



Measuring Your Effort

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%	You can say only 2-3 words maximum and are out of breath but still know that you could do more if you had to.

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



16-WEEK INTERMEDIATE TRAINING PLAN: GREAT WALL OF CHINA

WC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 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 mins easy effort run.	40 mins easy effort walk + stretch	20 mins cross training (elliptical trainer) - 10 mins easy effort, 5 mins steady effort, 5 mins easy effort or 20 mins easy effort run.	REST	20 mins easy effort cross training (can be indoor bike or swimming) + stretch	1hr 45 mins steady effort walk over off road undulating terrain if possible please + stretch
	REST	20 mins cross training - 5 mins easy effort, 5 mins steady effort, 10 mins easy effort (can be indoor bike or elliptical trainer) or 20 mins easy effort run.	40 mins easy effort walk + stretch	25 mins cross training (elliptical trainer) - 10 mins easy effort, 5 mins steady effort, 5 mins easy effort or 25 mins easy effort run. 10 mins strength and conditioning + stretch	REST	30 mins easy effort cross training (can be indoor bike or swimming) + stretch	2 hrs steady effort walk over off road undulating terrain if possible please + stretch
	REST	30 mins easy effort cross training or run, 30 mins strength and conditioning + stretch	30 mins cross training (can be indoor bike or elliptical trainer) or 30 mins run - 10 mins easy effort, 5 x 2 mins at threshold effort off 60 seconds easy effort recovery between intervals, 10 mins easy effort + stretch	30 - 45 mins easy effort walk, 15 - 30 mins strength and conditioning + stretch	REST	2 hrs 30 mins steady effort walk over off road undulating terrain if possible please + stretch	1 hr steady effort walk over off road undulating terrain if possible please + stretch

WEEK 4	REST	30 mins easy effort cross training or run, 30 mins strength and conditioning + stretch	35 mins cross training (can be indoor bike or elipitcal trainer) or 35 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 + stretch	30 - 45 mins easy effort walk, 15 - 30 mins strength and conditioning + stretch	REST	3 hrs steady effort walk over off road undulating terrain if possible please + stretch	1 hr 30 mins steady effort walk over off road undulating terrain if possible please + stretch
WEEK 5	REST	30 mins easy effort cross training or run, 30 mins strength and conditioning + stretch	40 mins cross training (can be indoor bike or elipitcal 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 + stretch	30 - 45 mins easy effort walk, 15 - 30 mins strength and conditioning + stretch	REST	3 hrs 30 mins steady effort walk over off road undulating terrain if possible please + stretch	1 hr 30 mins steady effort walk over off road undulating terrain if possible please + stretch
WEEK 6	REST	45 mins easy effort walk, 15 mins strength and conditioning + stretch	40 - 45 mins cross training (can be indoor bike or elipitcal 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 + stretch	30 mins easy effort cross training or run, 30 mins strength and conditioning + stretch	REST	4 hrs steady effort walk over off road undulating terrain if possible please + stretch	2 hrs steady effort walk over off road undulating terrain if possible please + stretch

WEEK 7	REST	45 mins easy effort walk, 15 mins strength and conditioning + stretch	40 - 45 mins cross training (can be indoor bike or elipitcal 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 + stretch	30 mins easy effort cross training or run, 30 mins strength and conditioning + stretch	REST	4 hrs 30 mins steady effort walk over off road undulating terrain if possible please + stretch	1hr 30 mins steady effort walk over off road undulating terrain if possible please + stretch
WEEK 8	REST	45 mins easy effort walk, 15 mins strength and conditioning + stretch	45 - 50 mins cross training (can be indoor bike or elipitcal 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 + stretch	30 mins easy effort cross training or run, 30 mins strength and conditioning + stretch	REST	4 hrs 40 mins steady effort walk over off road undulating terrain if possible please + stretch	2 hrs steady effort walk over off road undulating terrain if possible please + stretch
WEEK 9	REST - Extra rest day this week to allow some training adaptation and more recovery from the long walks of the week	30 mins easy effort cross training or run + stretch	45 - 50 mins cross training (can be indoor bike or elipitcal 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 + stretch	45 - 60 mins easy effort walk + stretch	REST	5 hrs steady effort walk over off road undulating terrain if possible please + stretch	REST

WEEK 10	45 - 60 mins strength and conditioning + stretch (can be a fitness class)	REST	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 90 seconds easy effort recovery between intervals, 10 mins easy effort + stretch	45 mins easy effort walk, 15 mins strength and conditioning + stretch	REST	5 hrs 30 mins steady effort walk over off road undulating terrain if possible please + stretch	2 hrs steady effort walk over off road undulating terrain if possible please + stretch
WEEK 11	REST	45 - 60 mins strength and conditioning + stretch (can be a fitness class)	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 90 seconds easy effort recovery between intervals, 10 mins easy effort + stretch	45 mins easy effort walk, 15 mins strength and conditioning + stretch	REST	5 hrs 45 mins steady effort walk over off road undulating terrain if possible please + stretch	2 hrs 30 mins steady effort walk over off road undulating terrain if possible please + stretch
WEEK 12	REST - Extra rest day this week to allow some training adaptation and more recovery from the long walks of the week	45 - 60 mins strength and conditioning + stretch (can be a fitness class)	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 + stretch	45 mins easy effort walk, 15 mins strength and conditioning + stretch	REST	6 hrs steady effort walk over off road undulating terrain if possible please + stretch	REST
WEEK 13	REST	45 - 60 mins strength and conditioning + stretch (can be a fitness class)	60 mins easy effort walk + stretch	30 mins easy effort cross training or run, 30 mins strength and conditioning + stretch	REST	6 hrs 30 mins steady effort walk over off road undulating terrain if possible please + stretch	2 hrs steady effort walk over off road undulating terrain if possible please + stretch

WEEK 14	REST	45 - 60 mins strength and conditioning + stretch (can be a fitness class)	60 mins easy effort walk + stretch	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 + stretch	REST	2 hrs steady effort walk over off road undulating terrain if possible please + stretch	REST
WEEK 15	45 - 60 mins strength and conditioning + stretch (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 + stretch	30 mins easy effort cross training or run + stretch	45 mins easy effort walk + stretch	REST	1 hr steady effort walk over off road undulating terrain if possible please + stretch
WEEK 16	REST	30 mins easy effort cross training, walk or run + stretch	REST	20 mins easy effort cross training, walk or run + stretch	REST, Plan, prepare and look forward to the challenge	REST, Plan, prepare and look forward to the challenge	GREAT WALL OF CHINA CHALLENGE GOOD LUCK!