



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 TRAINING PLAN: 25K DISTANCE EVENTS & CHALLENGES

WC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST	25 mins easy effort cross training (can be indoor bike or elliptical trainer) or 25 mins easy effort run. 15 mins strength and conditioning + stretch	40 mins easy effort walk + stretch	30 mins cross training (elliptical trainer) - 10 mins easy effort, 10 mins steady effort, 10 mins easy effort or 30 mins easy effort run. 15 mins strength and conditioning + stretch	REST	30 mins easy effort cross training (can be indoor bike or swimming) + stretch	75 mins steady effort walk over off road undulating terrain if possible please + stretch
WEEK 2	REST	25 mins easy effort cross training (can be indoor bike or elliptical trainer) or 25 mins easy effort run. 15 mins strength and conditioning + stretch	40 mins easy effort walk + stretch	30 mins cross training (elliptical trainer) - 10 mins easy effort, 10 mins steady effort, 10 mins easy effort or 30 mins easy effort run. 15 mins strength and conditioning + stretch	REST	30 mins easy effort cross training (can be indoor bike or swimming) + stretch	75 mins steady effort walk over off road undulating terrain if possible please + stretch
WEEK 3	REST	30 mins cross training - 10 mins easy effort, 10 mins steady effort, 10 mins easy effort (can be indoor bike or elliptical trainer) or 30 mins easy effort run. 15 mins strength and conditioning + stretch	45 mins easy effort walk + stretch	35 mins cross training (elliptical trainer) - 10 mins easy effort, 15 mins steady effort, 10 mins easy effort or 35 mins easy effort run. 15 mins strength and conditioning + stretch	REST	45 mins easy effort cross training (can be indoor bike or swimming) + stretch	90 mins steady effort walk over off road undulating terrain if possible please + stretch

WEEK 4	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 + stretch	50 mins easy effort walk + stretch	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 + stretch	REST	45 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
WEEK 5	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 + stretch	60 mins easy effort walk + stretch	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 + stretch	REST	45 mins easy effort cross training (can be indoor bike or swimming) + stretch	2hrs steady effort walk over off road undulating terrain if possible please + stretch
WEEK 6	REST - Easier week this week to allow some training adaptation and recovery from the previous weeks of training	30 mins cross training - 10 mins easy effort, 10 mins steady effort, 10 mins easy effort (can be indoor bike or elliptical trainer) or 30 mins easy effort run. 15 mins strength and conditioning + stretch	45 mins easy effort walk + stretch	30 mins cross training (elliptical trainer) - 10 mins easy effort, 10 mins steady effort, 10 mins easy effort or 30 mins easy effort run. 15 mins strength and conditioning + stretch	REST	30 mins easy effort cross training (can be indoor bike or swimming) + stretch	90 mins steady effort walk over off road undulating terrain if possible please + stretch
WEEK 7	REST	30 mins easy effort cross training or run, 30 mins strength and conditioning + stretch	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 + stretch	30 - 45 mins easy effort walk, 15 - 30 mins strength and conditioning + stretch	REST	2hr 30 mins steady effort walk over off road undulating terrain if possible please + stretch	60 mins steady effort walk over off road undulating terrain if possible please + stretch

WEEK 8	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, 6 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	2hr 45 mins steady effort walk over off road undulating terrain if possible please + stretch	90 mins steady effort walk over off road undulating terrain if possible please + stretch
WEEK 9	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	3hrs steady effort walk over off road undulating terrain if possible please + stretch	90 mins steady effort walk over off road undulating terrain if possible please + stretch
WEEK 10	REST - Easier week this week to allow some training adaptation and recovery from the previous weeks of training	30 mins cross training - 10 mins easy effort, 10 mins steady effort, 10 mins easy effort (can be indoor bike or elliptical trainer) or 30 mins easy effort run. 15 mins strength and conditioning + stretch	45 mins easy effort walk + stretch	40 - 45 mins cross training (can be indoor bike or elipitcal 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 + stretch	REST	30 mins easy effort cross training (can be indoor bike or swimming) + stretch	90 mins steady effort walk over off road undulating terrain if possible please + stretch

WEEK 11	REST	30 mins easy effort cross training or run, 30 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, 6 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	3hrs 30 mins steady effort walk over off road undulating terrain if possible please + stretch	90 mins steady effort walk over off road undulating terrain if possible please + stretch
WEEK 12	REST	45 mins easy effort walk + stretch	45 - 60 mins strength and conditioning + stretch (can be a fitness class)	40 - 45 mins cross training (can be indoor bike or elipitcal trainer) or 40 - 45 mins run - 10 mins easy effort, 6 x 4 mins at threshold effort off 60 seconds easy effort recovery between intervals, 10 mins easy effort + stretch	REST	45 - 60 mins strength and conditioning + stretch (can be a fitness class), easy on your legs today please	4hrs steady effort walk over off road undulating terrain if possible please + stretch
WEEK 13	REST	60 mins easy effort walk + stretch	45 - 60 mins strength and conditioning + stretch (can be a fitness class)	40 - 45 mins cross training (can be indoor bike or elipitcal trainer) or 40 - 45 mins run - 10 mins easy effort, 6 x 4 mins at threshold effort off 60 seconds easy effort recovery between intervals, 10 mins easy effort + stretch	REST	45 - 60 mins strength and conditioning + stretch (can be a fitness class), easy on your legs today please	4hrs 15 mins steady effort walk over off road undulating terrain if possible please + stretch

WEEK 14

WEEK 15

WEEK 16

REST

75 mins easy effort
walk + stretch45 - 60 mins strength
and conditioning +
stretch (can be a
fitness class)40 - 45 mins cross
training (can be indoor
bike or elipitcal trainer)
or 40 - 45 mins run - 10
mins easy effort, 20
mins fartlek (exercise at
varying intensities up to
a hard effort for as long
or as little as you like.
'Fartlek' is the Swedish
word for speed play so
you go has hard or as
easy as you like. Use the
resistance to adjust your
effort), 10 mins easy
effort + stretch

REST

45 - 60 mins strength
and conditioning +
stretch (can be a
fitness class), easy on
your legs today please4hrs 30mins steady
effort walk over off
road undulating terrain
if possible please +
stretchREST - Easier week
this week to allow
some training
adaptation and
recovery from the
previous weeks of
training60 mins easy effort
walk + stretch

REST

40 - 45 mins cross
training (can be indoor
bike or elipitcal trainer)
or 40 - 45 mins run - 10
mins easy effort, 20
mins fartlek (exercise at
varying intensities up to
a hard effort for as long
or as little as you like),
10 mins easy effort +
stretch

REST

30 mins easy effort
cross training (can be
indoor bike or
swimming) + stretch90 mins steady effort
walk over off road
undulating terrain if
possible please +
stretch

REST

30 mins easy effort
cross training, walk or
run + stretch

REST

20 mins easy effort cross
training, walk or run +
stretchREST, Plan, prepare
and look forward to
tomorrow's challenge

REST

**25K
CHALLENGE
GOOD LUCK!**