

**XTERRA Rotorua Festival**  
**21km Trail Run or Walk**  
**Training Programme**

**James Kuegler Coaching**  
[www.jameskuegler.com](http://www.jameskuegler.com)



This Training Programme is designed for participants taking on the 21km Run or Walk at the XTERRA Rotorua Festival  
 At the bottom of the programme there is a more specific description of each of the training sessions.

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28-Jan	Day Off	0:30 Run & Walk	0:30 Cross Training	0:30 Urban Trail Walk	Day Off	0:45 Trail Run & Walk	0:30 Walk
4-Feb	Day Off	0:40 Run & Walk	0:30 Cross Training	0:30 Urban Trail Walk	Day Off	1:00 Trail Run & Walk	0:30 Walk
11-Feb	Day Off	0:40 Run & Walk	0:30 Run & Walk 0:30 Cross Training	0:40 Urban Trail Walk	Day Off	1:15 Trail Run & Walk	0:30 Walk
18-Feb	Day Off	0:40 Run & Walk	0:30 Run & Walk 0:45 Cross Training	0:40 Urban Trail Walk	Day Off	1:30 Trail Run & Walk	Day Off
25-Feb	Day Off	0:50 Run & Walk	0:45 Run & Walk 0:45 Cross Training	0:40 Urban Trail Walk	Day Off	1:45 Trail Run & Walk	0:30 Run & Walk
4-Mar	Day Off	0:50 Run & Walk	0:45 Run & Walk 1:00 Cross Training	0:50 Urban Trail Walk	Day Off	2:00 Trail Run & Walk	0:30 Run & Walk

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11-Mar	Day Off	1:00 Run & Walk	0:45 Run & Walk 1:00 Cross Training	0:50 Urban Trail Run & Walk	Day Off	2:15 Trail Run & Walk	0:45 Run & Walk
18-Mar	Day Off	1:00 Run & Walk	0:45 Run & Walk 1:00 Cross Training	1:00 Urban Trail Run & Walk	Day Off	2:30 Trail Run & Walk	0:45 Run & Walk
25-Mar	Day Off	1:00 Run & Walk	1:00 Cross Training	1:00 Urban Trail Run & Walk	Day Off	1:30 Trail Run & Walk	Day Off
1-Apr	0:45 Run & Walk	1:00 Cross Training	0:45 Run & Walk	Day Off	0:20 Freshen Up	<b>XTERRA Rotorua Festival</b>	Day Off

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### **Training Session Description**

**Cross Training** Yoga, Pilates, Gym Work, or something that you enjoy doing. The goal of this session is to gradually improve your muscle strength, increase the mobility of your joints, and increase the flexibility of your muscles.

**Day Off** You are more than welcome to add more training into the programme. I suggest that this should only be done if the fatigue from the previous session has subsided.

**Freshen Up** A short run & walk wearing all of your gear for the Xterra Rotorua Festival. This is a final opportunity to stretch your legs after you have travelled to Rotorua as well as check that all your gear is comfortable and functioning as expected.

**Run & Walk** Guided by your ability to control your breathing, and the fatigue in your muscles, I suggest that you run for as long as you comfortably can. When it becomes more challenging to maintain your breathing, and/or your muscles begin to fatigue, I suggest you stop, and walk for 1 min (or more). Repeat this process as many times as necessary to complete the session. The goal is that with each subsequent session you are able to run for increasing amounts of time before needing to walk.

**Trail Run & Walk** An opportunity to go further afield and seek out more remote trails. The walk should be at a moderate intensity. Ideally you should have built up a sweat by the end of the walk. Guided by your ability to control your breathing, and the fatigue in your muscles, I suggest that you run for as long as you comfortably can. When it becomes more challenging to maintain your breathing, and/or your muscles begin to fatigue, I suggest you stop, and walk for 1 min (or more). Repeat this process as many times as necessary to complete the session. The goal is that with each subsequent session you are able to run for increasing amounts of time before needing to walk. N.B. If you are exploring remote trails you should take appropriate gear and precautions.

**Urban Trail Run & Walk** It is often challenging to access trails during the week, so, your challenge is to explore the network of parks, botanic gardens, and urban trails in your vicinity. Use your imagination, and make it fun. Guided by your ability to control your breathing, and the fatigue in your muscles, I suggest that you run for as long as you comfortably can. When it becomes more challenging to maintain your breathing, and/or your muscles begin to fatigue, I suggest you stop, and walk for 1 min (or more). Repeat this process as many times as necessary to complete the session. The goal is that with each subsequent session you are able to run for increasing amounts of time before needing to walk.

**Walk** A walk at a moderate intensity. Ideally you should have built up a sweat by the end of the walk.

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