



Taking up the Challenge with the Kellogg's Nutri-Grain Taupo Half

Step 2. (1 July 2010.)

Hi now remember this is the continuation of a programme for athletes looking to step up to a ½ Ironman for the first time, or maybe someone making a comeback toward some goals !!!

In general the frequency stays the same as our first advice notes.

2- 3 Swims, Bikes, and Runs per week, if at all practical. This is the difficult part of the year to get through with weather problems from time to time, **but remember the opposition will be out there doing it !!**

The main points of progress are;

1. with the swimming you should now be moving into 40 -50 mins per session with some good repetitions , but join a squad if you can.
2. with the bike you should be looking at increasing to 4 ½ - 5 hrs per week, and still including one quick ride per week (or certainly quick pieces in it ! – not just downhill !!) and a longer ride of 2-2 ½ hrs.
3. with the running you should be looking to increase to 2 ½ - 3hrs per week, and again one run quicker and one run a little longer.

As you continue your training, body maintenance becomes more and more important, stretching, and massage must become part of your lifestyle !! Plus good footwear and bike set up.

Remember to choose the patterns that will fit into home, work and family.

Have fun and get the passion.

Cheers,

Bryan.

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