



Measuring your effort

fullpotential



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It's important that you train at the right effort level and intensity to ensure you're training to reach your full potential. Most of us think that training "harder is better" so we end up training too hard, which can result in feeling tired, illness or injury. Understanding what each session is trying to achieve and how it should feel is the way to train smart, so here's a guide to effort levels that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

Type of Session	Perceived effort level (1-10)*	Heart rate	How it should feel – the 'talk test'
Recovery	6-6.5	65-70%	You can speak in complete sentences, totally conversational, you're relaxed and enjoying it the session.
Easy	6.5-7	65-70%	You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady	7-8	70-80%	You can speak in short sentences but have a slight pause on your breath. This can often be 'no man's land' in training terms if this is all you do.
Threshold	8-8.5	80-85%	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'.
Hard	9-9.5	90-92%	90-92%

*Perceived effort = where 1 is easy and represents minimum effort and 10 is hard and represents maximum effort

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100K trek training plan: Advanced

Easy

Moderate

Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest 	35 mins cross training - 10 mins easy effort, 15 mins steady effort, 10 mins easy effort (can be indoor bike or elliptical trainer) or 35 mins easy effort run. 15 mins strength and conditioning 	50 mins easy effort walk 	40 mins cross training (elliptical trainer) - 10 mins easy effort, 20 mins steady effort, 10 mins easy effort or 40 mins easy effort run. 15 mins strength and conditioning 	Rest 	45 mins easy effort cross training (can be indoor bike or swimming) 	2 hr steady effort walk over off road undulating terrain if possible please
2	Rest 	35 mins cross training - 10 mins easy effort, 15 mins steady effort, 10 mins easy effort (can be indoor bike or elliptical trainer) or 35 mins easy effort run. 15 mins strength and conditioning 	60 mins easy effort walk 	40 mins cross training (elliptical trainer) - 10 mins easy effort, 20 mins steady effort, 10 mins easy effort or 40 mins easy effort run. 15 mins strength and conditioning 	Rest 	45 mins easy effort cross training (can be indoor bike or swimming) 	2 hr 30 mins steady effort walk over off road undulating terrain if possible please
3	Rest 	30 mins easy effort cross training or run, 30 mins strength and conditioning 	40 mins cross training (can be indoor bike or elliptical trainer) or 40 mins run - 10 mins easy effort, 6 x 2 mins at threshold effort off 60 seconds easy effort recovery between intervals, 10 mins easy effort 	30 - 45 mins easy effort walk, 15 - 30 mins strength and conditioning 	Rest 	3 hr steady effort walk over off road undulating terrain if possible please 	1 hr steady effort walk over off road undulating terrain if possible please
4	Rest 	30 mins easy effort cross training or run, 30 mins strength and conditioning 	40 mins cross training (can be indoor bike or elliptical trainer) or 40 mins run - 10 mins easy effort, 5 x 3 mins at threshold effort off 60 seconds easy effort recovery between intervals, 10 mins easy effort 	30 - 45 mins easy effort walk, 15 - 30 mins strength and conditioning 	Rest 	3 hr 30 mins steady effort walk over off road undulating terrain if possible please 	1 hr 30 mins steady effort walk over off road undulating terrain if possible please

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100K trek training plan:

Advanced

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Moderate

Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Rest 	30 mins easy effort cross training or run, 30 mins strength and conditioning 	40 - 45 mins cross training (can be indoor bike or elliptical trainer) or 40 - 45 mins run - 10 mins easy effort, 6 x 3 mins at threshold effort off 60 seconds easy effort recovery between intervals, 10 mins easy effort 	30 - 45 mins easy effort walk, 15 - 30 mins strength and conditioning 	Rest 	4 hr steady effort walk over off road undulating terrain if possible please 	1 hr 30 mins steady effort walk over off road undulating terrain if possible please
6	Rest 	40 mins easy effort walk, 15 mins strength and conditioning 	40 - 45 mins cross training (can be indoor bike or elliptical trainer) or 40 - 45 mins run - 10 mins easy effort, 5 x 4 mins at threshold effort off 75 seconds easy effort recovery between intervals, 10 mins easy effort 	30 mins easy effort cross training or run, 30 mins strength and conditioning 	Rest 	4 hr 30 mins steady effort walk over off road undulating terrain if possible please 	2 hr steady effort walk over off road undulating terrain if possible please
7	Rest 	45 mins easy effort walk, 15 mins strength and conditioning 	40 - 45 mins cross training (can be indoor bike or elliptical trainer) or 40 - 45 mins run - 10 mins easy effort, 5 x 4 mins at threshold effort off 60 seconds easy effort recovery between intervals, 10 mins easy effort 	30 mins easy effort cross training or run, 30 mins strength and conditioning 	Rest 	5 hr steady effort walk over off road undulating terrain if possible please 	2 hr steady effort walk over off road undulating terrain if possible please
8	Rest 	45 mins easy effort walk, 15 mins strength and conditioning 	45 - 50 mins cross training (can be indoor bike or elliptical trainer) or 45 - 50 mins run - 10 mins easy effort, 6 x 4 mins at threshold effort off 90 seconds easy effort recovery between intervals, 10 mins easy effort 	30 mins easy effort cross training or run, 30 mins strength and conditioning 	Rest 	5 hr 30 mins steady effort walk over off road undulating terrain if possible please 	2 hr 30 mins steady effort walk over off road undulating terrain if possible please

