

12 WEEK TRAINING PLAN



THIS BASIC TRAINING PLAN SHOULD HELP MOST BEGINNERS OR INTERMEDIATE RUNNERS (AND WALKERS) TO PREPARE FOR EITHER THE 6KM OR 12KM EVENT.

It is divided into three phases; **Aerobic Endurance** (4 weeks), **Strength** (4 weeks), and **Speed** (4 weeks). The plan eases you into longer runs (or walks) as the weeks go by and ends with a taper period that eases off the load to leave you feeling fresh for the big day. It is important that you understand that this programme is set up to help you achieve a good time given the available timeframe. Any training you do between now and the event will have you better prepared than no training at all. For this reason, if you simply want to "compete to complete", then miss out some of the runs during each week. The most recommended runs not to miss are the Tuesday, Thursday and Sunday runs, and the Saturday runs from week 5 onwards.

OTHER IMPORTANT THINGS TO KNOW

FOR YOUR OWN GOOD

If you are unsure about your health status, you should always talk to your doctor before making any radical changes to your current exercise load. "If in doubt, check it out". Please consult a medical practitioner or health professional.

NOTE FOR WALKERS

This training schedule can still be used as a walking programme. It is recommended that you simply multiply any session (depending on your event distance) by 1.5 to 3.0 times. Your chosen multiplier will depend on your current level of fitness and amount of time you can already comfortably walk. For example, a 20 minute run would become anywhere from a 30 minute (1.5 x 20 minutes) to a 1 hour (3 x 20 minutes) walk. This is calculated on the basis that the average runner travels at 3 times their own walking speed.

If you choose to use this programme as a walking programme, look at the additional information for walkers at the end of each of the sections below.

EASY

For the less fit person it may not feel that way, but you are attempting to run as slowly as you need to not be (too) out of breath. This is usually referred to as "conversation pace", where you should be able to hold a conversation with a running partner.

Walkers should increase the time of these sessions by 2.0 to 3.0 times.

HILL REPS

Find a hill that is not too steep and will take you between 1 and 2 minutes to run up (slowly). Always start hill repetitions with a 5 minute warm-up run and leave 5 minutes for a cool-down at the end (on flat ground, not the hill). The rest of the time (for example, 15 out of the allotted 20 minutes) you will "jog" to the top of the hill and then "jog" or walk back down. Use the time you have available between warm-up and cool-down to determine how many times you run up the hill. Take it easy, this is not intended to be a fast session.

Walkers are urged to do these sessions, but by walking rather than running. Walkers should increase the time of these sessions by 1.5 times.

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FARTLEK

The word "fartlek" is of Swedish origin which literally translates to "speed play". The intention of this session is to vary your heart rate and leg speed often and at random. For example, you might run faster than usual to the next lamp post and then ease back into your normal pace. Make the changes often (each minute or two) and keep the bursts varied in speed and distance. Each burst should last between 30 seconds and 1 minute. During the bursts you should always run faster than your intended race day pace (even if it is only a bit faster). Most importantly, have fun.

Walkers are urged to do this session, but by walking rather than running. However, you should follow that same procedure by increasing your walking pace (or perhaps even break into a jog). Walkers should increase the time of these sessions by 2.0 times.

5KM FUN RUN

Find out what is going on in your community and find a Fun Run. You don't have to do this fast, but it doesn't hurt to "give it a nudge". Don't overdo it though, and always be aware of what you have coming up on your programme; particularly if you have a longer run on the Sunday.

Walkers are urged to enter these events also, or replace with an equivalent walk on the day. The expected time increase will be 3.0 times what is outlined on the running programme.

NOTE FOR ALL

You can easily swap the Tuesday and Saturday sessions around later in the programme if this suits you better. For example, you may wish to do the Eastside 5km Run on a Tuesday night instead of the Hamilton 5km Park Run on Saturday morning. You may want to do the Smith and McKenzie 5km Run on a Wednesday night or the University 5km on the Monday. Either way, look at the pattern of the Rest and Recovery days and try to adjust them to suit your new training programme.

RECOVERY

Exactly that; slower than your usual pace if need be. This is most definitely a "jog". It is a good idea to do this session alone (if safe) so you are not controlled by anyone else's pace.

Walkers should increase the time of these sessions by 1.5 to 2.0 times.

REST DAY

Have a break from running (or walking), even if you are feeling good. It takes more than a twelve week training programme to get used to running five or more days per week. Enjoy the rest!

