Training plans to keep fit and active

Lower active- aim for 10-15km running/walking per week.

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</thead>
<tbody>
<tr>
<td>30min run/walk</td>
<td>Strength/core</td>
<td>30min interval run/walk</td>
<td>Cycling or other cross training OR DIY orienteering course</td>
<td>Stretching Or Strength Or rest</td>
<td>Time trial run/walk</td>
<td>30min run with orienteering map.</td>
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<td></td>
<td>Arm chair orienteering</td>
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Increase distance/running speed each two weeks.

Medium active- 15km-25km running per week.

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<tbody>
<tr>
<td>30min run easy</td>
<td>Strength/core</td>
<td>50 min interval run session</td>
<td>Cycling or other cross training</td>
<td>Longer run 50-70mins</td>
<td>Time trial run</td>
<td>40 min run with orienteering map.</td>
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<td>OR DIY orienteering course</td>
<td>Arm chair orienteering</td>
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Increase distance/running speed each two weeks.
## High active - 25km+

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<tbody>
<tr>
<td>30min run easy</td>
<td>Strength/core + cross training</td>
<td>70 min interval run session</td>
<td>Cycling or other cross training OR DYI orienteering course</td>
<td>Longer run 50-70mins</td>
<td>Time trial run</td>
<td>80min + long run with orienteering map.</td>
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<td>Arm chair orienteering</td>
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Increase distance/running speed each two weeks.

**Example of some easy interval training types:** (plus warm up and warm down)

- Straight and curves on running track
- Between the posts (set a time to run between the goal post + recovery before next interval, e.g. 1min time to run the goal post and recover before starting next interval)
- Hill reps - short reps with a steeper gradient vs long reps with less steep gradient
- 100m run throughs

**Time trial training:**

- Set a 2-5km loop in a park or around the streets. Time your first loop and then try to better that time each week. You can set more than one time trial loop if you like.
Long run training:

- Try to run the entire time for the long run
- Run with a partner
- Take an old orienteering map with you and pretend you are running the course as you go- looking for Control feature, attackpoint, route and catching feature on the way.

Arm chair orienteering:

- Reading a map at home and discuss with a partner about what you would do.
- Map memory drawing
- 2D running wild - http://3drerun.worldofo.com/2d/runningwild.php
- Map puzzles
- Catching features game http://www.catchingfeatures.com/
- O-training.net http://o-training.net/
- Make a map of your house
- Orienteering Kahoot quizzes.

Strength/core guides- (use at your discretion)

*Strength and conditioning for runners*

https://www.youtube.com/watch?v=2lR-9qy3hfg
https://www.youtube.com/watch?v=yjhJ7qhHqDM
https://www.youtube.com/watch?v=ioELqxr-Q_w
Norwegian team core and strength –
part 1- https://www.youtube.com/watch?v=00ZJtMXj93Q&feature=youtu.be
part 2- https://www.youtube.com/watch?v=kZMhISYj_4g

For seniors-
https://youtu.be/6Ts-deSDnRM
https://www.youtube.com/watch?v=Wa8Fk8TaXPk

Brodie Nankervis strength video- Video to come.

Stretching from Blackwood rec centre-
https://www.facebook.com/blackwoodcommunityrecreationcentre/videos/148394759853976/

Other-

Hanny Allston currently giving out free training plans-

Orienteering activities for kids-

World of O - http://worldofo.com/

Attackpoint training logs- https://attackpoint.org/