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No Ego Novice 10K Training Programme 2012

This programme, designed by [Sam Ayers](#) of [BodyFit Personal Training](#), assumes you've never done an off-road obstacle or adventure race before, but have focused on the **No Ego 10K Team Challenge**. It's a programme designed to get you round in one piece with a bit of hard work and plenty of determination! Follow the programme and you're far more likely to enjoy your day!

- ✓ [Sam's](#) planned the programme with novice participants in mind, people who perhaps only exercise sporadically, perhaps used to do some exercise at school but haven't done too much since. Maybe you've been roped into this event as part of a work event or your friends have persuaded you to take part. The programme assumes that you could take up to two hours to complete the course and the training reflects that.
- ✓ If you're not a novice and are reasonably fit, you'll be off to a flying start, just adapt the programme to suit you. If you are a novice and unfit... don't worry, just follow the programme and you'll get around and enjoy the day.
- ✓ All training sessions should be started at a very easy pace or effort level – start easy and gradually build up speed, intensity or effort. It's always better to start off too slow/easy, rather than too fast/hard and have to slow down.
- ✓ Plan the days to suit your diary but ensure that you have **at least one day's rest from exercise** each week.
- ✓ Also think about your nutrition... if you're a little bit cuddly, you may choose to lose a little weight... any extra pounds that you're carrying will also have to be carried with you up any hills or over any obstacles.
- ✓ On the No Ego Challenge Day... **start at a steady pace!** Believe it, even if you think you're going steady, you won't be because adrenalin will have kicked in and your pace judgement will be askew! Slow down a bit and save some energy for the last quarter of the event – you'll enjoy it more!

Good luck!

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Before starting the programme...

If you haven't done any exercise for a number of years and you're over 40, go to your GP or nurse, and ask to have a basic health check. The GP will listen to your heart; take your blood pressure etc and generally check that you're okay to exercise. Tell them what you intend doing and show them this training programme. Then...

- ✓ Dig out your **exercise clothing**... Ideally you want some clothing for exercise that is light, comfortable and allows you to move freely. In addition to this the clothing should be 'wicking' and fast drying. Clothing with these properties help to promote the movement of sweat away from your body, keeping you cooler for longer. This type of clothing is easy to come by. All sports shops; outdoor equipment shops, as well as larger supermarkets sell it. You don't have to spend a fortune, basic level ranges will do what you need.
- ✓ The No Ego Challenge is off road, with fairly rough terrain in places with the added addition of obstacles. It may be worth considering investing in a pair of **'Trail' trainers** or shoes. These shoes will give you added grip for travelling 'off-road' and can be used for training as well as the race. As with any other trainers, you can spend a lot of money on these. However, go for comfort above all else, then consider what one shoe has over the other in terms of added features. You'll need to visit a specialist sports shop or outdoor adventure shop for these shoes. As with clothing, actually speaking to someone in a shop, asking advice and physically trying on the footwear is better than purchasing online. Save your online purchases for items that you know definitely fit you.
- ✓ If you are prone to blisters on your hands, a pair of bike mitts or gym gloves might give you an improved grip over the obstacles and help prevent blisters. This isn't necessary for everyone but some people swear by them.

Okay... enough talk...let's do it!



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The CV Programme

The training programme is based around three CV (cardio-vascular) activities each week and three S&C (Strength and Conditioning) activities each week. Aim to follow the programme but don't worry if you miss a session or two. If you end up doing an average of two CV sessions and two S&C sessions each week, you'll get by just fine.

Remember that the course is off road, so try to train off road where you can. Try local parks, playing fields, woodland, coast, public footpaths and bridleways. The course is hilly, so embrace the hills! Seek them out and train over them. Even walking and running up the stairs or escalators during your commute to work will help.

For the CV programme, [Sam's](#) provided you with three different options:

1. **Walking:** If you don't already run, use this option. Running will obviously get you round the No Ego Challenge in a quicker time, but it can also be done at a brisk walk pace. If you feel like trying some running, add it into the last 1/3 of your walk time and keep it all at conversation pace
2. **Running:** Choosing this option is the ideal. It's the easiest way to get fit in the shortest amount of time, but only follow this option if you already regularly run 2 x 45 minutes each week. If you're local to us, you're welcome to join our [running classes](#).
3. **Biking:** Use this option for a change from walking or running or if you have a lower limb injury and can't run or walk but are still able to train. Ideally your training needs to reflect the event as closely as possible. You'll be on your feet during this event, not on a bike, so use the bike but keep it as an option rather than your mainstay of training.

There are also three different intensities:

1. **Easy:** Very easy, comfortable pace, not pushing yourself at all, able to talk freely all the time
2. **Steady:** Working a bit harder on times, particularly on the hills, getting a bit out of breath, broken conversation
3. **Hard:** Working much harder, not able to hold a conversation.

Try to stick to the intensities suggested and you'll get the most from your training programme. Train too hard and you'll either put yourself off or end up injured. Train too easy and you'll not optimise your fitness in time for the event.

If you're ill but it's minor, just have an easier day but if you've a temperature or it's on the chest, then REST!



