

## Intermediate Running Training Plan Week 2

*This training Plan assumes that before commencing it 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 0.25km @ RPE 3 or 4, then run 1 km @ RPE 2) x 4 sets (5km in total, 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! (7 to 9 miles, depending on what you're used to) RPE 2<sup>1</sup>

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

*by Faye*

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<sup>1</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>2</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 of the row)
- Core – Bird Dog
- Glutes – Donkey Kicks

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<sup>2</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>3</sup>

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<sup>3</sup> TrainedbyFaye August 2020

## Nutrition

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 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)

### Ingredients

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.
- <sup>4</sup>Store 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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