

Walker/jogger Training Programme – Pelorus Trust Wellington Round the Bays 2010

Goal: To complete the Pelorus Trust Wellington Round the Bays Fun Run/Walk in 90 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 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
Workout Day 1	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.	Walk/jog for 15-20 minutes at an easy pace. Don't forget the sunblock!	Walk/jog for 25 minutes at a steady pace.	Walk for 10 minutes then run for 20-25 minutes. Walk for 10 minutes to finish. Working out with a friend or family member is a great motivator.	Walk 15 minutes at a brisk pace, then jog for 15 minutes, to finish walk 20 minutes at a fast pace.	2 x walk 10 minutes run 15 minutes. Are you still keeping a training diary?	Warm up and then jog for 40 minutes without stopping.	Jog for 30 - 40 minutes very steadily .
Workout Day 2	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 20-25 minutes at a comfortable pace. (You should be able to talk whilst jogging).	Walk for 5 minutes, then run for 10 minutes, walk for another 5 minutes and finish with a 10 minute run.	3 x walk 5 minutes, then run 8 minutes.	Walk at a brisk pace for 60 minutes	4 x walk 5 minutes, jog 5 minutes. Keep up with your stretching!	Walk 5 minutes, then jog for 45 minutes. Are you wearing your sunblock?	Walk 20 minutes then jog 10 minutes (nice and easy now as race day nears!).
Workout Day 3	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.	Jog for 5 minutes, then brisk walk for 10 minutes, and repeat. Remember to stretch after workout to prevent sore muscles!	Walk for 5 minutes, then run for 15 minutes. Walk for 10 at a brisk pace. If this is a struggle, use the lamppost theory, eg. Run for 3, walk for 1.	2 x walk 5 minutes then jog for 12 minutes. Sunblock is still vital!	3 x walk 5 minutes then run for 10 minutes.	Walk/jog for 50 minutes.	Warm up, then 2 x 20 minute jog, 5 minute walk. Only 5 more training days to race day!	10 minute walk then 10 minute run, finish with a 10 minute walk.
Workout Day 4 (a Sunday if possible)	Walk steadily for 40 minutes.	Walk steadily for 50 minutes.	Walk at a brisk tempo for 60 minutes (try to organise your day around your exercise programme).	Walk at a brisk tempo for 70 minutes.	Walk at a brisk pace for 75 minutes. Remember the lamppost theory if you feel like jogging for an added challenge!	Walk at a brisk pace for 80 minutes.	Warm up and then jog for 70 minutes, walk when you need to but try and run for at least 10 minutes at a time.	Race day - good luck! Try and break the 90 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!