

LANGEBAAAN BREEZATHON - BEGINNERS TRAINING PROGRAM

This program is designed to take you from a level of little activity to being able to complete the Langebaan Breezathon comfortably in the 3,25 hour cut-off over a period of 15 weeks. You MUST be medically fit to commence any training program and are strongly advised to consult your doctor should you have been sedentary for a considerable length of time, or should you be over the age of 30.

The program requires activity on 4 days of the week and has 3 rest days per week. The program assumes that the prospective competitor is able to ride a bicycle for at least 20 minutes and that they have access to a kayak. A stable, but slower boat is advised for beginners.

All training sessions are measured by time and NOT distance, as the beginner should not test themselves against a distance on a regular basis and thus risk overtraining and consequent injury.

Sessions consist of running (denoted R), walking (W), cycling (C) and paddling (P) and/or a combination of any of these activities e.g. W20 denotes 20 minutes of walking, W20 / R5 denotes 20 minutes of walking, followed by 5 minutes of running etc.

WEEK NO	1	2	3	4	5	6	7	8
MON	W20	W30	W30	W10/R5/W10	W10/R8/W10	W10/R10/W10	W5/R15/W5	W15 / R15
TUE	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
WED	C20	C20	C25	C30	C30	C30	C40	C40
THU	W20	W20	W30	W10/R5/W10	W10/R6/W10	W10/R10/W10	W10/R10/W10	W15 / R15
FRI	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
SAT	P10	P10	P15	P15	P15	P20	P20	P20
SUN	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest

WEEK NO	9	10	11	12	13	14	15
MON	R20 / W20	R20 / W20	R25 / W20	R25 / W20	R30 / W20	R25 / W15	C30 / R5 **
TUE	Rest	Rest	Rest	Rest	Rest	Rest	Rest
WED	C45	C50	C55	C60	C50 / R5 **	C40 / R5 **	P15
THU	W15 / R15	W15 / R15	W15 / R15	W15 / R20	R20	R 15	Rest
FRI	Rest	Rest	Rest	Rest	Rest	Rest	Rest
SAT	P25	P25	P30	P30	P30	P25	Rest
SUN	Rest	Rest	Rest	Rest	Rest	Rest	RACE

** These sessions are designed to get your muscles used to running after a cycle. You should do your run immediately after the cycle without any rest period.

The run / walk sessions can be arranged as you wish, to add up to the total for the day e.g. R20 / W20 means a total of 20 minutes running and 20 minutes walking. This could be four 5 minutes splits of walking and running, or two 10 minutes splits of walking and running. Always start with a walk to warm up.

For the 2009 race on 13 December, your training should commence on 1 September.