



YOUR FITNESS TRAINING PROGRAM

Mon
Tues
Wed
Thur
Fri
Sat
Sun

	Week 1	Week 2	Week 3	Week 4
Endurance:	30-45minutes run or walk	45-60minutes run or walk	45-60minutes run or walk	30-45minutes run or walk
Rest Day	Rest Day	Rest Day	Intervals: 20min 1 min work/1 min rest + strength	Intervals: 15min 1 min work/1 min rest + strength
Endurance:	30-45minutes run or walk	Endurance: 45-60minutes run or walk	Rest Day	Rest Day
Rest Day	Rest Day	Rest Day	Endurance: 60-75minutes run or walk	XCC
Endurance:	45-60minutes run or walk	Intervals: 30min 1 min work/1 min rest + strength	Rest Day	
		Hike: during the weekend do a 10-15 Km hike. Practice wearing a pack with 8-12Kg. Make sure you wear the shoes you will be using on XCC		

WEEK ONE

The Base

Do endurance work on a soft surface, like grass or a dirt trail, or with low-impact sports like cycling.

WEEK TWO

The Power

High-intensity bursts build strength for climbing. You'll fit more into your workout by alternating with 1min intervals and 1min rest. This week we introduce a training hikes and strength workouts with the intervals to strengthen ankles and knees. For a lower-impact workout, substitute 400-600m swims for the running.

WEEK THREE

The Km's

Training over long distances to increase endurance, and working eccentric muscles (those employed on the downhills) will prevent soreness later. Increase your distance training, but ease off interval times to recover from week two.

WEEK FOUR

Get Ready

Reduce intensity to preserve energy for the XCC. Do endurance workouts on flat terrain. Stop lower-body strength exercises, but continue working your core and upper body.

Strength Workout A x 2 15 Calf Raises 15 Squats 45sec Planks 15 Push Ups	Strength Workout B x 3 15 Squats 15 Lunges Each Leg 60sec Planks 15 Push Ups	Choose either A or B. Do each exercise consecutively with minimal rest. At the end of each set take 2 minutes recovery.
---	---	--

HEALTH TIPS

Don't be too keen. Take days off per week to rest, in order to avoid injury. Listen to your body - and keep yourself healthy.

FOOD & WATER

When you are doing any type of long distance activity, your body needs adequate fuel (food) in order to perform at an optimum level. It is important to refuel your body with foods that contain quality calories that will give you the energy needed to safely and successfully complete training walks as well as the event itself.

If your body runs out of fuel, you may begin to have symptoms of low blood sugar such as disorientation, headache, weakness or loss of body control. If you begin to notice any of these symptoms while training, it is important to stop exercising, sit down, and start eating and drinking immediately. If symptoms persist, see your doctor.

FOOT & BLISTER CARE

Blisters are the most common foot problem. Hopefully by building up slowly with hopefully harden your feet up. Use Vaseline - Vaseline is a brilliant lubricant, rub it between your toes or anywhere on your feet you are prone to rubbing. Use blister plasters. Most importantly, ensure your XCC boots are 'broken in' well before the start of the event.

Toe Socks - Toe Socks aren't just a fad that teenage girls wear! wearing a pair of light toe socks under your normal socks can reduce the friction on your skin and help prevent blisters. It also helps reduce rubbing between toes.

Preparation is key to ensuring your experience is best maximised.