

## Competitive Runners' Training Programme – Pelorus Trust Wellington Round the Bays 2010

### **Goal: To complete the Pelorus Trust Wellington Round the Bays Fun Run/Walk in 45 minutes or less.**

If you feel you need a check-up from your Doctor to be sure you are able to exercise, we encourage you to do this. However, exercise is the best way to improve your health and fitness. Below are some tips you can use throughout your training programme.

#### Some 'Training Tips' to apply from Day 1

**Stretching:** Refer to ACC website ([www.acc.co.nz](http://www.acc.co.nz) under 'Injury Prevention'). You should follow these stretches after every session.

**Warm Up:** It is important to warm up before every session; this will help to prevent injury. All it needs to be is a light walk or jog for 5-10mins, followed by the main leg stretches.

**Warm Down:** It is just as important to warm down by walking or jogging for 5-10mins at a light pace, and following the stretches on the ACC website.

**Training Days:** Spread your training days throughout the week (i.e day on, day off) until you are comfortable training 2-3 days in a row.

**Training Times:** Try to train at the same time everyday, this will give your training more structure and there is less likelihood that you will skip a session.

**Partner Training:** A great way to motivate yourself is by having a partner to train with, this could be a family member, a friend, or a work colleague. Whoever it may be, you will both benefit from one another.

**Sunblock:** As we all know, New Zealand is notorious for its shocking UV rays. This programme will be over summer so make sure you slip, slop, slap and wrap before heading out for your training sessions. You can still burn when it is cloudy so everyday requires sunscreen!

**Lamppost Theory:** Lampposts are a great way for you to increase the amount of running you are doing at an achievable rate. To begin with you can simply run from one lamppost to the next, and then walk for two. By the end of the programme you will be able to run for many lampposts and only walk for one!

**Training Diary:** A great way to keep track of your training and progress is to write everything that you do down in a diary. This way you can compare what you actually did to what you were supposed to do, ideally they will say the same thing though as following the training programme is the best way to go. Give each session a mark out of 10 as to how effective you felt the session was.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<b>Workout Day 1</b>	30 minute easy jog - don't forget to warm up and cool down! Stretching is also vital to remember.	Short intervals: 10 minute easy jog to warm up, then 4-6 x 40-45 seconds at 80% of race pace, jog 2 minutes in between each rep (this will be pretty tough). Jog for 5-10 minutes as a warm down. This is a good session to do with a training partner!	40 minute steady run. Are you drinking a lot of water? We need to consume 8 cups of fluid a day, and water is the best for you and your training.	45 minute run with a challenging hill. Do 4 x 2 minute hill repetitions as hard as you can go. Jog back down very slowly for 3 minutes in between. Rest of run is steady with 5 minutes jogging to warm down. Today you will definitely need to stretch!	Short intervals: 10 minute easy jog to warm up, then 4-6 x 40-45 seconds at 90% of race pace, jog 2 minutes in between each rep (this will be pretty tough). Jog for 5-10 minutes as a warm down. This is another tough session so as said before, stretch those muscles!	Long intervals: 10 minute easy jog to warm up, then 4 x 4min30sec intervals at 90% of race pace, with 4 minutes in between each rep (this will be another tough session). Jog for 10 minutes as a warm down, followed by at least 15 minutes of stretching.	50 minute steady run, including 4 x 50m (approximately 2 lampposts) strideouts. Simply lengthen your stride and use your arms.	30-35 steady easy run. This week will be easier so you are ready for the big day.
<b>Workout Day 2</b>	35 minute steady (this is slightly harder than an easy session, but not race pace) run. Include 4 x 50m (approximately 2 lampposts) strideouts. Simply lengthen your stride and use your arms. Have you got your sunblock on today?	45 minute easy run. Try and plan ahead when you are going to train, this way you can be physically and mentally prepared on a daily basis. And don't forget to stretch afterwards!	Long intervals: 10 minute easy jog to warm up, then 4 x 4 minute intervals at 90% of race pace, with 4 minutes in between each rep (this will be another tough session). Jog for 10 minutes as a warm down, followed by at least 15 minutes of stretching.	50 minute easy run. Make sure you <i>slip, slop, slap and wrap</i> before you head out today; even if it is overcast you can still get sunburnt.	55 minute steady run. Sunblock...are you wearing it?	40-45 minute easy jog. Remember to drink lots of water.	Short intervals: 10 minute easy jog to warm up, then 6 x 45-60 seconds at race pace, jog 2 minutes in between each rep (this will be pretty tough). Jog for 10 minutes as a warm down. This is another tough session so as said before, stretch those muscles!	20 minute easy run.
<b>Workout Day 3</b>	45-50 minute steady run. Keep a simple training diary so you can track your progress (mark out of 10 how effective you felt the session was afterwards).	40 minute run with at least 3 challenging hills (this will help to improve your leg strength).	50 minute easy run. Make sure you are filling out your training diary so you know how much you are improving.	Tempo run. 10 minute light run to warm up, then a steady 6-8 kilometre run near to race pace (about 90%). Finish with 10 minutes to warm down. Remember to stretch; once again you will need it!	45 minute undulating run. Have you been thinking about the foods you've been eating lately? You could swap chocolate with chopped almonds.	45 minute steady undulating run. Sunblock is vital whatever the weather!	55 minute easy run, followed by 15 minutes of thorough stretching. Keep up that water intake and training diary!	15-20 minute light jog.
<b>Workout Day 4 (Sunday if possible)</b>	35 minute easy run (keep it flat). Remember that what you eat is what fuels your body and gives you energy, so try to get some good carbohydrate and protein into your meals.	45 minute easy run (flat). How is that training diary coming along?	50 minute easy run (undulating). Remember that the lamppost theory is great if you are feeling a bit sluggish.	60 minute easy run (flat). Having a training partner makes it a lot easier to get motivated!	70 minute steady run. If you train in the morning you can have the rest of the day to do as you please, how about heading to Chocolate Fish for brunch?	60 minute hard run. Treat yourself afterwards with a nice and healthy smoothie.	50 minute hard run, including 4 x 50m strideouts. Only 1 week until race day!	Race day - good luck! Try and break the 45 minute barrier. The night before remember to eat plenty of pasta, bread, and fruit for energy the next day. It is also important to hydrate yourself by drinking a lot of water the day and night before. And of course... don't forget your sunblock!