

Congratulations on entering Tasmania's Gone Nuts 25km Adventure Run (or being a part of a 101km or 50km relay team). Having been closely involved with the course design I can assure you that it will challenge all participants.

It has been our pleasure to design this program, however PLEASE understand that this is not intended to be a "One Size Fits All" program. We encourage you to bend and flex this program to suit your needs and timeframe. The key to all race preparations is knowing what does and doesn't work for you, taking into consideration your fitness level, injuries, previous experience and available time. This program is designed for a runner. If you have been running for 2.4 hrs weekly over the last 2 -3 months this program can take to on the 25km journey. For any further information and or customisation of the program please contact the team at KAW Training.

Running 25km is going to ask a lot of question about your body and mind. The Gone Nuts 25km Adventure Run is just that, an Adventure!! You experience firm and soft sand, 4wd tracks, rocky coastal sections, national park trails and paddock running across active farming properties. All of these surfaces will place their own demands on your body. Adequate preparation on these surfaces will condition your body and assist you throughout your adventure. You have to expect that during the 25km there will be moments when you feel flat and your body is pushing back against what you are demanding of it. These tough periods can be offset somewhat by developing a race plan which you have refined over the course of your training. Elements of this plan should include nutrition, hydration and race pace. These elements are specific to YOU, so take time to get them right.

It is vital to discover your "Go All Day" (and maybe some of night as well) pace. This is the pace where you can tick along and keep your body in check, heart rate not too high at a pace sufficient to keep some urgency in your adventure. A successful program has a multifaceted approach. Combine high intensity sessions such as Interval training, hills sprints, beach sprints and tempo running. These sessions will trigger different responses in your body and assist in increasing your efficiency in using and distributing oxygen in your body, giving you that extract gear when climbing hills. Speaking of hills, most of the participants will walk some or most of the hills, so practice this, maybe even carry a set of walking poles to assist you when fatigue and hills start to make your adventure a little tougher.

A common mistake made by most self-trained athletes is to over train. PLEASE listen you your body. We want you on the start line feeling fresh and excited. Take at least two days rest a week, this can be reduced to one in some heavier load weeks but these need to be offset by lighter weeks. Be nice to your body and it will be nice to you!! If your body is crying out for rest and you have a 2, 4 or 6 hour session planned, listen, adjust or just chill out and rest. You will feel better for it and it may save you from a fatigue related injury. Never underestimate the importance of your work, family, social and training balance. 99.9% of us are not full time athletes and spend our days working, rushing around and having to be somewhere. This does take a toll and often rest is the element we sacrifice so be flexible and enjoy the journey to the start line.

Key elements of the program should remain the weekly long run, this is the money session and will best prepare you for the coming adventure. Capping this run around the 3-5 hour range is a good idea as it allows time for adequate rest. If you feel that you need to go longer then plan carefully for one longer run with a recovery week built in immediately afterwards. I also highly recommend at least one session per week of body conditioning exercises working functional movements including, lunges, squats, core stability, push ups and pull ups. You will appreciate these sessions later in the race

