

# 11km Traverse Training Plan

**REC (Recovery)** *Comfort: No stress on the body - very comfortable running - easy talking speed, early on can be walking or walk/running.  
Oxygen: Very comfortable breathing, similar to walking  
Heart Rate: General avg heart rate sub 140bpm*

**AERO (Aerobic)** *Comfort: Comfortable - sustainable and steady - the feeling you can keep going even at the end of the run  
Oxygen: Breathing steady and calm - able to talk, not puffing  
Heart Rate: General avg heart rate 140-150bpm*

**AERO/THRES (Aerobic Threshold)** *Comfort: Running gets a little uncomfortable but sustainable and even going even at the end of the run  
Oxygen: Air intake increased - puffing slightly  
Heart Rate: General avg heart rate 150-160bpm*

AUGUST | WEEK 1  
BASE | 19KM

MON	TUES	WED	THU	FRI	SAT	SUN
4KM @REC	5KM @AERO	X-Training (Running Strength)	3KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	6KM @AERO	Rest Day

AUGUST | WEEK 2  
BASE | 20KM

MON	TUES	WED	THU	FRI	SAT	SUN
4KM @REC	5KM @AERO	X-Training (Running Strength)	3KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	7KM @AERO	Rest Day

AUGUST | WEEK 3  
OFF LOAD | 14KM

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day or 40mins walk	5KM @AERO	X-Training (Running Strength)	3KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	5KM @AERO	Rest Day

AUGUST | WEEK 4  
BUILD | 21KM

MON	TUES	WED	THU	FRI	SAT	SUN
4KM @REC	6KM @AERO	X-Training (Running Strength)	1KM @AERO 1KM @AERO/THRES 1KM @REC 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	7KM @AERO	Rest Day

SEPTEMBER | WEEK 5  
BUILD | 22KM

MON	TUES	WED	THU	FRI	SAT	SUN
4KM @REC	6KM @AERO	X-Training (Running Strength)	1KM @AERO 1KM @AERO/THRES 1KM @REC 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	8KM @AERO	Rest Day

SEPTEMBER | WEEK 6  
OFF LOAD/PACE | 17KM

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day or 40mins walk	6KM @AERO	X-Training (Running Strength)	4KM @AERO/THRES (finish) 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	5KM @AERO (finish) 1KM @AERO/THRES	Rest Day

SEPTEMBER | WEEK 7  
BUILD | 24KM

MON	TUES	WED	THU	FRI	SAT	SUN
4KM @REC	7KM @AERO	X-Training (Running Strength)	2KM @AERO 2KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	9KM @AERO	Rest Day

SEPTEMBER | WEEK 8  
BUILD | 26KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	7KM @AERO	X-Training (Running Strength)	2KM @AERO 2KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	10KM @AERO	Rest Day

OCTOBER | WEEK 9  
OFF LOAD | 22KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	6KM @AERO	X-Training (Running Strength)	3KM @AERO/THRES 1KM @REC	X-Training (30mins-Walk/Swim or Bike)	6KM @AERO (finish) 1KM @AERO/THRES	Rest Day

OCTOBER | WEEK 10  
BUILD | 27KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	7KM @AERO	X-Training (Running Strength)	1KM @AERO 1KM @AERO/THRES 2KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	10KM @AERO	Rest Day

OCTOBER | WEEK 11  
BUILD | 38KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	6KM @AERO	X-Training (Running Strength)	3KM @AERO/THRES 1KM @REC	X-Training (30mins-Walk/Swim or Bike)	6KM @AERO	Rest Day

OCTOBER | WEEK 12  
BUILD | 44KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	5KM @AERO 1KM @AERO/THRES	Complete Rest Day	5KM @REC	Complete day off from exercise	Optional 20mins jog/turn the legs over	John West 11k Traverse

