



## BUSHIES XMAS TRAINING PROGRAM

17<sup>TH</sup> DEC 08 – 5<sup>TH</sup> JAN 09

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
14 <sup>th</sup>	15 <sup>th</sup> Bushies training	16 <sup>th</sup> Bushies Recovery + BBQ	17 <sup>th</sup> Off or Strength / Gym	18 <sup>th</sup> (matt @ St Lucia) Running + Pool recovery (see below)	19 <sup>th</sup> Recovery Bike ride or RPM	20 <sup>th</sup> Off
21 <sup>st</sup> (matt @ K.Pt/Southbank)  (See below)	22 <sup>nd</sup> Bike/RPM or swim recovery	23 <sup>rd</sup> (matt @ st lucia) Running and Pool (see below)	24 <sup>th</sup> Strength / Gym	25 <sup>th</sup> OFF	26 <sup>th</sup> OFF	27 <sup>th</sup> OFF
28 <sup>th</sup> Off	29 <sup>th</sup> Run (see below)	30 <sup>th</sup> Pool session (see swim recovery)	31 <sup>st</sup> Oval Session (See below)	1 <sup>st</sup> Off	2 <sup>nd</sup> Run (same as 29th)	3 <sup>rd</sup> Strength / Gym
4 <sup>th</sup> Recovery Bike ride or RPM	5 <sup>th</sup> Bushies training	6 <sup>th</sup> Bushies training	7 <sup>th</sup> Off	8 <sup>th</sup> Bushies recovery	9 <sup>th</sup> Run (same as 29th)	10 <sup>th</sup>

## 17<sup>th</sup> - 20<sup>th</sup> Dec

*Thursday 18<sup>th</sup> December: 2pm – 4pm*

### **Running Conditioning and pool recovery**

St Lucia Athletics Track and Aquatic Centre

Bring water bottle, hat and sunscreen, towel, goggles, boardies, and \$15 to cover admission to both centres and powerade.

\*Those who live in the southern/eastern suburbs you can park around Dutton Park area and walk across the Green Bridge. There is parking available on TJ Doyle Memorial Drive. Go right after the green bridge and follow the river until you see the tennis courts. The track is next door to the courts.

### **Alternative session (if not making the above)**

#### **Warm up**

1 slow jogging lap + dynamic movements/sprint drills

4 x 1km effort runs (1:1 work to rest ratio). If it takes you 4mins to complete the 1km, then 4mins active (walking) recovery

#### **Cool down**

2 slow jogging laps with 10mins passive stretches

*Friday 19<sup>th</sup> December*

### **Recovery bike ride**

Duration: 45-60mins

Revs/min: 90-100

Intensity: Moderate – 60-70% max heart rate.

122 – 142 beats per min

Intensity is critical here, no higher than the specified range. If you hit hills, gear down and maintain the spin. No standing, no racing (if riding with a mate or others get past you.....unless she is cute). Seat height should be that the legs are slightly bent at the bottom of the stroke. This session is about getting the legs turning over. Stretch out for a good 15-20mins post session.

## **Week Beginning     21<sup>st</sup> – 27<sup>th</sup> Dec**

*Sunday 21<sup>st</sup> December: 8am – 10am*

### **Running Conditioning and pool recovery**

Kangaroo Point Stairs and Southbank

Bring water bottle, hat and sunscreen, towel.

Meet at the top of Kangaroo Pt stairs (River Terrace). Bags and personal items can go into my car, which I will drive over to Southbank later during the session.

**Alternative session (if not making the above)**

8-10km jog. Should be looking at 75% effort. Try to do this on trails on Mt Cootha, Daisy Hill. Another good run is the loop of Story Bridge and Goodwill Bridge.

Check out

[www.mapmyrun.com](http://www.mapmyrun.com) and search for Brisbane, Australia for some mapped runs in and around your area.

*Monday 22<sup>nd</sup> December*

a) or b)

**a) Bike ride**

Duration: 45-60mins

Revs/min: 90-100

Intensity: Moderate – 60-70% max heart rate

**b) Swimming Session (done in either 25 or 50m pool)**

Total Distance – 1.2 km

200m easy freestyle or breaststroke warm up

10 x 50m max sprint efforts with 1 min recovery (use clock at pool)

200m continuous freestyle

200m flipper kick warm down.

