

Intermediate Running Training Plan Week 1

This training Plan assumes you can already complete a distance of 6-8 miles (10–13km).

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

This training plan will be referring to the RPE scale – the Rate of Perceived Exertion.

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

***Before all of these sessions perform the warm-up stretches described in the Strength session.**

Day 1: Complete rest

Day 2: 3 to 4 miles easy running RPE 2 (Comfortable—you're not holding yourself back but you can still easily carry on a conversation) OR (Swimming, cycling etc 45 to 60 minutes at an easy to moderate effort)

Day 3: 5 to 7 miles easy running RPE 2

Day 4: Interval Session

Run 10 minutes RPE 2

(Run 30 seconds RPE 5 then 1 minute RPE 2 or 1, followed by Run 1 Minute RPE 4 then 30 seconds RPE 2) x 4 sets (no time cap)

Run 10 minutes RPE 2

Day 5: Strength Training (See video)

Day 6: 3 to 4 miles easy running RPE 2

Day 7: Long run! (6 to 8 miles, depending on what you're used to) RPE 2¹

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

¹ TrainedbyFaye August 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.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

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

² TrainedbyFaye August 2020

- 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

³ TrainedbyFaye August 2020

Nutrition

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

During your run:

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

by Faye

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.⁴

TRAINED

by Faye

⁴ TrainedbyFaye August 2020