

## Intermediate Running Training Plan Week 4

*This training Plan assumes that before commencing it you could already complete a distance of 6-8 miles (10-13km) AND have followed the previous 3 weeks training plans.*

**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. Remember your RPE scale is individual to you.

**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.**

**Training plan for the next 2 weeks. Train this week, scale back your training and run your Half Marathon next week.**

### Week 4

**Day 1:** Complete rest

**Day 2:** 5 to 6 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:** 6 to 8 miles easy running RPE 2

**Day 4:** Interval Session

Run 10 minutes RPE 2

(Run 0.5km @ RPE 3, then run 1 km @ RPE 2) x 6 sets (9km in total, no time cap)

Run 15 minutes RPE 2

**Day 5:** Strength Training (See video)

**Day 6:** 3 to 4 miles easy running RPE 2, Cross Train, or REST.

**Day 7:** Long run! (9 to 11 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.**

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<sup>1</sup> TrainedbyFaye September 2020

## Half Marathon Week

**Day 1:** Complete rest

**Day 2:** 5 to 6 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:** 3 to 4 miles easy running RPE 2

**Day 4:** Interval Session

Run 10 minutes RPE 2

(Run 0.5km @ RPE 3, then run 1 km @ RPE 2) x 6 sets (9km in total, no time cap)

Run 15 minutes RPE 2

**Day 5:** Strength Training (See video)

**Day 6:** Complete Rest

**Day 7:** Half Marathon! 13.1 miles or 21.1km

Make sure you run this at a pace you can sustain for the whole distance (maybe with a little heroic sprint finish at the end!!)

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## Strength Training

Simply repeat each exercise for the number of rounds specified below.

Equipment: A study bench or chair. (A weight such as a kettlebell, dumbbell or bottle of water is optional).

*If any pain is experienced, stop.*

**Ensure you've watched the video for correct exercise technique.**

### Warm up: Dynamic Stretches

#### Usual Warm up

- 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
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- If you're used to strength training, you will be performing 3-5 sets of each of the following as a circuit.
  - If you are new to strength training, you'll be performing 2-3 sets.

#### Warm up on Video:

20 x Jumping Jacks or Step outs  
10 x Windmills  
10 x Hip Openers (5 on each side)  
5 x Arm Swings  
6 x Chest Openers

#### Strength Circuits.

1. Side Plank – up to 30 seconds each side
2. Single leg glute bridge x 10 each side
3. Single leg Deadlift x 10 each leg
4. Step up with Knee Drive x 10 each leg
5. Single leg stand-ups x 10 each leg
6. Side Lying Leg Raises x 10 each side
7. Lunge or Split Squat x 10 each leg

**I haven't included a cooldown on the video, so make sure you stretch after the session. <sup>2</sup>**

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<sup>2</sup> TrainedbyFaye September 2020

## Nutrition

Did you know that our muscles are made up of 75% water? And that dehydration can cause a lot of problems, including poor mood and dizziness, fatigue, decreased alertness, constipation, headaches and loss of concentration.

Along with these symptoms, when we exercise and become dehydrated our blood volume decreases, we get decreased blood flow to the skin and decreased sweat rate, meaning that we can't get rid of the heat building up within us (our core temperature).

So of course, before, during and after our runs it's important to stay hydrated.

However, this isn't simply about drinking enough water.

As well as quenching our thirst, *what* we drink is as important as how much we drink. Our bodies need certain nutrients and minerals to function properly. Sports drinks with added Electrolytes (Sodium, potassium, magnesium, calcium, chloride & bicarbonate) are great for replacing those we lose through exercising.

Naturally, if we're hydrated when we run, we sweat. One of the minerals we need is sodium. Or salt. And that means we can lose an awful lot of this precious commodity through our skin. The hotter or longer the run, the more sodium we lose. So, if we're only drinking water, we cannot replace the salt our body needs to function.

The recommendation for replacing salt we lose through running is as follows:

**For activity longer than 1 hour add 0.5 – 0.7g of salt per litre of water**

So, what can we do, if we don't want to drink salty water, or buy often over-priced ready-made sports drinks, which are generally sold in plastic bottles?

Well, we can make our own. Below are several recipes for home-made sports drinks that might work out cheaper, tastier and more natural than shop bought ones. Plus, you can pop<sup>3</sup> them into a re-useable bottle.

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<sup>3</sup> TrainedbyFaye September 2020

**Remember though, to try them out on a short run or a walk so you know how your body reacts to them.**

Add all of the ingredients together (in a blender if they have anything solid in them) and pop into your water bottle.



### **Orange and Lemon Sports Drink**

700ml water

240ml orange juice

½ cup lemon juice

3 tablespoons of honey

½ teaspoon salt



### **Sugar-free melon and ginger sports drink**

130g watermelon, cut into cubes

350ml chilled berry-flavoured green tea

1 teaspoon of fresh ginger

1 pinch of salt

Stevia sweetener if required for taste

### **Green tea sports drink**



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<sup>4</sup>250ml water

1 cup of cooled green tea (any flavour)

1 teaspoon of honey, agave nectar or maple syrup

Juice of ½ a lemon

1 teaspoon coconut oil (yes this sounds odd, but it won't taste oily and it is high in potassium)

Small pinch of sea salt



### Coconut Water Sports Drink

480ml water or coconut water, or a mix of both

½ teaspoon of sea salt

4 teaspoons of honey

1 large slice of lemon or lime

You can see how easy these are to prepare, and how few ingredients they need. There's water (whether that's simple h<sub>2</sub>O, or it's the basis of the green tea, or even the water content of the melon), something to make it taste nice (a flavouring like the green tea, melon, or fruit), more often than not a source of carbohydrate (honey, agave, maple syrup) that acts as a fuel replenisher and also to make it taste more palatable if you have a sweet tooth, and of course that vital little bit of salt.

#### REMEMBER:

- Use a fluid plan that has been practiced in training BEFORE a race or long run.

And also, during your runs:

- Use a cool beverage that is palatable.
- Drink from a user-friendly container, not one that's going to spill all over you, or you can't get the lid off
- Ensure your fluids are easily accessible.
- Drink little and often<sup>5</sup>

### **Congratulations! You've done it!**

Once you've done it, let as many people as possible know - make sure you take a selfie (that bit's optional, honest) and reward yourself in whichever way makes you feel best (high-fiving strangers, a cup of tea, slice of cake, victory lap up and down your street etc) plus send in your evidence of your run/s so you can receive your well-earned bling.

If you're posting your run to your socials, tag **@noahsarkcharity** and **@trainedbyfaye** so we can celebrate with you!

You can also let us know when you'll be doing it. We're all cheering for you!

**Faye x**

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<sup>5</sup> TrainedbyFaye September 2020