



# Measuring your effort

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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:

## Intermediate

Easy  
**Moderate**  
 Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest 	15 mins cross training -5 mins easy effort, 5 mins steady effort, 5 mins easy effort (can be indoor bike or elliptical trainer) or 15 easy jog 	20 mins easy effort walk 	15 mins cross training -5 mins easy effort, 5 mins steady effort, 5 mins easy effort (can be indoor bike or elliptical trainer) or 15 easy jog 	Rest 	2 hr steady effort walk over off road undulating terrain if possible please 	30 mins steady effort walk over off road undulating terrain if possible please 
2	Rest 	20 mins cross training - 10 mins easy effort, 5 mins steady effort, 5 mins easy effort (can be indoor bike or elliptical trainer) 	25 mins easy effort walk 	20 mins cross training - 10 mins easy effort, 5 mins steady effort, 5 mins easy effort (can be indoor bike or elliptical trainer) 	Rest 	3 hr steady effort walk over off road undulating terrain if possible please 	30 mins steady effort walk over off road undulating terrain if possible please 
3	Rest 	25 mins easy effort cross training, 10 mins strength and conditioning 	Rest 	20 mins cross training (can be indoor bike or elliptical trainer) or 20 mins run - 5 mins easy effort, 2 x 5 mins at threshold effort off 60 seconds easy effort recovery between intervals, 5 mins easy effort 	Rest 	4 hr steady effort walk over off road undulating terrain if possible please 	Rest 
4	Rest 	30 mins easy effort cross training or run, 15 mins strength and conditioning 	Rest 	30 - 45 mins easy effort walk, 15 - 30 mins strength and conditioning 	Rest 	4 hr 30 mins steady effort walk over off road undulating terrain if possible please 	50 mins steady effort walk over off road undulating terrain if possible please 

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 Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Rest 	30 mins easy effort cross training or run, 15 mins strength and conditioning 	Rest 	25 mins cross training (can be indoor bike or elliptical trainer) or 20 mins run - 5 mins easy effort, 3 x 5 mins at threshold effort off 60 seconds easy effort recovery between intervals, 5 mins easy effort 	Rest 	5 hr steady effort walk over off road undulating terrain if possible please 	Rest 
6	Rest 	45 mins easy effort walk, 15 mins strength and conditioning 	Rest 	30 mins easy effort cross training, 20 mins strength and conditioning 	Rest 	5 hr 30 mins steady effort walk over off road undulating terrain if possible please 	1 hr steady effort walk over off road undulating terrain if possible please 
7	Rest 	45 mins easy effort walk, 15 mins strength and conditioning 	Rest 	25 mins cross training (can be indoor bike or elliptical trainer) or 20 mins run - 5 mins easy effort, 3 x 5 mins at threshold effort off 60 seconds easy effort recovery between intervals, 5 mins easy effort 	Rest 	6 hr steady effort walk over off road undulating terrain if possible please 	Rest 
8	Rest 	45 mins easy effort walk, 15 mins strength and conditioning 	Rest 	30 mins easy effort cross training, 20 mins strength and conditioning 	Rest 	6 hr 30 mins steady effort walk over off road undulating terrain if possible please 	1 hr 20 mins steady effort walk over off road undulating terrain if possible please 

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 Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	REST - Extra rest day this week to allow some training adaptation and more recovery from the long walk of the week 	45 mins easy effort walk, 15 mins strength and conditioning 	Rest 	45 - 60 mins easy effort walk 	Rest 	7 hr steady effort walk over off road undulating terrain if possible please 	Rest 
10	45 - 60 mins strength and conditioning (can be a fitness class) 	Rest 	Rest 	30 mins cross training (can be indoor bike or elliptical trainer) or 20 mins run - 5 mins easy effort, 4 x 5 mins at threshold effort off 60 seconds easy effort recovery between intervals, 5 mins easy effort 	Rest 	7 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 
11	Rest 	45 - 60 mins strength and conditioning (can be a fitness class) 	Rest 	45 mins easy effort walk, 15 mins strength and conditioning 	Rest 	8 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 
12	REST - Extra rest day this week to allow some training adaptation and more recovery from the long walk of the week 	30 mins easy effort cross training, 20 mins strength and conditioning 	Rest 	45 mins easy effort walk, 15 mins strength and conditioning 	Rest 	8 hr 30 mins steady effort walk over off road undulating terrain if possible please 	Rest 

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# 100K trek training plan:

## Intermediate

Easy  
**Moderate**  
 Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	Rest 	Rest 	60 mins easy effort walk 	30 mins cross training (can be indoor bike or elliptical trainer) or 20 mins run - 5 mins easy effort, 4 x 5 mins at threshold effort off 60 seconds easy effort recovery between intervals, 5 mins easy effort 	Rest 	9 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 - Extra rest day this week to allow some training adaptation and more recovery from the long walk of the week 	Rest 	60 mins easy effort walk 	30 mins easy effort cross training, 20 mins strength and conditioning 	Rest 	3 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 	30 mins easy effort cross training 	Rest 	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 or walk 	Rest 	20 mins easy effort cross training or walk 	Rest, plan, prepare and look forward to the challenge 	<b>Event day!</b>	<b>Event day!</b>

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