Gone Nuts 25km Adventure Run

- **G.A.D.P. = Go all day pace**
- **F.M.P. = Functional Movement Program**
- **Tempo 30 = Running for 30 min at a speed above your go all day pace**
- **Tempo 45 = Running for 45 min at a speed above your go all day pace**
- **Hill Compo = find a hill, do a number of repeats with rest at top and bottom. Efforts up and down. Combine with 30 min easy run**
- **Sprint Combo = 15 min easy run + 15 -25 min sprint intervals made up of distance between 100m -1000m with plenty of recovery + 15 min easy run cool down**
- **60 C.T. = 60 min of cross training, Spin Class, Yoga, Pilates etc**
- **Active Rest = Rest/go for a walk, swim or gentle ride etc**
- **Total Rest = Recover and watch a movie**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 20	G.A.D.P.30 min	REST (F.M.P.)	Tempo 30 min	Hill Compo 30 min	G.A.D.P.30 min	Long Run G.A.D.P. 45min	Total Rest
Week 19	G.A.D.P.30 min	REST (F.M.P.)	Tempo 30 min	Hill Compo 30 min	G.A.D.P.30 min	Long Run G.A.D.P. 45min	Total Rest
Week 18	G.A.D.P.30 min	REST (F.M.P.)	Tempo 30 min	Hill Compo 30 min	G.A.D.P.30 min	Long Run G.A.D.P. 45hrs	Total Rest
Week 17	G.A.D.P.30 min	REST (F.M.P.)	Tempo 30 min	Hill Compo 30 min	G.A.D.P.30 min	Long Run G.A.D.P. 1hrs	Total Rest
Week 16	Sprint Combo	REST (F.M.P.)	G.A.D.P.45 min	60 C.T.	G.A.D.P.30 min	Long Run G.A.D.P. 1hrs	Total Rest
Week 15	Sprint Combo	REST (F.M.P.)	G.A.D.P.45 min	Tempo 30 min	G.A.D.P.30 min	Long Run G.A.D.P. 1.5hrs	Total Rest
Week 14	Hill Compo 45 min	REST (F.M.P.)	G.A.D.P.45 min	60 C.T.	G.A.D.P.30 min	Long Run G.A.D.P. 1.5hrs	Total Rest
Week 13	Sprint Combo	REST (F.M.P.)	G.A.D.P.45 min	Tempo 30 min	G.A.D.P.45 min	Long Run G.A.D.P. 1.5hrs	Total Rest
Week 12	Hill Compo 45 min	REST (F.M.P.)	G.A.D.P.60 min	60 C.T.	G.A.D.P.45 min	Long Run G.A.D.P. 2hrs	Total Rest

Week 11	Hill Compo 45 min	REST (F.M.P.)	G.A.D.P.60 min	Sprint Combo	G.A.D.P.45 min	Long Run G.A.D.P. 2hrs	Total Rest
Week 10	Hill Compo 45 min	REST (F.M.P.)	G.A.D.P.60 min	Sprint Combo	G.A.D.P.45 min	Long Run G.A.D.P. 3hrs	Total Rest
Week 9	Walk 45min	REST (F.M.P.)	G.A.D.P.45 min	60 C.T.	G.A.D.P.45 min	Long Run G.A.D.P. 1.5hrs	Total Rest
Week 8	G.A.D.P.75 min	REST (F.M.P.)	Tempo 45 min	Hill Compo 45 min	G.A.D.P.45 min	Long Run G.A.D.P. 3hrs	Total Rest
Week 7	Hill Compo 45 min	REST (F.M.P.)	G.A.D.P.60 min	Sprint Combo	G.A.D.P.45 min	Long Run G.A.D.P. 3hrs	Total Rest
Week 6	Hill Compo 45 min	REST (F.M.P.)	G.A.D.P.60 min	60 C.T.	G.A.D.P.45 min	Long Run G.A.D.P. 3.5hrs	Total Rest
Week 5	G.A.D.P.60 min	REST (F.M.P.)	Tempo 45 min	Hill Compo 45 min	G.A.D.P.45 min	Long Run G.A.D.P. 3.5hrs	Total Rest
Week 4	G.A.D.P.60 min	REST (F.M.P.)	Tempo 45 min	Sprint Combo	G.A.D.P.45 min	Long Run G.A.D.P. 4hrs	Total Rest
Week 3	Hill Compo 45 min	REST (F.M.P.)	G.A.D.P.80 min	Tempo 45 min	G.A.D.P.45 min	Long Run G.A.D.P. 4.5hrs	Total Rest
Week 2	Hill Compo 45 min	REST (F.M.P.)	G.A.D.P.80 min	60 C.T.	G.A.D.P.45 min	Long Run G.A.D.P. 3hrs	Total Rest
Week 1	Walk 45	REST (F.M.P.)	G.A.D.P.60 min	REST	REST	GONE NUTS	SMILE

Notes

- The above program is a suggested outline for your upcoming event. It is important to understand that this is only a guide so feel free to adapt the program to suit your needs better.
- Listen to your body, the weeks written in Blue is a lighter week. These are critical to allow your body to recover.
- Shoes are critical where planning for such an event. Don't settle with your footwear, 3 pairs minimum that you would be happy to run in. One of these pair should have room for your feet to swell.
- Use Saturday's runs to work on your pre and post-race preparation. Find what works for you and don't change it.
- Use your Saturday run to work on your hydration and nutrition plans.