

Beginners Running Training Plan

Week 2 ¹

This training Plan assumes that before commencing 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.**

¹ TrainedbyFaye September 2020

Week 2

Day 1: Rest

Day 2: Run/Walk Interval session (approx. 31 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) (45 seconds @ RPE 4 (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 70 min unbroken @ RPE 1–2 (No time limit)

Day 5: Run/Walk Interval session (approx 36 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) 45 seconds @ RPE 4 followed by 2 minutes recovery @ RPE 1 x 6 sets
- 5 minutes @ RPE 2
- 5 minutes @ RPE 1

Day 6: Optional: Walk, Walk/Run or Run, or cross-train (e.g swim, cycle etc)

35 min @ RPE 1–2 or Rest

Day 7: Long Run or Run/Walk 4 – 6.5 miles (5.5km – 8km) @ RPE 2 or RPE 1–2 (No time limit. If you're aiming to complete the race distance in one go aim for the longer distance)

***After all of these sessions perform the cool down stretches described in the Strength session.** ²

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Strength Training

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.³

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

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 or the row)
- Core – Bird Dog
- Glutes – Donkey Kicks

³ TrainedbyFaye August 2020

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!)⁴

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⁴ TrainedbyFaye August 2020

Nutrition⁵

As part of my Personal Training I also advise on Nutrition on a one-to-one basis or to groups of like-minded people wanting to lose fat or retain/gain muscle. My mindset for each of these is to always eat real food. Ideally if it has single, recognisable ingredients, starting with the land or sea principle. Chiefly, does it grow, or can you catch it (i.e. is it plant-based, or (if you're a meat/ fish/ egg-eater) does it come from an animal or fish?

Here is a crash course in macro nutrients – this is a huge subject, with many differing voices and opinions, so if you are interested in learning more make sure you get your information from reputable sources.

There are 4 macronutrients that the body can get from food and drink. Water, Carbohydrates, Proteins and Fats.

Water is vital for our bodies so we need to ensure that we drink enough throughout the day. Staying hydrated during your run is important too, as dehydration will fatigue you quickly, and can be very dangerous. We'll discuss more about this in subsequent weeks.

Proteins, amongst other uses, are vital for building and repairing muscle. Most dietary protein comes from animals and fish, however many people live a perfectly healthy lifestyle by consuming only vegetarian or plant-based foods. Proteins are made up of amino acids and there are 9 essential amino acids that we need to get from our diets. It was believed for a long time that vegans couldn't get all 9 from their chosen foods, however this has since been disproven. With clever and sensible selection, and a little knowledge about what nutrients individual foods contain, a plant-based diet can be an extremely healthy one.

Carbohydrates are the body's primary source of energy. Some weight-loss diets discourage eating them, but the key is in finding the right ones to eat, not to avoiding them.

Carbohydrates can be found in numerous foods, including

Dairy products / Dairy replacement products

Fruits & Vegetables

Grains

Nuts

Legumes

Seeds

Sugary foods and sweets

Carbohydrates come in 2 main types;

Simple carbs are found in processed, refined foods like ***sugar**, pasta, and white bread. It's generally the simple ones we want to avoid as much as possible.

And **Complex carbs** which take longer for the body to break down and are found in vegetables, whole-grain pasta and bread, brown rice, and legumes. Including complex carbs in your diet will also mean you are consuming starches and very importantly, fibre. Aim to eat at least 6 vegetables of different colours every day and 2 fruits (berries are particularly good).

*Sugar is often added to foods (often without being plainly named as such) and include raw sugar, brown sugar, corn syrup and high fructose corn syrup, glucose, fructose, sucrose, and fruit juice

⁵ TrainedbyFaye September 2020

concentrate. Sugars perceived as 'good' e.g. honey, agave, fructose (from fruits) contain the same amount of calories as granulated sugar, and can cause the same problems in our bodies as other sugars, and so cannot be seen as particularly healthy either.

Fat is a source of essential fatty acids, which the body cannot make itself. It helps the body absorb vitamin A, vitamin D and vitamin E. These vitamins are fat-soluble, which means they can only be absorbed with the help of fats. So most people shouldn't cut out all of the fat in our diets either.

I also recommend to most people that we eat full fat foods rather than low fat or no fat. Most reduced foods that have the fat reduced or removed will have added chemicals, sweeteners or sugars to make them tasty. So although you might be able to have more of it for the same amount of calories as a full fat version, and it might taste nice, you're eating a lot of unnecessary simple carbohydrates, that won't give your body much useful energy. For the same calories you can have less of the Full Fat version. But why can this be a good thing? Surely we want more so we feel like we've had enough to eat? Nope. The good news is that healthy fats will fill you up and make you feel satiated. And not be full of chemicals or 'empty' calories.

