

Beginners Running Training Plan

Week 1

This training Plan assumes you can already complete a distance of 3-5 miles (5km-8km), either running or walk/running. There is no cut-off time for this race so completing it safely, with a real sense of achievement and a continued joy of running, is our aim. When training for a race the time spent on your feet is more important than how far you go.

Mild discomfort when running is to be expected, but if anything causes pain or dizziness, stop immediately.

When we begin to run, some of us give up instantly because it all seems like a horrible way to spend time. Heavy breathing, feeling like you might collapse, legs are on fire and lungs are a burning inferno.

This usually just means we've got over-excited or embarrassed that people are looking and pointing at us (they're not. Believe it or not, I guarantee they're either hugely impressed or seethingly envious). We've just started off trying to run too fast.

For that reason, the RPE (Rate of Perceived Exertion) scale was invented.

RPE 1: Very Easy—a pleasant effort you feel you could keep up almost indefinitely.

RPE 2: Comfortable—you're not holding yourself back but you can still easily carry on a conversation.

RPE 3: Comfortably Hard—the highest intensity at which you can speak comfortably.

RPE 4: Hard—after a few minutes at this intensity, your breathing is laboured.

RPE 5: Very Hard—an effort that you can sustain for a couple of minutes at most

When running for a distance, and at the very beginning of our running journey, we want to aim for an RPE of 2: Comfortable—you're not holding yourself back, but you can still easily carry on a conversation.

Everyone's RPE scale is different, so if you're running with a friend and they say they're already at RPE 2 and you're still at RPE 1 or have already got to RPE 3, adjust your running accordingly. That way you'll be able to run the distance required without feeling awful.

You will need to run in the higher RPEs at some point – for speed work, a little burst of speed to overtake someone slower or to get out of the way of a speeding car. But for distance work, stick at RPE 2.

Some of the training for this plan uses the Walk/ Run method. You'll need to Walk at RPE 1 (*Very Easy—a pleasant effort you feel you could keep up almost indefinitely*) but this should ideally still be a fairly brisk pace. You just want to walk sections to recover enough to run the next section at an RPE of 2. More about Walk/Running in a bit.

***Before all of these runs complete the warm up stretches described in the Strength session.**

Week 1

Day 1: Rest

Day 2: Run/Walk Interval session (30 minutes + warmup & cooldown)

- A) Walk 5 min @ RPE 1
- B) Run 5 min @ RPE 2 (or walk/run e.g run as far as is slightly challenging and then walk briskly to get your breath back. Try to break this into regular chunks, e.g. 30 secs run, 30 secs walk. You decide how best this works for you).
- C) (30 seconds @ RPE 5 (run fast) then 2 min @ RPE 1 (recovery walk)) x 4 sets
- D) 5 min @ RPE 2 (or walk/run e.g run as far as is slightly challenging and then walk briskly to get your breath back. Try to break this into regular chunks, e.g. 30 secs run, 30 secs walk. You decide how best this works for you).
- E) 5 min walk @ RPE 1

Day 3: Strength Train (See video)

Day 4: Walk 60 min unbroken @ RPE 1–2 (No time limit)

Day 5: Run/Walk Interval session (30 minutes + warmup & cooldown)

As Day 2 except point 'C' changes to:

- C) (30 seconds @ RPE 5 (run fast) then 2 min @ RPE 1 (recovery walk)) x 4 sets

Day 6: Optional: Walk, Walk/Run or Run 30 min @ RPE 1–2 or Rest

Day 7: Long Run or Run/Walk 3.5 - 5 miles (5.5km – 8km) @ RPE 2 or RPE 1–2 (No time limit)

***After all of these sessions perform the cool down stretches described in the Strength session.**¹

by Faye

¹ TrainedbyFaye August 2020

Strength Training

Week One Strength Session

No equipment required.

If any pain is experienced, stop.

Ensure you've watched the video for correct exercise technique

If this seems easy for you, do remember you have to run on those legs for the rest of the week. You may find your muscles won't ache until 24-72 hours after performing these exercises. So, give this first one a go and see how you feel. If you have no DOMS symptoms (Delayed Onset Muscle Soreness), or at least none that prevent you from running, you can always add on a few more reps or another round next time.

