

'Your' bespoke program will look 'something' like this!



Name: Tom Petty

Training Block Dates: 28.10.19 – 27.10.19

Block ID: TP1-2019

Considerations

Follow your plan as life allows,
Hold your all-important DTI,
Text me your TTT & Weekly RQS,
Contact me if drastic changes are required.

Key Goal



Intensity (effort) made simple!



Default Training Intensity

> HR = 141

< HR = 151

Date	Session	Intensity	Time	Details
MON 28.10.19	EASY	<DTI, DTI	40	<p>Monday's will always be a warmup session for the week.</p> <p>Today's session is nothing more than 40 mins building slowly up to DTI, holding around DTI, guarding against exceeding DTI, and cruising into the sheds knowing you could easily run harder & longer.</p> <p>NOTE: You can substitute ALL these sessions using a TREADMILL.</p>

				<p>3 x 10 Push Ups 2 x 20 Full Sit ups</p>
TUES 29.10.19	Rest			<p>While I'm open to X-training, we don't want any running in your legs.</p> <p>So, X-Trainer, Rower, Swimming, Stepper etc.</p> <p>However, rest is gold!</p>
WEDS 30.10.19	NEG SPLIT	DTI/ DTI+8	60	<ul style="list-style-type: none"> o Design a largely unbroken out & back course. o While there will be a few bumps, ideally, I'd like you avoiding super steep hills [eg, 5+%]. o Run OUT @ DTI limit [151] o Turn around at exactly 30mins o Return BACK knowing you know have another 8 beats to play with, eg [159] o Stop the clock when returning to start. o What is the time = ??? <p>I'm looking for a NEGATIVE SPLIT, e.g. <60.00!</p> <p>PLEASE TEXT ME [0412 487 034] THIS RESULT.</p>
THURS31.10.19	HILLS	DTI	50	<ul style="list-style-type: none"> o Warm up on mixed terrain for 15 -25mins. o Find a hill, allowing for 'about' 30-45 secs of ascending. o About 4-8%, and, grass is perhaps always better. o 10 x 45 secs ascending @ DTI. o Do NOT thump the descend – shorten stride, baby steps, recover HR & Breath. o Finish session back to base, being 'around' 50 minutes-ish! <p>3 x 10 Push Ups 2 x 20 Full Sit ups</p>
FRI 1.11.19	Rest			<p>Friday really should be complete rest!</p>
SAT 2.11.19	LONG	MIXED	2.00	<p>Splits are 'around about'</p> <p>40 mins <148 40 mins >148 <155 40 mins >150 <163</p>

				<p>We need to practise finishing strongly! This is where most people fall away! If you're using GPS, I'd like to be texted your distance!</p> <p>TEXT DISTANCE</p>
SUN 3.11.19	GRASSY	<DTI	30	<p>Grassy footy oval. Music locked in 10 <140 10 <145 10 barefeet <140</p> <p>3 x 10 Push Ups 2 x 20 Full Sit ups</p>
MON 4.11.19	EASY	<DTI, DTI	40	<p>40 Float</p> <p>3 x 10 Push Ups 2 x 20 Full Sit ups</p>
TUES 5.11.19	Rest			
WEDS 6.11.19	NEG SPLIT	DTI/ DTI+8	60	<ul style="list-style-type: none"> o Same course, o Swing at 30 mins o Hold <151 to turnaround o Cap back to 159. <p>PLEASE TEXT ME [0412 487 034] THIS RESULT.</p>
THUR 7.11.19	HILLS	DTI	50	<ul style="list-style-type: none"> o Same course o 12 x 45 secs ascending @ DTI. o Do NOT thump the descend – shorten stride, baby steps, recover HR & Breath. o Finish session back to base, being 'around' 50 minutes-ish! <p>3 x 10 Push Ups 2 x 20 Full Sit ups</p>
FRI 8.11.19	Rest			Friday really should be complete rest!

