

## Fun Runner Training Programme – Pelorus Trust Wellington Round the Bays 2010

### **Goal: To complete the Pelorus Trust Wellington Round the Bays Fun Run/Walk in 60 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>                      | Walk/jog for 10-15 minutes at a pace that doesn't get you out of breath. This is a good opportunity to follow the Lamppost Theory: for example, run for 1 lamppost, walk for 2, and continue.                        | 45 min walk (up hills at a brisk fast pace).  | 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! | 60 minutes brisk walking, including 2 or 3 challenging hill climbs. Are you wearing your sunblock today?  | 3 x run for 12 minutes, walk 3 minutes. Eating healthily will help your training and give you more energy, so not too much of that beloved chocolate! Replace it with chopped almonds instead. | 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. As this is a hard session it is really important to stretch afterwards. | Easy run for 50-60 minutes. Sunblock is still essential so don't forget to slop it on!  | Light run for 35-40 minutes. Include 5 x 50m strideouts, this will simply add a little speed work to your session. You have an easy week ahead as race day looms!  |
| <b>Workout Day 2</b>                      | Walk/jog for 15-20 minutes at a comfortable pace. Finish with some light stretching. Keep a simple training diary so you can track your progress (mark out of 10 how effective you felt the session was afterwards). | Walk/jog for 30 minutes (include some undulating hills if possible). Don't forget your sunblock today! Cloudy weather doesn't mean you won't get burnt! | Walk/jog for 45 minutes (try to run for at least 15 minutes at a time and if you walk do it at a brisk pace). Stretching is important so you must keep them up after sessions!  | Jog/run for 45 minutes (try to run for at least 15 minutes at a time and if you walk do it at a brisk pace for a short time).   | Walk 5 minutes for a warm up, then jog for 25 minutes, cooling down with a 5 minute walk. Are you keeping that training diary up to date?  | 40 minute run, include at least 3 challenging hills. This will be a tough session but will improve your leg strength.   | 3 x run 15 minutes, walk/jog 5 minutes. Run at 80-90% of your race pace. Finish with a light 10 minute jog and some stretching. | 25-30 minute easy run. Now would be a good time to read over your training diary and see how far you have come.  |
| <b>Workout Day 3</b>                      | Walk/jog for 20 minutes at a pace that you could hold a conversation. If you're a jogger/walker, keep track of your jog-walk ratio and try to increase the jogging, eg. Run 2 lampposts, and walk for only 1.        | 45 minute walk/jog. The lamppost theory is good for these steady sessions.  | 3 x run for 15 minutes then walk for 3 minutes. Keeping track of your training helps you keep track of your progress so a diary is quite helpful.   | 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! <b>And don't forget to stretch!</b> | Jog/run for 40-45 minutes. This is an ideal session to finish with 20 minutes of stretching, ensuring you spend plenty of time on every stretch.   | Warm up with a 10 minute light jog, then 8 x 3 minutes moderately hard, with a 2 minute jog in between. Finish with a light 5-10 minute jog. You will definitely need to stretch after this session.  | 35 min hill run. This will be a tough session but will improve your leg strength.   | 15-20 minute very easy run. You should now be slightly increasing the amount of fluids you are drinking.   |
| <b>Workout Day 4 (Sunday if possible)</b> | 25 minute easy run (on easy runs try to run without walking no matter what speed you are running at).  | 35 minute easy run (if this is too long try and run for 15 minutes and then have 2-3 minutes walking, running another 15 minutes to finish).            | 40 minute easy run. Running in the morning means you have the rest of the day to spend as you please!   | 40 minute steady run. Remember that we need 8 cups of fluid a day, so it's a good idea to keep a water bottle or jug next to you while at work in order to keep those fluids up.  | 45 minute steady - hard run. Make sure you <i>slip, slop, slap and wrap</i> before heading out for this session.   | 55 minute easy run.   | 60 minute steady run. We are nearing race day so ensure you are drinking plenty of water every day.                             | Race day - good luck! Try and break the 60 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! |