FOR FURTHER HELP, INFORMATION ABOUT THE HAMILTON CITY HAWKS OR PERSONAL COACHING ADVICE

Email Hadley (Crater Coaching) at craternz@gmail.com

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WEEK	PHASE	EVENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AUG 22 - 28 1	AEROBIC ENDURANCE	6KM	REST DAY	EASY 15MINS	EASY 15MINS	EASY 15MINS	REST DAY	EASY 20MINS	EASY 15MINS
		12KM	REST DAY	EASY 15MINS	EASY 20MINS	EASY 15MINS	REST DAY	EASY 20MINS	EASY 25MINS
		6KM	REST DAY	EASY 15MINS	EASY 20MINS	EASY 15MINS	REST DAY	EASY 25MINS	EASY 15MINS
		12KM	REST DAY	EASY 15MINS	EASY 25MINS	EASY 15MINS	REST DAY	EASY 25MINS	EASY 30MINS
AUG 29 - SEP 4 2	AEROBIC ENDURANCE	6KM	REST DAY	EASY 15MINS	EASY 20MINS	EASY 15MINS	REST DAY	EASY 30MINS	EASY 15MINS
		12KM	REST DAY	EASY 15MINS	EASY 30MINS	EASY 15MINS	REST DAY	EASY 30MINS	EASY 35MINS
SEP 5 - 11 3	AEROBIC ENDURANCE	6KM	REST DAY	EASY 20MINS	EASY 25MINS	EASY 15MINS	REST DAY	EASY 30MINS	EASY 15MINS
		12KM	REST DAY	EASY 20MINS	EASY 35MINS	EASY 20MINS	REST DAY	EASY 30MINS	EASY 40MINS
SEP 12 - 18 4	AEROBIC ENDURANCE	6KM	REST DAY	HILL REPS 25MINS	RECOVERY 20MINS	EASY 20MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 15MINS
		12KM	REST DAY	HILL REPS 25MINS	RECOVERY 20MINS	EASY 40MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 50MINS
SEP 19 - 25 5	AEROBIC ENDURANCE	6KM	REST DAY	HILL REPS 25MINS	RECOVERY 20MINS	EASY 25MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 15MINS
		12KM	REST DAY	HILL REPS 25MINS	RECOVERY 20MINS	EASY 45MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 60MINS
SEP 26 - OCT 2 6	AEROBIC ENDURANCE	6KM	REST DAY	HILL REPS 30MINS	RECOVERY 20MINS	EASY 30MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 20MINS
		12KM	REST DAY	HILL REPS 30MINS	RECOVERY 20MINS	EASY 45MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 70MINS
OCT 3 - 9 7	AEROBIC ENDURANCE	6KM	REST DAY	HILL REPS 25MINS	RECOVERY 20MINS	EASY 30MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 20MINS
		12KM	REST DAY	HILL REPS 25MINS	RECOVERY 20MINS	EASY 45MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 80MINS
OCT 10 - 16 8	AEROBIC ENDURANCE	6KM	REST DAY	HILL REPS 30MINS	RECOVERY 20MINS	EASY 30MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 20MINS
		12KM	REST DAY	HILL REPS 30MINS	RECOVERY 20MINS	EASY 45MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 80MINS
OCT 17 - 23 9	SPEED	6KM	REST DAY	FARTLEK 25MINS	RECOVERY 20MINS	EASY 30MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 20MINS
		12KM	REST DAY	FARTLEK 30MINS	RECOVERY 20MINS	EASY 45MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 90MINS
		6KM	REST DAY	FARTLEK 25MINS	RECOVERY 20MINS	EASY 30MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 20MINS
		12KM	REST DAY	FARTLEK 30MINS	RECOVERY 20MINS	EASY 35MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 80MINS
OCT 24 - OCT 30 10	SPEED	6KM	REST DAY	FARTLEK 25MINS	RECOVERY 15MINS	EASY 20MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 15MINS
		12KM	REST DAY	FARTLEK 30MINS	RECOVERY 20MINS	EASY 25MINS	REST DAY	5KM FUN RUN or 30MIN	EASY 70MINS
OCT 31 - NOV 6 11	SPEED	6KM	REST DAY	FARTLEK 25MINS	RECOVERY 15MINS	EASY 15MINS	REST DAY	REST DAY	ROUND THE BRIDGES
		12KM	REST DAY	FARTLEK 30MINS	RECOVERY 20MINS	EASY 15MINS	REST DAY	REST DAY	6KM & 12KM
NOV 7 - 13 12	SPEED	6KM	REST DAY	FARTLEK 25MINS	RECOVERY 15MINS	EASY 15MINS	REST DAY	REST DAY	
		12KM	REST DAY	FARTLEK 30MINS	RECOVERY 20MINS	EASY 15MINS	REST DAY	REST DAY	