*Tuesday 23<sup>rd</sup> December: 2pm- 4pm*

**Running Conditioning and pool recovery**

St Lucia Athletics Track and Aquatic Centre

Bring water bottle, hat and sunscreen, towel, goggles, boardies and \$15 to cover admission to both centres and powerade.

**Alternative session (if not making the above)**

**Warm up**

2 slow jogging laps with sprint technique drills

**Interval**

8 x 300m max sprints with 90 seconds rest between reps

**Warm down**

1 slow jog with 10mins passive stretches.

**Week Beginning      28<sup>th</sup> Dec – 3<sup>rd</sup> Jan**

*29<sup>th</sup> December*

Run

Duration: 60mins

Intensity: Moderate – High

\* Preferably do on a “trail” i.e. Mt Cootha, Daisy Hill, Mt Cotton if your staying local. If you’re in another city/town look at the other options available to you. For example

Townsville – the strand, goat track on castle hill, ross river running tracks

Cairns –the esplanade.  
Melbourne – Botanical gardens, Albert park, St Kilda  
Gold Coast – the esplanade  
Noosa – national park, esplanade

*31<sup>st</sup> December*

Oval Session (find a local school oval or athletic/footy ground)

### **Warm Up**

1 lap slow jog  
Dynamic movements (what we do at training)

### **Interval**

- a) 6 x 300m max effort sprints with 60 sec recovery between rep
- b) 4 laps of 75% efforts “straights” and slow jog recovery “bends”








### **Cool Down**

1 walking lap  
10-15mins passive stretches

### **Strength Training / Gym Work**

1 session / week for maintenance. Follow your own programs.  
It should be a full body session with ‘body insurance’ exercises at start. (include front and side bracing, single leg squats, hops and groin slides)  
Focus of session should be the big, compound exercises such as bench press, seated rows, push ups/dips/chin ups, lunges and shoulder presses. Do isolation exercises such as bicep curls, triceps extensions and cable work at the end of session.  
3 x 8-10 for most exercises.  
Approx 60mins for total session

## UQSport RPM Time table and opening hours

Time	weekdays					weekend		
	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
7am								
12pm						9:30am		
1pm								
4:30pm						3:30pm		
5:30pm	 extreme							
6:30pm								

Closed 25<sup>th</sup>, 26<sup>th</sup> December and 1<sup>st</sup> January

### Goodlife Health Club – Morningside RPM

Check timetable at gym, as below times change throughout the Xmas / New Year break.

#### RPM session times

Mon – 5.45am, 9.15am, 6.15pm

Tues – 6.15pm

Wed – 5.45am, 9.15am

Thurs – 6.15pm

Fri – 5.45am, 6.15pm

Sat – (27<sup>th</sup> – 7.45am)

#### Christmas Operating Hours

Wed 24th	5.30am-4pm
Thu 25th	CLOSED
Fri 26th	2pm-6.30pm
Sat 27th	7am-6.30pm
Sun 28th	12noon-6.30pm
Mon 29th	8am-6.30pm
Tue 30th	8am-6.30pm
Wed 31st	8am-4pm
Thu 1st	CLOSED
Fri 2nd	8am -6.30pm
Sat 3rd	7am-6.30pm
Sun 4th	12noon -6.30pm

### Goodlife Health Club – Cleveland RPM

### Christmas Operating Hours

Mon 22nd	5.30am-8pm
Tue 23rd	5.30am-8pm
Wed 24th	5.30am-4pm
Thu 25th	CLOSED
Fri 26th	9am-4pm
Sat 27th	7.30am-6.30pm
Sun 28th	8am-6.30pm
Mon 29th	5.30am-8pm
Tue 30th	5.30am-8pm
Wed 31st	5.30am-5pm
Thu 1st	CLOSED
Fri 2nd	5.30am-8pm

### RPM session times

mon – 6.30pm

tues – 5.45pm (23<sup>rd</sup>)

wed – 6.30pm

thurs – 9am (18<sup>th</sup>)

fri –

sat – 8am

sun – 9am (21<sup>st</sup>, 28<sup>th</sup>, 4<sup>th</sup>)