This is called **spinning** when your legs go around fast like this. It makes sure you don't load up your knees too much. It's OK to drop to 75 revolutions per minute when you are climbing hills.

You can substitute 1 ride a week for a Spinning class at a gym if you really like them. These are great for cycling fitness but not at all good for off-road skills so make sure you get some 4WD/single track mountain biking in.

For both running and cycling it is best if you stick to flat terrain for the running and biking for the first month or so. After that you can slowly introduce some undulations and then some hills.

After you have finished each session **you should do some light stretches**. Have a look at <http://www.mayoclinic.com/health/stretching/SM00043> for instructions on how to stretch the major muscle groups.

If you miss a session for any reason please resist the temptation to catch it back up again another day. Just take it as a wee training holiday and continue as normal with your program.

Swimming/Gym workout

In the event you will be tyre tubing which is an upper body workout. I have included swimming or gym workouts (aerobics/circuits) in the program to help condition your body for the tubing.

Nutrition

The race will last at least 6 hours so you will need to eat and drink during it to keep your energy up. **Practise eating and drinking while you are training** to see what works for you as it can be very individual as to what works and tastes good.

The program

Week 1 – starting 3rd December

3 walk/runs – Start off with a brisk 5min brisk walk then repeat the following until 20 minutes is up: 60 seconds jogging followed by 90 seconds of walking.

Either 2 swims of 20 minutes or two aerobics/circuits gym sessions.

Week 2 - 10th December

3 walk/runs – Start off with a brisk 5min brisk walk then repeat the following until 20 minutes is up: 60 seconds jogging followed by 90 seconds of walking.

Either 1 swim of 30min or an aerobics/circuits gym session.

One mountain bike ride of 40 minutes.

Week 3 - 17th December

3 walk/runs – Start off with a brisk 5min brisk walk then repeat the following until 25 minutes is up: 2 minute jog followed by 3 minutes of walking.

Either 1 swim of 30min or an aerobics/circuits gym session.

Two mountain bike ride of 40 minutes.

Week 4 - 24th December (easier week)

Start introducing some undulations into your running and biking workouts.

2 walk/runs – Start off with a brisk 5min brisk walk then repeat the following until 30 minutes is up: 2 minute jog followed by 3 minutes of walking.

Either 1 swim of 35min or an aerobics/circuits gym session.

One mountain bike ride of 60 minutes.

Week 5 - 31st December

3 walk/runs – Start off with a brisk 5min brisk walk then repeat the following until 35 minutes is up: 3 minute jog followed by 2 minutes of walking.

Either 1 swim of 35min or an aerobics/circuits gym session.

Two mountain bike rides of 50 minutes.

Week 6 - 7th January

3 walk/runs – Start off with a brisk 5min brisk walk then repeat the following until 40 minutes is up: 3 minute jog followed by 2 minutes of walking.

Either 2 swims of 40min or 2 aerobics/circuits gym sessions.

Two mountain bike rides of 60 minutes.

Week 7 - 14th January

3 walk/runs – Start off with a brisk 5min brisk walk then repeat the following until 40 minutes is up: 4 minute jog followed by 1 minute of walking.

Either 2 swims of 40min or 2 aerobics/circuits gym sessions.

Two mountain bike rides of 75 minutes.

Week 8 - 21st January (easier week)

2 walk/runs – Start off with a brisk 5min brisk walk then repeat the following until 40 minutes is up: 3 minute jog followed by 2 minutes of walking.

Either 1 swim of 35min or an aerobics/circuits gym session.

One mountain bike ride of 80 minutes.

Week 8 - 28th January

You can start introducing some hills now for one or 2 sessions a week.

1 walk/runs – Start off with a brisk 5min brisk walk then repeat the following until 40 minutes is up: 5 minute jog followed by 1 minute of walking.

1 walk/run – Start off with a brisk 5min brisk walk then 8 minutes jog followed by 2 minutes walk, 6 minute jog then 2 minute walk, 6 minute jog then 2 minute walk, 4 minute jog, 5 minute walk.

1 walk/run – Brisk walk 5min then 2 times 8 minute jog 2 minute walk, then 4 times 4 minute jog 1 minute walk.

Either 2 swims of 40min or 2 aerobics/circuits gym sessions.

One mountain bike ride of 60 minutes.

One mountain bike rides of 90 minutes.

Week 9 - 4th February (easier week)

2 walk/runs – Brisk 5 minute walking warm-up then 3 times 10 minute run 5 minute walk.

Either 1 swim of 40min or 1 aerobics/circuits gym session.

One mountain bike rides of 1hr 40minutes.

Week 10 - 11th February

1 walk/run – Brisk 5 minute walking warm-up then 3 times 10 minute run 5 minute walk.

1 walk/run – Brisk 5 minute walking warm-up then 3 times 10 minute run 3 minute walk

1 walk/run – Start off with a brisk 5min brisk walk then run for 15 minutes without walking then walk for 5 minutes.

Either 2 swims of 40min or 2 aerobics/circuits gym sessions.

One mountain bike ride of 60 minutes.

One mountain bike rides of 2 hours.

Week 11 - 18th February

1 walk/run – Brisk 5 minute walking warm-up then 3 times 10 minute run 5 minute walk.

Either 1 swims of 30min or 1 aerobics/circuits gym session.

One mountain bike ride of 60 minutes.

Race day - 24th February

All the best for your race. I hope it goes well for you.

If you have any questions about the program or would like some extra help then please contact me (Ian Edmond) at:

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