

12 Week Beginner - John West 11km Traverse Training Program



- To begin this Training Program you should be able to comfortably run for **30mins or 5km non-stop**
- Finish your session with **5-10 mins of foam rolling and stretching**

KEY:

Lower Aerobic (L.A) - breathing should be nice and even and you should be able to hold a conversation.

Mid Aerobic (M.A) - breathing should still be even but your heart rate and breathing rate will have increased, you should still be able to talk.

Upper Aerobic (U.A) - your breathing will be a bit more laboured, and you should still be able to get a few words out, but not a whole sentence.

11k PACED RUNNING (12k.P) - the pace you will be aiming for on Race Day



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Focus
Week 1	Mon, 29 Jul	Tue, 30 Jul	Wed, 31 Jul	Thu, 1 Aug	Fri, 2 Aug	Sat, 3 Aug	Sun, 4 Aug	
August	Rest Day	5km Undulating @ M.A	X-Training Day (try a class - Pilates, Yoga or strength)	5km Flat @ M.A	Rest Day	30mins L.A/M.A - Undulating	Rest Day	Load
Week 2	Mon, 5 Aug	Tue, 6 Aug	Wed, 7 Aug	Thu, 8 Aug	Fri, 9 Aug	Sat, 10 Aug	Sun, 11 Aug	
August	Rest Day	5km Undulating @ M.A	X-Training Day	5km Flat @ M.A	Rest Day	35mins L.A/M.A - Undulating	Rest Day	Load
Week 3	Mon, 12 Aug	Tue, 13 Aug	Wed, 14 Aug	Thu, 15 Aug	Fri, 16 Aug	Sat, 17 Aug	Sun, 18 Aug	
August	Rest Day	5km Undulating @ L.A	X-Training Day	5km Flat @ M.A	Rest Day	5km - 6mins Run/ 2mins Walk	Rest Day	Off Load
Week 4	Mon, 19 Aug	Tue, 20 Aug	Wed, 21 Aug	Thu, 22 Aug	Fri, 23 Aug	Sat, 24 Aug	Sun, 25 Aug	
September	5km - 6mins Run/ 2mins Walk	6km Undulating @ M.A	X-Training Day	5km Flat @ M.A with 1km in middle @ U.A	Rest Day	40mins L.A/M.A - Undulating	Active Rest day (Try and fit in a 45min walk)	Load

Week 5	Mon, 26 Aug	Tue, 27 Aug	Wed, 28 Aug	Thu, 29 Aug	Fri, 30 Aug	Sat, 31 Aug	Sun, 1 Sep	
September	5km - 6mins Run/ 2mins Walk	6km Undulating @ M.A	X-Training Day	5km Flat @ M.A with 1km in middle @ U.A	Rest Day	45mins L.A/M.A - Undulating	Active Rest day	Load
Week 6	Mon, 2 Sep	Tue, 3 Sep	Wed, 4 Sep	Thu, 5 Sep	Fri, 6 Sep	Sat, 7 Sep	Sun, 8 Sep	
September	Rest Day	5km Undulating @ L.A	X-Training Day	5km Flat @ M.A	Complete day off from exercise	6km @ M.A	Active Rest day	Off Load
Week 7	Mon, 9 Sep	Tue, 10 Sep	Wed, 11 Sep	Thu, 12 Sep	Fri, 13 Sep	Sat, 14 Sep	Sun, 15 Sep	
September	5km @ L.A	8km Undulating @ M.A	X-Training Day	5km Flat @ M.A with 2x1km in middle @ U.A (2mins easy between effort)	Rest Day	50mins L.A/M.A - Undulating	Active Rest day	Build
Week 8	Mon, 16 Sep	Tue, 17 Sep	Wed, 18 Sep	Thu, 19 Sep	Fri, 20 Sep	Sat, 21 Sep	Sun, 22 Sep	
September	5km @ L.A	8km Undulating @ M.A	X-Training Day	5km Flat @ M.A with 2x1km in middle @ U.A (2mins easy between effort)	Complete day off from exercise	60mins L.A/M.A - Undulating	Active Rest day	Build
Week 9	Mon, 23 Sep	Tue, 24 Sep	Wed, 25 Sep	Thu, 26 Sep	Fri, 27 Sep	Sat, 28 Sep	Sun, 29 Sep	
October	Rest Day or/ 40mins Walk	6km Flat @ M.A	X-Training Day	4km Flat @ U.A	Complete day off from exercise	8km @ M.A with 2km to finish @ 12.K.P	Active Rest day	Off Load / Race Focus

Week 10	Mon, 30 Sep	Tue, 1 Oct	Wed, 2 Oct	Thu, 3 Oct	Fri, 4 Oct	Sat, 5 Oct	Sun, 6 Oct	
October	6km @ L.A	8km Undulating @ M.A	X-Training Day	5km @ 12k.P	Complete day off from exercise	70mins L.A/M.A - Undulating	Active Rest day	Build
Week 11	Mon, 7 Oct	Tue, 8 Oct	Wed, 9 Oct	Thu, 10 Oct	Fri, 11 Oct	Sat, 12 Oct	Sun, 13 Oct	
October	30 min flush run L.A	5km @ 12k.P	X-Training Day	30mins Flat Run @ M.A - Add 1km in the middle @ 12k.P	Complete day off from exercise	8km @ M.A with 2km to finish @ 12.K.P	Active Rest day	Taper
Week 12	Mon, 14 Oct	Tue, 15 Oct	Wed, 16 Oct	Thu, 17 Oct	Fri, 18 Oct	Sat, 19 Oct	Sun, 20 Oct	
October	30 mins L.A. Spend 10mins stretching at the end	6km Run M.A with 1km at the end @ U.A	Complete Rest Day	40min Run M.A	Complete day off from exercise	Rest day. Have an easy 20 mins jog. Check that you have all your race gear ready for the morning, and then relax for the rest of the day	John West 11km Traverse	Race Week