

49th Discovery Surfers Challenge

17 FEB



Tickets - surferschallenge.co.za



DailyDispatch

Note: Days of the week can differ but try give yourself rest days in between

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		15 x (1min walk then 1min easy run) [30min total]		15 x (1min walk then 1min easy run) [30min total]	Walk 30min		20 x (1min walk then 1min easy run) [40min total]
Week 2		15 x (1min walk then 1min easy run) [30min total]		10 x (90sec walk then 90sec easy run) [45min total]	Walk 35min		15 x (2min walk then 1min easy run) [45min total]
Week 3		15 x (1min walk then 1min easy run) [30min total]		10 x (90sec walk then 90sec easy run) [45min total]	Walk 40min		15 x (1min walk then 2min easy run) [45min total]
Week 4		20 x (1min walk then 1min easy run) [40min total]		10 x (1min walk then 3min easy run) [40min total]	Walk 45min		16 x (1min walk then 2min easy run) [48min total]
Week 5		20 x (1min walk then 1min easy run) [40min total]		10 x (1min walk then 4min easy run) [50min total]	Walk 45min		20 x (30sec walk then 2min easy run) [50min total]
Week 6		3 x (10min easy run then 1min walk) [33min]		10 x (1min walk then 5min easy run) [60min total]	Walk 50min		17 x (30sec walk then 3min easy run) [60min total]
Week 7		4 x (10min easy run then 1min walk) [44min]		10 x (1min walk then 5min easy run) [60min total]	Walk 60min		20 x (30sec walk then 3min easy run) [70min total]
Week 8	3 x 1(0min easy run then 1min walk) [33min]		10 x (1min walk then 3min easy run) [40min total]		20min walk	RACE DAY GOOD LUCK	

Note: This plan is for those who are currently running little or not at all but are able to walk briskly or comfortable for at least 30min