Warm up: Dynamic

- Leg Swings x 10 each leg
- Arm Circles x 10 each direction
- High Knees x 10 seconds
- Fast Feet x 10 seconds
- Windmills x 10
- Hip openers x 5 each side
- Side to sides x 5 each side
- Torso twists x 5 each side

If you're used to strength training you will be performing 3 sets of each of the following.

You can either perform each for 1 minute with a 30 second rest between, or with no rest.

If you are new to strength training you'll be performing 2 sets. You can perform each set for 30 seconds or 60 seconds. Rest as much as you need between. Try not to rest during the work period.²

Set One (Beginners x 2 rounds / Intermediate x 3 Rounds)

- Legs - Eccentric Squats (slow down, fast up. Training Tip: Push the floor away through your heels)
- Arms – Press ups
- Core – Knee Swaps
- Glutes – Glute Bridge with squeeze

² TrainedbyFaye August 2020

Set Two (Beginners x 2 rounds / Intermediate x 3 Rounds)

- Legs – Lunges (Training Tip: Ensure your front knee remains in-line with your second toe)
- Arms – Renegade Row (Training Tip: Pause for a moment and squeeze your back muscles at the top of the row)
- Core – Bird Dog
- Glutes – Donkey Kicks

Set Three (Beginners x 2 rounds / Intermediate x 3 Rounds)

- Legs – Squat Jumps with a 15 or 30 seconds hold on the 5th & 10th
- Arms – Tricep Dips
- Core – Plank Rocks
- Glutes – Clamshells

Cooldown Static Stretches

Hamstrings – Feet double width apart and roll down to comfortable stretch long the back of the legs.

Quads – Grab a foot and pull it up behind you. Keep your knees together.

Glutes – Cross one ankle over the other bent knee, and sit down into the stretch

Triceps – Hand up and over head, bend elbow and place hand between shoulder blades. Apply a little bit of pressure to the elbow with your other hand.

IT Band and Lats – wrap Right foot behind Left. Place left hand on left hip. Place right hand overhead and lean to the left (you should look like a bit like a ballet dancer!)³

by Faye

³ TrainedbyFaye August 2020

Nutrition⁴

If you already run you have probably found what works best for you. However, if this is all new to you this may be helpful. Remember not everyone's body works the same though.

There's lots and lots of advice about when and what to eat with regard to running, but according to the International Olympics Committee Protein should be eaten after exercise as this is the time that is most associated with optimal muscle growth and renewal.

Large amounts of fat shouldn't be consumed before running, as this could cause gastric problems (Yikes!).

Carbohydrates (ideally healthy ones, but come on, you're running, so this is individual choice!) can be eaten 2 hours before running (to avoid exercising on a full stomach), during running if you're going to be out for 60 minutes or longer to help keep energy levels up, and also after running to aid recovery.

You may have heard of Carb-loading, where you eat a massive meal of pasta the night before a run. This isn't necessary, sadly. You're unlikely to need that many calories unless you're long distance running.

Pre-run (eat 2-4 hours before running)

Oats (e.g overnight oats, porridge or if you need to eat and run then a small flapjack)

Nut butter sandwich or on toast

Bagel with butter

Muffin

What to avoid on the the day / night before:

Foods very high in fibre

Excessively fatty foods

Unusually spicy foods

Caffeine-heavy drinks (Having said that I always have a coffee in the morning of a run)

Alcohol

⁴ TrainedbyFaye August 2020

During your run:

Drink little and often whilst running – water or weak squash will be perfect.

You might decide you need a snack to keep you going. More about fuelling your runs in future weeks.

Recovery foods (Post-run)

Exercise will often subdue our hunger pangs (at least for a while) so you may want to have a small snack with a mixture of carbohydrate and protein, such as Chocolate milk, followed by a larger meal when you feel ready.

Nut butter on banana bread is a nice recovery snack too. Alternatively have whatever you fancy (but not too much, obviously).

This challenge, for some people, might be part of a greater purpose of losing some body fat. If it is then a good tip is to eat what you normally would on a normal day, and don't eat the calories you burned through running. If you're feeling weak or dizzy during your training, eat more.⁵

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⁵ TrainedbyFaye August 2020