

TRAINING PLAN 2016 - 2017

GROUP A

Nicholas Congedi, Lachlan McCarthy, Bridget Anderson, Simon Uppill, Olivia Sprod, Angus Haines

GROUP B

Charlotte Brader, Alyce Heap, Sarah Lim, Meredith Norman

FROM 4th January 2017 ALL TOGETHER

NOTES:

- *slow pace*: it can be also orienteering activity (easy talking pace)
- *medium pace*: should be 20"/km slower than high pace (should be difficult to talk)
- *short uphill*: 90% of max speed - jogging between each other
- *from slow to high pace*: starting at slow pace, then increase gradually till high pace (95% of max speed)
- *interval training*: do not exaggerate at the beginning
- *strides*: run from slow to high pace for 80-100 meters till 90% of max speed. Have some gaits between.
- *cool down*: slow pace or very slow pace to dispose lactate
- *strength circuit training*: 30'-40' of muscle strengthening (total body), in circuit (for example: 15-20 x squat jumps, burpees, skipping, tuck jumps, treadmills, high knees, fast feet on box, jumping jacks, ricochets. Then repeat everything in order for 4-6 times.)
- *strength gaits*: 30' gaits (for example 30 mt. skip x 3 times, 30 mt. jumps x 3 times, 30 mt kicks behind x 3 times, 30 mt double skip x 3 times, 20" of jumpings x 3 times, 10 alternate lunges x 3 times; rest 30" between every gait)

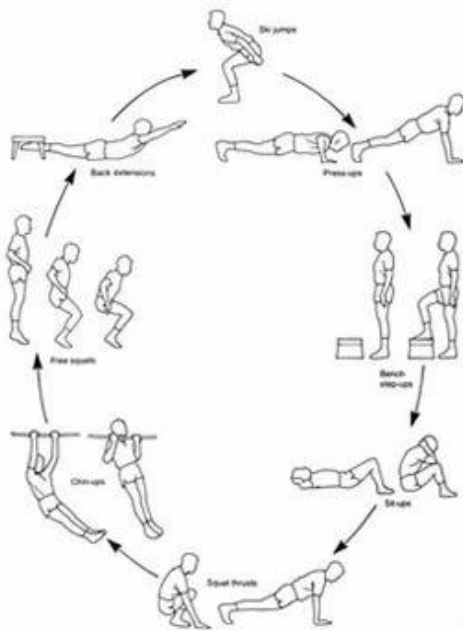
It is always good to have stretching after every activity to enlarge and relax the muscles.

And remember the Romans war motto: "Dolor Temporarius, Gloria Aeterna, Cicatrices Virgines Placent." (in Latin)

That actually means: "Pain is temporary, Honour is forever, Chicks dig scars."

"Pain is temporary, Honour is forever..."





CIRCUIT TRAINING



GAITS



STRETCHING

"Pain is temporary, Honour is forever..."

TRAINING PLANS: NOVEMBER 2016 (GROUP B)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 OCTOBER - 6 NOVEMBER	rest 20' stretching	20' slow pace 20' high pace (Morialta)	rest 20' stretching & strength	30'-50' orienteering 10 strides	20' slow pace interval training: 8 times 1'30" high pace/1'30" slow pace stretching	rest 20' stretching & strength	30'-50' orienteering or long run (Bridgewater)
7-13 NOVEMBER	40' slow pace stretching 10 strides	20' slow pace short uphill: 12x80 mt 15' from slow to high pace (Morialta)	rest 20' stretching & strength	30'-50' orienteering 10 strides	20' slow pace interval training: 6 times 2' high pace/2' slow pace stretching	rest 20' stretching & strength	30'-50' orienteering (Middle Distance)
14-20 NOVEMBER	40' slow pace stretching 10 strides	20' slow pace 25' high pace (Morialta)	rest 20' stretching & strength	30'-50' orienteering 10 strides	10' slow pace stretching Twilight Series	rest 20' stretching & strength	30'-50' orienteering or long run (Bridgewater)
21-27 NOVEMBER	40' slow pace stretching 10 strides	20' slow pace short uphill: 12x80 mt 15' from slow to high pace (Morialta)	rest 20' stretching & strength	30'-50' orienteering 10 strides	10' slow pace stretching Twilight Series	rest 20' stretching & strength	30'-50' orienteering (Long Distance)
28 NOVEMBER - 4 DECEMBER	40' slow pace stretching 12 strides	25' slow pace 25' high pace (Morialta)	rest 20' stretching & strength	30'-50' orienteering 10 strides	10' slow pace stretching Twilight Series	rest 20' stretching & strength	30'-50' orienteering or long run (Bridgewater)

If you have 4 trainings a week have rest on Monday (but have stretching)

"Pain is temporary, Honour is forever..."



