

# ROSS TUCKER 2018 TWO OCEANS 21KM 2HOUR 30MINUTE TRAINING PLAN



	WEEK 8 (TTRI)	WEEK 9 (TTRI)	WEEK 10 (TTRI)
	WEEK ENDING <b>25 FEBRUARY</b>	WEEK ENDING <b>04 MARCH</b>	WEEK ENDING <b>11 MARCH</b>
 MON	Group training at Runbase - 45 min easy run.	Group training at Runbase - 45 min easy run.	Group training at Runbase - 45 min easy run.
TUE	Rest	Rest	Rest
 WED	Group session at Runbase - track or interval session with light core training after.	Hill session: 5 min easy warm up, then 6 x 2 min uphill, slow jog down recovery. 5 min to end.	Hill session: 5 min easy warm up, then 6 x 3 min uphill, slow jog down recovery. 5 min to end.
THU	30 min easy run at an effort level of 6 out of 10. Full core set after.	Cross training - 45 min of your choice of swimming, cycling, rowing, elliptical, or a combination. Effort level 6 out of 10. Finish with 20 min core set.	Cross training - 45 min of your choice of swimming, cycling, rowing, elliptical, or a combination. Effort level 6 out of 10. Finish with 20 min core set.
FRI	Rest	Rest	Rest
 SAT	30 min run, 3 min walk, repeat 3 times. Effort level 5 out of 10.	On a hilly route, 20 min run, 2 min walk, repeat 3 times. Effort level 6 out of 10.	15 min run, 3 min walk, repeat 7 times. Effort level 5 out of 10.
SUN	Rest	Rest	Rest

EASY

INTERVAL SESSION

RUN + STRENGTH

CROSS-TRAINING

PARK RUN/TT

HILL SESSION

LONG RUN

TRACK SESSION

## TRAINING OBJECTIVES

### TRANSITION TO RACE INTENSITY (TTRI)

Longest run continues to develop to week 10.  
Increase in training intensity, with increase in volume of faster-than-race-pace running.  
More frequent plyometric training and supramaximal running.  
10km race in week 9 or 10.