SAT 9.11.19	LONG	MIXED	2.00	<p>Splits are 'around about'</p> <p>40 mins <148 40 mins >148 <155 40 mins >150 <163</p> <p>TEXT DISTANCE</p>
SUN 10.11.19	GRASSY	<DTI	30	<p>Grassy footy oval. Music locked in 10 <140 10 <145 10 barefeet <140</p> <p>3 x 10 Push Ups 2 x 20 Full Sit ups</p>
MON 11.11.19	EASY GRASS	<DTI, DTI	40	<p>Today's session on GRASS, ONLY!</p> <ul style="list-style-type: none"> o 20 <145 o 20 >155 < 160 <p>3 x 10 Push Ups 2 x 20 Full Sit ups</p>
TUES 12.11.19	Rest			
WEDS 13.11.19	NEG SPLIT	DTI/ DTI+8	60	<ul style="list-style-type: none"> o Same course, o Swing at 30 mins o Hold <151 to turnaround o Cap back to 159. <p>PLEASE TEXT ME [0412 487 034] THIS RESULT.</p>
THURS 14.11.19	HILLS	DTI	50	<ul style="list-style-type: none"> o Same course o 16 x 45 secs ascending @ DTI.

				<ul style="list-style-type: none"> Do NOT thump the descend – shorten stride, baby steps, recover HR & Breath. Finish session back to base, being 'around' 50 minutes-ish! <p>3 x 10 Push Ups 2 x 20 Full Sit ups</p>
FRI 15.11.19	Rest			Friday really should be complete rest!
SAT 16.11.19	LONG	MIXED	2.20	<p>Splits are 'around about'</p> <p>40 mins <148 40 mins >148 <152 40 mins >150 <158 20 mins >150<164</p> <p>TEXT DISTANCE</p>
SUN 17.11.19	GRASSY	<DTI	30	<p>Grassy footy oval. Music locked in 10 <140 10 <145 10 barefeet <140</p> <p>3 x 10 Push Ups 2 x 20 Full Sit ups</p>
MON 18.11.19	Rest			<p>While I'm open to X-training, we don't want any running in your legs.</p> <p>So, X-Trainer, Rower, Swimming, Stepper etc.</p> <p>However, rest is gold!</p>
TUES 19.11.19	NEG SPLIT	DTI/ DTI+8	60	<ul style="list-style-type: none"> Design a largely unbroken out & back course. While there will be a few bumps, ideally, I'd like you avoiding super steep hills [eg, 5+%]. Run OUT @ DTI limit [151] Turn around at exactly 30mins

				<ul style="list-style-type: none"> o Return BACK knowing you know have another 8 beats to play with, eg [159] o Stop the clock when returning to start. o What is the time = ??? <p>I'm looking for a NEGATIVE SPLIT, e.g. <60.00!</p> <p>PLEASE TEXT ME [0412 487 034] THIS RESULT.</p>
WEDS 20.11.19	HILLS	DTI	50	<ul style="list-style-type: none"> o Warm up on mixed terrain for 15 -25mins. o Find a hill, allowing for 'about' 30-45 secs of ascending. o About 4-8%, and, grass is perhaps always better. o 10 x 45 secs ascending @ DTI. o Do NOT thump the descend – shorten stride, baby steps, recover HR & Breath. o Finish session back to base, being 'around' 50 minutes-ish! <p>3 x 10 Push Ups 2 x 20 Full Sit ups</p>
THURS 21.11.19	Rest			Friday really should be complete rest!
FRI 22.11.19	LONG	MIXED	2.00	<p>Splits are 'around about'</p> <p>40 mins <148 40 mins >148 <155 40 mins >150 <163</p> <p>We need to practise finishing strongly! This is where most people fall away! If you're using GPS, I'd like to be texted your distance!</p> <p>TEXT DISTANCE</p>
SAT 23.11.19	GRASSY	<DTI	30	<p>Grassy footy oval. Music locked in 10 <140 10 <145 10 barefeet <140</p> <p>3 x 10 Push Ups</p>

SUN 24.11.19			2 x 20 Full Sit ups
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