However, I don't believe that anything should be banned. I consider an 80/20% ratio an excellent way to manage health and lifestyle combined. Eat 80% of your intake from all of the good stuff (Grown or Caught) and then the other 20% can be 'treats'. That way you should never feel deprived or guilty.

The calorific content of each of the macronutrients is important to know when you're attempting to control the amount and type of calories you take into your body.

Protein (all types) 4 Kcal per gram

Carbohydrates (all types) 4 Kcal per gram

Fats (all types) 9 Kcal per gram

The take-away point from all of this is to aim to make up the majority of our foods from simple, non-processed foods, whether you're in training or not. If you can't recognise any ingredients in the listed contents of a food, it will likely be processed. Think about whether it can be grown or caught.

All this talk of running, strength, food and nutrition might be making you hungry and keen to get some exercise. So here's a couple of easy recipes for a quick pre-run or mid-run snack.

Energy Balls

Most energy balls are made with dried fruit, nuts, seeds, and other mix-ins. However, I've also included below a nut-free version. You'll need a food processor in order to pulverize everything into a dough to form your energy balls.

They are typically packed with healthy fats, fibre, and protein, making them a healthy snack. BUT remember because of the high fat content they will be high calorie (around 100 cals each for the versions below)

You can keep energy balls in a bag in the freezer for up to 3 months or, in an air-tight container in your fridge for up to 2 weeks.

Basic NUTTY Energy Balls

Prep: 20 Minutes Cook: 0 Minutes Total: 20 minutes

Ingredients (Makes 20 balls)

170g (6 oz) dried fruit of your choice (e.g pitted dates, figs, apricots, etc.)

340g (12oz) cups rolled oats

170g (6 oz) nut butter or 2 cups nuts

85g (3oz) cup all-natural sweetener if needed (honey, maple syrup, or agave nectar – if you don't want the sweetness this will add then reduce the amount or leave out completely and add more sticky fruits or chia seeds and a little liquid, such as fruit juice)

85g (3oz) dry mix-ins of your choice (e.g. chia seeds, flax seeds, dried coconut, chocolate chips, spices, etc)

Instructions

- Place rolled oats in a food processor on high for about a minute until you've formed oat flour.
- Then, add the rest of the ingredients to the food processor and process for another 1 to 2 minutes until your dough is formed. It should look and feel like cookie dough. The texture of energy balls depends on how drippy your nut butter is or how oily your nut of choice is. If balls are too dry add a bit more nut butter or a couple teaspoons of water .Or if it feels a little too wet, add in more rolled oats
- Using a tablespoon, scoop out the dough and then roll between your palms to form your balls. Repeat until dough is gone.
- Store energy balls by placing on a baking sheet and then into the freezer for 15-20 minutes. Once partially frozen, transfer into a freezer-safe bag and store back in the freezer for up to 3 months.

NUT-FREE Energy Balls (seed-free, coconut-free base recipe)

These nut free energy bites can be made seed-free and coconut-free, perfect for those with allergies. You can add in more tasty treats too, like vanilla essence, dried fruits or dark chocolate pieces.

Prep: 30 Minutes Cook: 0 Minutes Total: 30 minutes

Ingredients (Makes 20 balls)

400 g (7oz) *medjool dates pitted (roughly 20 dates)

2 tablespoons maple syrup or other sweetener (you can leave this out and add more dates or chia seeds and a little fruit juice if required)

3 tablespoons cocoa powder

300g (10.5 oz) rolled oats (divided into 2 equal measures)

Basic Recipe

In a large bowl, cover the dates with 2 cups of boiling water and allow to sit for 10 minutes.

Remove dates from water, shaking off excess, and place in a food processor fitted with a steel blade. Add 2 tablespoons of the water along with the maple syrup, cocoa powder, and 150g (5.25 oz) rolled oats.

Process until smooth, scraping down sides. If mixture doesn't process, add water 1 tablespoon at a time until it does.

Add the remaining rolled oats and pulse until it's mixed in.

Put the mixture in the fridge or freezer for at least 10 minutes before rolling between your palms into 1 tablespoon sized balls.

6Store in the freezer. If you plan to take them with you on your run try rolling them in a powder such as cocoa or ground almonds before freezing, to help them from going super-sticky as they warm up.

***Medjool dates** have a rich, almost caramel-like taste and a soft, chewy texture whereas **regular dates**, commonly called Deglet Noor, are usually smaller and have a firm flesh and a sweet, delicate flavour.

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