Things to consider in your training:

- Aim to complete at least 2 of the 4 workouts a week, rotating them so you ensure variety in your sessions
- Use the sets, reps and rest as a guide, aim for marginal improvements week on week but listen to your body
- Ensure you have comfortable trainers and clothing from week 1
- Complete a few minutes warm up before each workout
- Ensure you complete some basic stretches after each training session
- Be flexible but consistent. Life will get in the way at some point, move sessions if you have to but keep ticking them off week after week
- If you can't complete a workout for any reason try and swap it for a cycle ride or a run
- Listen to your body, if you feel an injury developing, slow or stop your training and see a specialist sooner rather than later

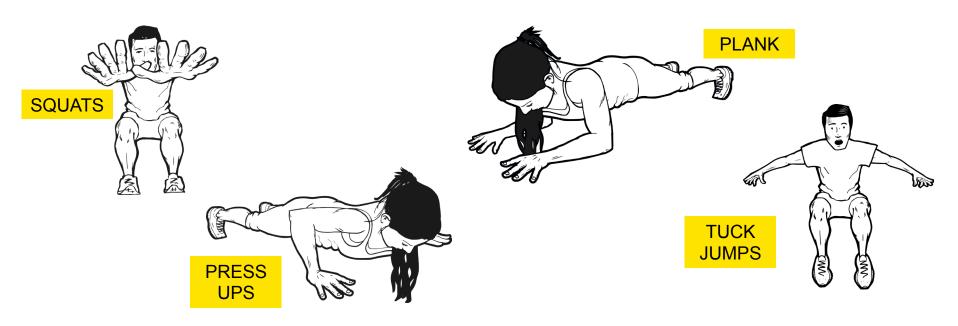
Things to consider ahead of race day:

- Ensure you have trained in your race day outfit at least once before the big day
- Don't change your diet on the day, stick to what has worked during your training
- Make sure you're well hydrated in the days running up to the race but don't over drink on race day, keep to the routine that has worked during your training runs
- Try and enjoy it!!!!!





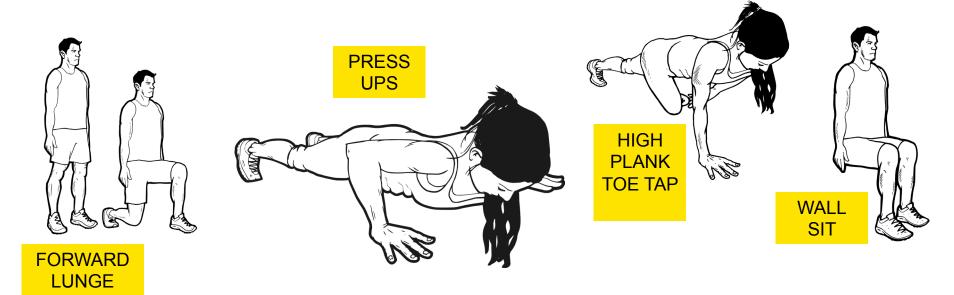
HOME WORKOUT - A	Sets	Reps	Rest between sets	Comments
Squats	5	12	45s	Stand with feet hip width apart, squat down as low as you comfortably can ensuring your heels remain on the floor. Breath in on the way down and out as you drive up through your heels and thighs.
Press Ups	5	5	60s	Whether on knees or toes, ensure back is straight, hands underneath your shoulders. Breath in on the way down and out as you drive up. Complete with good form as slowly as you can.
Plank	5	10s	20s	Ensure back is in a natural position with hips same height as shoulders. Without lifting your hips, push back your heels and squeeze every muscle in your body from the neck down.
Tuck Jumps	5	6	90s	Stand with your feet hip width apart, crouch down and then jump up as high as you can bringing your knees into your chest, land safely and repeat ensuring maximum effort with each jump.







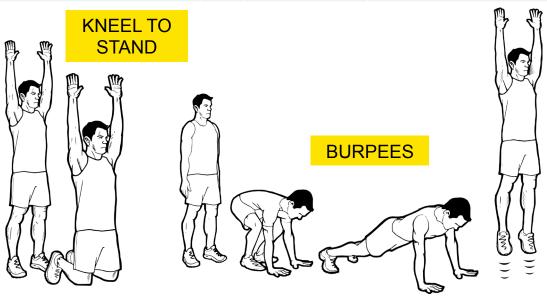
HOME WORKOUT - B	Sets	Reps	Rest between sets	Comments
Forward Lunge	5	20	60s	From a standing position, take a big step forward bending both knees to 90 degrees then return to starting position, repeat alternating feet.
Press Ups	5	5	60s	Whether on knees or toes, ensure back is straight, hands underneath your shoulders. Breath in on the way down and out as you drive up. Complete with good form as slowly as you can.
High Plank Toe Tap	4	20	60s	Take a press up position with your hands under your shoulders and a straight line running down from your head to your feet. Slowly lift your right hand and left foot and touch them under your body, return to starting position and repeat with opposite hand and toes. Complete as slowly as possible under control.
Wall Sit	4	20s	20s	Sit with your back flat against a wall, hips and knees at 90 degrees and stay still. As you get stronger increase the time in position.







HOME WORKOUT - C	Sets	Reps	Rest between sets	Comments
Kneel to Stand with Overhead	4	10	60s	Kneel with your bum up from your heels, stretch your hands above your head, from this position step up into a standing position, maintaining your hands above your head and then reverse the move. Repeat, alternating which side you come up on.
Burpees	4	10	90s	From a standing position, drop into a squat position with your hands on the ground in front of you, kick your feet back while keeping you arms extended, return your feet to the squat position and jump straight up. Ensure your hips don't drop when you kick your leg out, maintain a straight line from the head to the heels.
Mountain Climbers	5	15s	30s	Take a press up position with your hands under your shoulders and a straight line running down from your head to your feet. From this position, drive one knee and then the other into the chest as quickly as you can.
Bear Crawl	3	10	60s	Keeping you hands under your shoulders, knees under hips, back straight, crawl slowly forward 10 steps using opposite hands and feet. Ensure your body stays as still as possible with no swaying. Try placing an object on your back and don't let it fall to the floor. As you get better crawl forward and then backwards.















PARK WORKOUT - A	Sets	Reps	Rest between sets	Comments
Jog	5	4mins	40s	Run at a steady to fast pace for 4 minutes, slow to a walk for 40s and repeat.
Thrusters	3	10	90s	Stand with your feet hip width apart, crouch down and then jump forward as far as you can, throw your arms forward to help generate momentum, land safely and repeat ensuring maximum effort with each jump.
Monkey Bars	3	-	-	Most parks have monkey bars, start practicing by just hanging, gripping the bars as hard as possible and pulling down on them. As you get stronger try working your way across the length of the bars with as much control as possible.
Sprint	1	5	-	Sprint as fast as you can for 20 – 30 metres, walk slowly back to your start point and repeat. If you can, use a hill or slight incline rather than the flat.



