

## Beginners Running Training Plan

### Week 3<sup>1</sup>

*This training Plan assumes that before commencing you could already complete a distance of 3-5 miles (5km-8km), either running or walk/running, AND that you've completed the previous 2 week's training sessions 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.**

A reminder of the RPE (Rate of Perceived Exertion) and do remember, your RPE scale is individual to you.

**RPE 1:** Very Easy—a pleasant effort you feel you could keep up almost indefinitely. BUT not a slow dawdle, keep it brisk to keep your heart rate from dropping TOO much.

**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.

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

### Week 3

#### Day 1: Rest

#### Day 2: Run/Walk Interval session (approx. 40 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. 40 secs run, 20 secs walk. You decide how best this works for you).*
- C) (1 minute @ RPE 4 (run fast) then 2 min @ RPE 1 (recovery walk)) x 6 sets
- D) 7 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. 40 secs run, 20 secs walk. You decide how best this works for you).*
- E) 5 min walk @ RPE 1

#### Day 3: Strength Train (See video)

#### Day 4: Brisk Walk 80 min unbroken @ RPE 1–2

#### Day 5: Run/Walk Interval session (approx 35 minutes + warmup & cooldown)

- A) Walk 5 min @ RPE 1

---

<sup>1</sup> TrainedbyFaye September 2020

- 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. 40 secs run, 20 secs walk. You decide how best this works for you*).
- C) (2 minute @ RPE 3 followed by 2 minutes recovery @ RPE 2) x 6 sets
- 7 minutes @ RPE 2
- 5 minutes @ RPE 1

**Day 6: Optional: Walk, Walk/Run or Run, or cross-train (e.g swim, cycle etc)**  
40 min @ RPE 1–2 or Rest

**Day 7: Long Run or Run/Walk** 5.5 – 8 miles (9km – 13km) @ 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.**<sup>2</sup>

# TRAINED

*by Faye*

---

<sup>2</sup> TrainedbyFaye September 2020

## 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.<sup>3</sup>

### 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

---

<sup>3</sup> 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 5<sup>th</sup> & 10<sup>th</sup>
- 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!)<sup>4</sup>

TRAINED

*by Faye*

---

<sup>4</sup> TrainedbyFaye August 2020

## Nutrition

Running can have amazing effects on our bodies!

It can positively affect our Mental Health, Muscles, Shape, ability to endure and make massive improvements to our heart and Lungs... but sometimes it can also play havoc with our belly.

You may have heard of the attractively, yet aptly named, Runner's Trots.

Luckily not everyone suffers with gastric problems related to their running, but some of us do. And boy, can it be a nuisance. Apparently over 60% of runners experience the need to stop on their runs in an act of a very pressing nature, so it's nothing to be embarrassed about. It'll be just another of those things you'll openly chat to your fellow runners about – along with new PBs (Personal Bests), chaffing, and which of your races got cancelled this year (short answer; all of them except this one!).

The bouncing up and down that running obviously causes jiggles your internal organs about, and so this will push food through your digestive tract at a higher speed than normal. Also, blood is directed away from the stomach to the legs to enable you to keep running. These two factors combined can lead to you feeling queasy or in quite desperate need of a 'comfort break'.

Hormones can also add to the equation if you're entering a race and your belly is being bothered by a case of the nerves.

Fortunately, there are things you can do to cope with the discomfort if you do experience it.

1. If you're feeling nauseas because you're running on an empty stomach, eat something mild, such as a bland granola bar. Avoid bananas at this stage.<sup>5</sup>
2. Reduce your speed for a bit. This will slow the jiggling and might assist with the feelings of<sup>6</sup> immediacy or sickness.
3. Sip some cold water (don't glug it, that will make it worse as the fluid sloshes around as it tries to find somewhere to settle in your tummy).
4. If all else fails and you really need to go, find somewhere to have that poo. You might find that's not the end of it, so plan the rest of your route with other toilets in mind.

---

<sup>5</sup> TrainedbyFaye September 2020

<sup>6</sup> TrainedbyFaye September 2020

**\*\*\*There are reasons to stop completely, too. Dizziness, light-headedness, a headache, or actual vomiting are all signs that you should stop running, rest, and slowly hydrate.**

The best ways to avoid gastric problems in the first place.

1. Stick with foods you know for at least 72 hours before you plan to run any longer distance (over 3 miles). – Never try anything new or fancy (gels, drinks, sweets, breakfasts). If you're aiming to go for a short run then that's the time to try new things – foods, drinks, fuelling and clothes and shoes.
2. Avoid eating a large meal within 2 hours of running a longer distance (over 3 miles). And then avoid eating anything within 30 minutes before your run.
3. Stay hydrated – drink little and often. On the day before the race ensure you are properly hydrated.
4. Pre-run choose light, lower-fibre foods such as bananas, plain porridge, or whole-wheat toast.
5. Finding which foods affect you can be a useful process. Don't completely remove anything from your diet, but if you are experiencing gastric discomfort during runs you could experiment avoiding or limiting one or two of the following for 48 hours before a long run to see if they could be the culprit.

Heavy, high-fat meals.

High-fibre, high-fat, high-fructose foods

Alcohol

Dairy<sup>7</sup>

Cruciferous vegetables (a group of high fibre veggies that includes broccoli, cauliflower, cabbage, kale, bok choy, arugula, Brussels sprouts, collards, watercress and radishes).

Sugary foods

Spicy foods

Tomatoes are my main nemesis

6. And my final piece of advice? Try to have a poo before you run.

---

<sup>7</sup>TrainedbyFaye September 2020

Fingers crossed you won't be having any tummy troubles when you run, but if you are, or they begin to sneak up on you, hopefully this advice will give you a starting place to begin experimenting and finding out what's causing your problems.

If you ever think you're not a runner and you do get a dose of Runner's Trots, wear it as a badge of honour.

Of course, I don't mean literally.



# TRAINED

*by Faye*