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Week Beginning:	Day 1 (Monday or Tuesday)	Day 2 (Wednesday or Thursday)	Day 3 (Saturday or Sunday?)
13/08/12	¾ hour easy walking or ½ hour easy running or 1 hour easy bike riding	1 hour easy walking or ¾ hour easy running or 1¼ hours easy bike riding	1 hour easy walking or ¾ hour easy running or 1¼ hours easy bike riding
20/08/12	As last week	¾ hour brisk walking or ½ hour steady running or 1 hour steady bike riding	1¼ hours easy walking or 1 hour easy running or 1½ hours easy bike riding
27/08/12	As last week	1 hour brisk walking or ¾ hour steady running or 1¼ hours steady bike riding	As last week
03/09/12	As last week	1 hour brisk walking with 3 x 3 minutes hard effort or ¾ hour steady running with 3 x 4 minutes hard effort or 1¼ hours steady bike riding with 3 x 5 minutes hard effort Have 4 minutes of easy walking/running/biking between each effort	1¼ hours brisk walking or 1 hour steady running or 1½ hours steady bike riding
10/09/12	1 hour easy walking or ¾ hour easy running or 1¼ hours easy bike riding	As last week	1½ hours brisk walking or 1¼ hours steady running or 1¾ hours steady bike riding
17/09/12 (Recovery Week)	¾ hour easy walking or ½ hour easy running or 1 hour easy bike riding	Rest	¾ hour brisk walking or ½ hour steady running or 1 hour steady bike riding
24/09/12	1¼ hours easy walking or 1 hour easy running or 1½ hours easy bike riding	1 hour brisk walking with 3 x 3 minutes hard effort or ¾ hour steady running with 3 x 4 minutes hard effort or 1¼ hours steady bike riding with 3 x 5 minutes hard effort Have 3 minutes of easy walking/running/biking between each effort	1½ hours brisk walking or 1¼ hours steady running or 1¾ hours steady bike riding
01/10/12	As last week	1 hour brisk walking with 4 x 3 minutes hard effort or ¾ hour steady running with 4 x 4 minutes hard effort or 1¼ hours steady bike riding with 4 x 5 minutes hard effort Have 3 minutes of easy walking/running/biking between each effort	1¾ hours brisk walking or 1½ hours steady running or 2 hours steady bike riding
08/10/12	As last week	As last week but with 2 minutes of easy walking/running/biking between each effort	2 hours brisk walking or 1½ hours steady running or 2½ hours steady bike riding
15/10/12 (Taper)	½ hour brisk walking or ½ hour easy running or ¾ hour easy bike riding	½ hour easy walking with 1 x 5 minutes hard effort or ½ hour easy running with 1 x 5 minutes hard effort or ¾ hour easy bike riding with 1 x 10 minutes hard effort	No Ego Challenge Saturday 21st October 2012 Sunday 22nd October 2012



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The Strength and Conditioning Programme:

This is essential because you'll be using your whole body to navigate the course. You'll be negotiating 10-12 obstacles and will need a reasonable amount of strength, balance, stability (as well as determination) to get you and your team up, over, around, through or even under the obstacles.

The easiest way to get this done is to go to a class at your local sports centre or hall. Classes such as [core stability](#), Pilates, [Circuit Training](#), Body-Pump or Body-Conditioning will all do the job. Alternatively, go to your local gym and seek advice from the qualified instructors there. Some of you will be lucky enough to live near 'outdoor gyms' in your local park – use them.

Week Beginning:	Day 1	Day 2	Day 3
13/08/12	30 minutes gym or home routine or class	30 minutes gym or home routine or class	Rest
20/08/12	30 minutes gym or home routine or class	30 minutes gym or home routine or class	Rest
27/08/12	30 minutes gym or home routine or class	30 minutes gym or home routine or class	30 minutes gym or home routine or class
03/09/12	45 minutes gym or home routine or class	30 minutes gym or home routine or class	30 minutes gym or home routine or class
10/09/12	45 minutes gym or home routine or class	45 minutes gym or home routine or class	45 minutes gym or home routine or class
17/09/12 (Recovery Week)	Rest	30 minutes gym or home routine or class	Rest
24/09/12	60 minutes gym or home routine or class	45 minutes gym or home routine or class	45 minutes gym or home routine or class
01/10/12	60 minutes gym or home routine or class	60 minutes gym or home routine or class	45 minutes gym or home routine or class
08/10/12	60 minutes gym or home routine or class	30 minutes gym or home routine or class	Rest
15/10/12 (Taper)	30 minutes gym or home routine or class	Rest	No Ego Challenge Saturday 21st October 2012 Sunday 22nd October 2012

If you've no option but to train on your own at home, that's fine. Use the [internet](#) and Youtube to help you do the following:

2 sets of 8, 10, 12 building to 3 sets of 8, 10, 12:

- Press Ups (full or kneeling)
- Abdominal Curls
- Back Extensions
- Bridge
- Oblique Curls
- Squats or Lunges
- Shoulder Press (use water or sand filled bottle for weights)
- Plank (prone and supine), start at 10 seconds and build to 60
- Side Plank (right and left), start at 10 seconds and build to 60