TRAINING PLANS: NOVEMBER 2016 (GROUP A)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-12 AGOSTO	rest 20' stretching	20' slow pace 20' high pace 5'-10' cool down (Morialta)	rest 20' stretching & strength	30'-50' orienteering 10 strides	20' slow pace interval training: 8 times 2' high pace/2' slow pace 5' cool down - stretching	40'-60' orienteering o forest run 10 strides	50'-60' slow pace Last 15' change from slow to high pace stretching 10 strides
7-13 NOVEMBER	50' slow pace stretching 10 strides	20' slow pace short uphill: 12x100 mt 25' from slow to high pace (Morialta)	rest 20' stretching & strength	30'-50' orienteering 10 strides	20' slow pace interval training: 10 times 2' high pace/2' slow pace 5' cool down - stretching	rest 20' stretching & strength	30'-50' orienteering (Middle Distance) 8-10 strides
14-20 NOVEMBER	50' slow pace stretching 10 strides	20' slow pace 25' high pace 5'-10' cool down (Morialta)	rest 20' stretching & strength	30'-50' orienteering 10 strides	10' slow pace stretching Twilight Series	rest 20' stretching & strength	30'-50' orienteering or long run (Bridgewater)
21-27 NOVEMBER	50' slow pace stretching 10 strides	20' slow pace short uphill: 12x100 mt 25' from slow to high pace (Morialta)	rest 20' stretching & strength	30'-50' orienteering 10 strides	10' slow pace stretching Twilight Series	rest 20' stretching & strength	30'-50' orienteering (Long Distance) 8-10 strides
28 NOVEMBER - 4 DECEMBER	50' slow pace stretching 12 strides	20' slow pace 25' high pace 5'-10' cool down (Morialta)	rest 20' stretching & strength	30'-50' orienteering 10 strides	10' slow pace stretching Twilight Series	rest 20' stretching & strength	30'-50' orienteering or long run (Bridgewater)

Simon add 10' Monday and Sunday

"Pain is temporary, Honour is forever..."



TRAINING PLANS: DECEMBER 2016 (GROUP B)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5-11 DECEMBER	40' slow pace stretching 12 strides	20' slow pace short uphill: 10x60 mt 15' from slow to high pace (Morialta)	20' slow pace 15' medium stretching	30'-50' orienteering	10' slow pace stretching Twilight Series	40'-50' slow pace con finale in from slow to high pace stretching 10 strides	30'-50' orienteering or long run (Bridgewater)
12-18 DECEMBER	40' slow pace stretching 12 strides	20' slow pace short uphill: 12x60 mt 15' from slow to high pace (Morialta)	20' slow pace interval training: 10 times 1' high pace/1' slow pace stretching	30'-50' orienteering	10' slow pace stretching Twilight Series	40'-50' slow pace stretching 10 strides	30'-50' orienteering or long run (Bridgewater)
19-25 DECEMBER	40' slow pace stretching 12 strides	20' slow pace short uphill: 10x80 mt 15' from slow to high pace (Morialta)	20' slow pace interval training: 12 times 1' high pace/1' slow pace stretching	30'-50' orienteering	10' slow pace stretching Sprint Training	40'-50' slow pace con finale in from slow to high pace stretching 10 strides	Friendship Team Relay Bush Event
25 DECEMBER - 1 JANUARY	40' slow pace stretching 12 strides (Santa Claus will be proud of you)	20' slow pace short uphill: 12x80 mt 15' from slow to high pace (Morialta)	20' slow pace 20' medium pace stretching	30'-50' orienteering	10' slow pace stretching Sprint Training	40'-50' slow pace stretching 10 strides	30'-50' orienteering or long run (Bridgewater)

If you have 4 trainings a week have rest on Monday (but have stretching)

"Pain is temporary, Honour is forever..."