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100K trek training plan: Advanced

Easy

Moderate

Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	<p>Rest - easier week this week to allow some training adaptation and recovery from the previous weeks of training</p>	<p>30 mins easy effort cross training or run</p>	<p>45 - 50 mins cross training (can be indoor bike or elipital trainer) or 45 - 50 mins run - 10 mins easy effort, 6 x 4 mins at threshold effort off 90 seconds easy effort recovery between intervals, 10 mins easy effort</p>	<p>45 - 60 mins easy effort walk</p>	<p>Rest</p>	<p>6 hr steady effort walk over off road undulating terrain if possible please</p>	<p>Rest</p>
10	<p>45 - 60 mins strength and conditioning (can be a fitness class)</p>	<p>Rest</p>	<p>50 mins cross training (can be indoor bike or elipital trainer) or 50 mins run - 10 mins easy effort, 5 x 5 mins at threshold effort off 90 seconds easy effort recovery between intervals, 10 mins easy effort</p>	<p>45 mins easy effort walk, 15 mins strength and conditioning</p>	<p>Rest</p>	<p>7 hr steady effort walk over off road undulating terrain if possible please</p>	<p>2 hr 30 mins steady effort walk over off road undulating terrain if possible please</p>
11	<p>Rest</p>	<p>45 - 60 mins strength and conditioning (can be a fitness class)</p>	<p>50 mins cross training (can be indoor bike or elipital trainer) or 50 mins run - 10 mins easy effort, 5 x 5 mins at threshold effort off 90 seconds easy effort recovery between intervals, 10 mins easy effort</p>	<p>45 mins easy effort walk, 15 mins strength and conditioning</p>	<p>Rest</p>	<p>8 hr steady effort walk over off road undulating terrain if possible please</p>	<p>2 hr 30 mins steady effort walk over off road undulating terrain if possible please</p>
12	<p>Rest - easier week this week to allow some training adaptation and recovery from the previous weeks of training</p>	<p>45 - 60 mins strength and conditioning (can be a fitness class)</p>	<p>50 mins cross training (can be indoor bike or elipital trainer) or 50 mins run - 10 mins easy effort, 5 x 5 mins at threshold effort off 60 seconds easy effort recovery between intervals, 10 mins easy effort</p>	<p>45 mins easy effort walk, 15 mins strength and conditioning</p>	<p>Rest</p>	<p>9 hr steady effort walk over off road undulating terrain if possible please</p>	<p>Rest</p>

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100K trek training plan:

Advanced

Easy

Moderate

Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	Rest 	45 - 60 mins strength and conditioning (can be a fitness class) 	60 mins easy effort walk 	30 mins easy effort cross training or run, 30 mins strength and conditioning 	Rest 	10 hr steady effort walk over off road undulating terrain if possible please 	2 hr steady effort walk over off road undulating terrain if possible please
14	Rest 	45 - 60 mins strength and conditioning (can be a fitness class) 	60 mins easy effort walk 	50 mins cross training (can be indoor bike or elipitcal trainer) or 50 mins run - 10 mins easy effort, 5 x 5 mins at threshold effort off 60 seconds easy effort recovery between intervals, 10 mins easy effort 	Rest 	2 hr steady effort walk over off road undulating terrain if possible please 	Rest
15	45 - 60 mins strength and conditioning (can be a fitness class) 	Rest 	45 mins cross training (can be indoor bike or elipitcal trainer) or 45 mins run - 10 mins easy effort, 4 x 5 mins at threshold effort off 60 seconds easy effort recovery between intervals, 10 mins easy effort 	30 mins easy effort cross training or run 	45 mins easy effort walk 	Rest 	1 hr steady effort walk over off road undulating terrain if possible please
16	Rest 	30 mins easy effort cross training, walk or run 	Rest 	20 mins easy effort cross training, walk or run 	Rest, plan, prepare and look forward to the challenge 	Event day!	Event day!

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