

Training plans to keep fit and active

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

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30min run/walk	Strength/core Arm chair orienteering	30min interval run/walk	Cycling or other cross training OR DYI orienteering course	Stretching Or Strength Or rest Arm chair orienteering	Time trial run/walk	30min run with orienteering map.

Increase distance/running speed each two weeks.

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

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30min run easy OR DYI orienteering course	Strength/core Arm chair orienteering	50 min interval run session	Cycling or other cross training Arm chair orienteering	Longer run 50-70mins	Time trial run	40 min run with orienteering map.

Increase distance/running speed each two weeks.

High active- 25km+

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30min run easy Arm chair orienteering	Strength/core + cross training	70 min interval run session	Cycling or other cross training OR DYI orienteering course	Longer run 50- 70mins	Time trial run	80min + long run with orienteering map.

Increase distance/running speed each two weeks.

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

- Straights 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 trail 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=2IR-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-

<https://findyourfeet.com.au/collections/hanny-allston-trail-running-resources/Trail-Running>

Orienteering activities for kids-

https://www.britishorienteering.org.uk/images/uploaded/downloads/schools_tri_o_resources.pdf

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

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