TRAINING PLANS: DECEMBER 2016 (GROUP A)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5-11 DECEMBER	50' slow pace stretching 12 strides	20' slow pace short uphill: 10x80 mt 20' from slow to high pace (Morialta)	20' slow pace 25' medium stretching	rest or 30'-50' orienteering	10' slow pace stretching Twilight Series	Orienteering NZ Junior Camp "O Camp"	Orienteering NZ Junior Camp "O Camp"
12-18 DECEMBER	Orienteering NZ Junior Camp "O Camp"	Orienteering NZ Junior Camp "O Camp"	Orienteering NZ Junior Camp "O Camp"	Orienteering NZ Junior Camp "O Camp"	Orienteering NZ Junior Camp "O Camp"	Orienteering NZ Junior Camp "O Camp"	Orienteering NZ Junior Camp "O Camp"
19-25 DECEMBER	20' slow pace stretching 10 strides	20' slow pace short uphill: 12x80 mt 20' from slow to high pace (Morialta)	20' slow pace interval training: 10 times 1' high pace/1' slow pace stretching	30'-50' orienteering	10' slow pace stretching Sprint Training	50'-60' slow pace stretching 10 strides	Friendship Team Relay Bush Event
25 DECEMBER - 1 JANUARY	50' slow pace stretching 12 strides (Santa Claus will be proud of you)	20' slow pace short uphill: (5X80mt) x 3 times – rec. 3' slow pace 20' from slow to high pace (Morialta)	20' slow pace 30' medium pace stretching	30'-50' orienteering	10' slow pace stretching Sprint Training	50'-60' slow pace at the end change to high pace stretching 10 strides	30'-50' orienteering or long run (Bridgewater)

Simon add 10' Monday and Saturday – Sunday becomes 60'-80'

"Pain is temporary, Honour is forever..."



TRAINING PLANS: JANUARY 2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2-8 JANUARY	50' slow pace stretching 12 strides	20' slow pace short uphill: (5X80mt)x 4 times – rec. 3' slow pace 20' from slow to high pace (Morialta)	20' slow pace interval training: 10 times 1'30" high pace/1'30" slow pace stretching	30'-50' orienteering 10 strides	10' slow pace stretching Twilight Series	30'-40' slow pace strenght: gaits [possible training camp]	30'-50' orienteering or long run (Bridgewater) [possible training camp]
9-15 JANUARY	30'-40' slow pace strenght: circuit training [possible training camp]	rest stretching [possible training camp]	20' slow pace interval training: 10 x 1' high pace/1' slow pace 10' cool down	30'-50' orienteering 10 strides	10' slow pace stretching Twilight Series	30'-40' slow pace strenght: gaits	30'-50' orienteering (Middle Distance) 8-10 strides
16-22 JANUARY	30'-40' slow pace strenght: circuit training	rest stretching	20' slow pace interval training: 12 x 1' high pace/1' slow pace 10' cool down	30'-50' orienteering 10 strides	10' slow pace stretching Twilight Series	rest strenght: gaits	50'-70' slow pace 8-10 strides
23-29 JANUARY	rest stretching	30'-50' orienteering 10 strides (Morialta)	20' slow pace interval training: 6 times 1' high pace/1' slow pace stretching	Sprint Ballarat VICTORIA	Sprint Ballarat VICTORIA	Sprint Ballarat VICTORIA	rest strenght: gaits

If you have 5 trainings a week have rest on Saturday (but have strength)
Simon add 10' Monday and Saturday – Sunday becomes 60'-80'

"Pain is temporary, Honour is forever..."



TRAINING PLANS: FEBRUARY 2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 JANUARY - 5 FEBRUARY	30'-40' slow pace strenght: circuit training	40'-50' slow pace short uphill: (5X80mt) x 3 times – rec. 3' slow pace	20' slow pace interval training: 10 x 1' high pace/1' slow pace 10' cool down	30'-50' orienteering strenght: gaits	10' slow pace stretching Sprint Event	20' slow pace 20'-30' from slow to high pace	30'-50' orienteering (Long Distance) 8-10 strides
6-12 FEBRUARY	30'-40' slow pace strenght: circuit training	40'-60' slow pace short uphill: (5X80mt) x 3 times – rec. 3' slow pace	20' slow pace interval training: 12 x 1' high pace/1' slow pace 10' cool down	30'-50' orienteering strenght: gaits	10' slow pace stretching Sprint Event	20' slow pace 20'-30' from slow to high pace	50'-70' slow pace 8-10 strides
13-19 FEBRUARY	30'-40' slow pace strenght: circuit training	40'-60' slow pace short uphill: (5X80mt) x 3 times – rec. 3' slow pace	20' slow pace interval training: 12 x 1' high pace/1' slow pace 10' cool down	30'-50' orienteering strenght: gaits	10' slow pace stretching Sprint Event	20' slow pace 20'-30' from slow to high pace	30'-50' orienteering (Middle Distance) 8-10 strides
20-26 FEBRUARY	30'-40' slow pace strenght: circuit training	40'-70' slow pace short uphill: (5X80mt) x 3 times – rec. 3' slow pace	20' slow pace interval training: 10 x 1'30" high pace /1'30" slow pace 10' cool down	30'-50' orienteering strenght: gaits	10' slow pace stretching Sprint Event	20' slow pace 20'-30' from slow to high pace	50'-70' slow pace 8-10 strides

If you have 5 trainings a week have rest on Saturday (but have stretching)
Simon add 10' Monday and Saturday – Sunday becomes 60'-80'

"Pain is temporary, Honour is forever..."



