



## Paul O'Brien Sports & Fitness Training

Sea2Summit 2011 – 12-week training program

Week	Run	Bike	Hike	Notes/Other
1	2 x 30min sessions – measure the distance covered in the 30mins	<p>2 x 1-hour rides (Sp) – Focus on gear changes &amp; try to maintain constant cadence.</p> <p>1 x – hr ride + 1 x hill session (Sup)</p> <ul style="list-style-type: none"> <li>• Focus on maintaining constant cadence of about 90rpm on 1-hr ride over flat course.</li> <li>• 30-min flat ride to warm-up then 3-5 repeats on a short hill (approx 200m long with incline of about 10-15%). Finish with further 30mins flat riding</li> </ul>	1 x 45-min hill walk over hilly terrain or hike to shoulder of Croagh Patrick and back.	<p>1. Core stabilization work – 3x weekly for 10mins after your workouts or after a few minutes light cardio.</p> <p>2. Ensure you stretch after every workout</p>
2	2 x 30 min sessions – add an extra 3mins to one of these sessions. Jog/Run at a comfortable pace.	<p>1 x 1-hr (Sp) – focus on keeping cadence at 90rpm. (Each time right foot rotates to bottom of pedal cycle = 1rpm. Count the no of these in 1 minute, if around 90rpm, this is a good training cadence. If below 80, drop to a lower gear.</p> <p>1 x 65min ride (Sup), focusing on keeping cadence at 90rpm</p> <p>1 x 90-min ride (Sup) over hilly course.</p>	Hike to shoulder of Croagh Patrick or take a 60-min walk over hilly terrain	<p>1. Continue with core work from week 1</p> <p>2. Consider a yoga class to improve flexibility (check out <a href="http://www.gaga.ie">www.gaga.ie</a>)</p>
3	<p>1 x 35min jog/run session at comfortable pace RPE 4-5 (see RPE scale).</p> <p>1 x hill session on short hill (as per Sat session). Warm-up with 10mins light jogging. Jog up hill, rest by walking back to bottom &amp; repeat 2-4 times.</p>	As per week 2 except add 10mins to duration (Spirit) and 15mins to duration (Supreme).	As per week 2.	<p>1. Continue core work from week 2.</p> <p>2. Work on building muscular endurance – check out my new classes, starting 7<sup>th</sup> Sept at <a href="http://www.bootcampwest.com">www.bootcampwest.com</a></p>

4	<p>A) 1 x 5km jog/run as follows: warm-up at normal pace for 10mins (RPE3-4); run next 2mins at RPE 4-5; run next 1min at RPE 5-6; return to RPE 3-4 for 2mins. Repeat 3-4 times.</p> <p>B) 1 x 45min run/jog at your normal (RPE 4-5) pace.</p>	<p>2 x 60-min rides (20-30km). Use race route to Murrisk if possible or route of similar distance.</p> <p>1 x 2-hr ride (Supreme) over variable course – suggested routes:  1 – Maum race route  2 – Sheefries (Gaelforce) route</p> <p>Option – ride the hill section of the course twice.</p>	Hike to shoulder of Reek or 60-min similar hike of approx 300m elevation.	<p>Continue working on core exercises and muscular strength &amp; endurance</p> <p>See <a href="http://www.bootcampwest.com">www.bootcampwest.com</a></p>
5	<p>A) 1 x 8km run at RPE 4-5 (estimated race pace) over flat terrain.</p> <p>B) 1 x hill session – 2kmm warm-up; run 4-6 repeats up short hill of approx 20% gradient (eg Hobans hill)</p> <p>C) 1 x 5km easy run (use as recovery session)</p>	<p>As per week 4.</p> <p>Option is to perform hill repeats (Supreme), cycling to hilly part of route, ride hard (90% effort) up hill, rest 3-5mins and repeat 2-4 times.</p>	90-min hike or hill walk/jog.	<p>Last week of core stability work. Next week begins core conditioning work.</p> <p>Bootcamp/TRX classes contact <a href="mailto:paul@bootcampwest.com">paul@bootcampwest.com</a></p>
6	<p>As per week 5. Try to run your 5km easy run at estimated race pace + 2mins. Eg. If you hope to run the 4km in 24mins, try do 5km in 32mins this week (5km x 6mins per km + 2mins)</p>	<p>Spirit – As per week 4 – 2 x 60min rides, one over somewhat hilly terrain.</p> <p>Supreme – add 15mins to your long cycle.</p> <p>New session – threshold – warm-up, then ride at 90% effort for 2mins, return to normal pace for 5mins. Repeat this 4-6 times during your flat session.</p>	As per week 5	<p>Core conditioning exercises as per last weeks handout – we will go through these exercises next week.</p>
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8				
9				
10				
11				
12				

**Key**

Sp = Spirit Event

Sup = Supreme Event