TRAINING PLANS: MARCH 2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27 FEBRUARY - 5 MARCH	30'-40' slow pace strenght: circuit training	rest 20' stretching	20' slow pace interval training: 12 x 1'30" high pace /1' 30 slow pace 10' cool down	30'-50' orienteering strenght: gaits	30'-40' slow pace 10 strides	20' medium pace interval training: 10 x 1'30" high pace /1' 30 slow pace 10' cool down	30'-50' orienteering (Long Distance)
6-12 MARCH	rest 20' stretching	30'-50' orienteering 10 strides strenght: circuit training	20' slow pace interval training: 10 times 1' high pace/1' slow pace stretching	rest 20' stretching Evening O-Briefing	NOL Round 1 TASMANIA strenght: gaits	NOL Round 1 TASMANIA	NOL Round 1 TASMANIA
13-19 MARCH	30'-40' slow pace strenght: circuit training	rest 20' stretching	20' slow pace interval training: 12 x 1'30" high pace /1' 30 slow pace 10' cool down	30'-50' orienteering strenght: gaits	30'-40' slow pace 10 strides	20' medium pace interval training: 10 x 1'30" high pace /1' 30 slow pace 10' cool down	30'-50' orienteering (Sprint Distance)
20-26 MARCH	rest 20' stretching	30'-50' orienteering 10 strides strenght: circuit training	20' slow pace interval training: 10 times 1' high pace/1' slow pace stretching	rest 20' stretching Evening O-Briefing	NOL Round 2 ACT strenght: gaits	NOL Round 2 ACT	NOL Round 2 ACT

If you have 5 trainings a week have rest on Friday (but have strength)
Simon add 10' Monday and Saturday – Sunday becomes 60'-80'

"Pain is temporary, Honour is forever..."



TRAINING PLANS: APRIL 2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27 MARCH – 2 APRIL	30'-40' slow pace strenght: circuit training	rest 20' stretching	20' slow pace interval training: 12 x 1'30" high pace /1' 30 slow pace 10' cool down	30'-50' orienteering 10 strides	30'-40' slow pace strenght: gaits	20' slow to high pace short uphill: (5X80mt) x 3 times – rec. 3' slow pace	50'-70' slow pace 8-10 strides or orienteering
3-9 APRIL	30'-40' medium pace strenght: circuit training	rest 20' stretching	20' slow pace interval training: 8 x 2' high pace/2' slow pace 10' cool down	30'-50' orienteering 10 strides	30'-40' slow pace strenght: gaits	20' slow to high pace short uphill: (5X80mt) x 3 times – rec. 3' slow pace	50'-70' slow pace 8-10 strides or orienteering
10-16 APRIL	rest 20' stretching	30'-50' orienteering 10 strides	20' slow pace interval training: 10 times 1' high pace/1' slow pace stretching	rest 20' stretching	OCEANIA 2017 NEW ZEALAND	OCEANIA 2017 NEW ZEALAND	OCEANIA 2017 NEW ZEALAND
17-23 APRIL	OCEANIA 2017 NEW ZEALAND	rest 20' stretching	20' slow pace interval training: 8 x 2' high pace/2' slow pace 10' cool down	30'-50' orienteering 10 strides	30'-40' slow pace strenght: gaits	20' slow pace 20'-30' from slow to high pace	rest 20' stretching
24-30 APRIL	30'-40' medium pace strenght: circuit training	rest 20' stretching	20' slow pace interval training: 8 x 2' high pace/2' slow pace 10' cool down	30'-50' orienteering 10 strides	30'-40' slow pace strenght: gaits	20' slow pace 20'-30' from slow to high pace	rest 20' stretching

If you have 5 trainings a week have rest on Friday (but have strength)
Simon add 10' Monday and Saturday – Sunday becomes 60'-80'

"Pain is temporary, Honour is forever..."



MONTH _____
NAME _____

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

NOTES:

"Pain is temporary, Honour is forever..."



MONTH _____
NAME _____

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

NOTES:

"Pain is temporary, Honour is forever..."

