

Novice 10km Training Program

How to use this program:

- ✓ Please visit your GP if you have not been exercising regularly for some time.
- ✓ This program has been designed to assist a **novice runner** get to the finish line of the [Wagga Lake Run and Ride](#).
- ✓ We are looking to build endurance in the legs and increase the amount of time that you can spend running each time. Remember for those who want to walk the event you can still use this program, just substitute brisk walk for run components.
- ✓ **Structure of ALL session:**
 1. 10min warm up of walk/jog and light stretch.
 2. Complete listed session.
 3. 10 min walk/jog cool down and stretch of all major muscle groups
- ✓ Put the Lake to Lagoon into your calendar and put the course map on the fridge. This is so you can refer to it regularly and remember what all the training is for.

The actual session that you will be doing that day

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Training	Rest	4 min run 2 min walk x4	Rest or X Train	20 min Walk/Run	Rest or X Train	4min run 2 min walk x 4	Rest or X Train
Diary	<input type="checkbox"/> Completed Time: _____ Dis: _____ Performance/Notes:	<input type="checkbox"/> Completed Time: _____ Dis: _____ Performance/Notes:	<input type="checkbox"/> Completed Time: _____ Dis: _____ Performance/Notes:	<input type="checkbox"/> Completed Time: _____ Dis: _____ Performance/Notes:	<input type="checkbox"/> Completed Time: _____ Dis: _____ Performance/Notes:	<input checked="" type="checkbox"/> Completed Time: 30 min Dis: 3 kms Performance/Notes: <i>Felt good, bit tired at the end</i>	<input type="checkbox"/> Completed Time: _____ Dis: _____ Performance/Notes:

Rest – no training
X Training – swimming, bike, weights or fitness class

Keep track of your results. Write down time, distance and how you felt on the run

Legend:

- ✓ **Walk/Run Session** – jog for as long as you can then walk until you feel up to another jog 20min eg Walk /Run. Run to be at a comfortable pace.
- ✓ **Time Run Session** – run for set time then walk to recover for set time. Run at a slightly faster pace.
- ✓ **Interval Session** – fast running with timed rest
- ✓ **SR** – Static recovery - standing recovery **JR** – Jog Recovery – jogs back to starting point **Rest** – rest only
- ✓ **Rest or X train** – You can choose to rest completely or do an alternative session.

Tips to get you started:

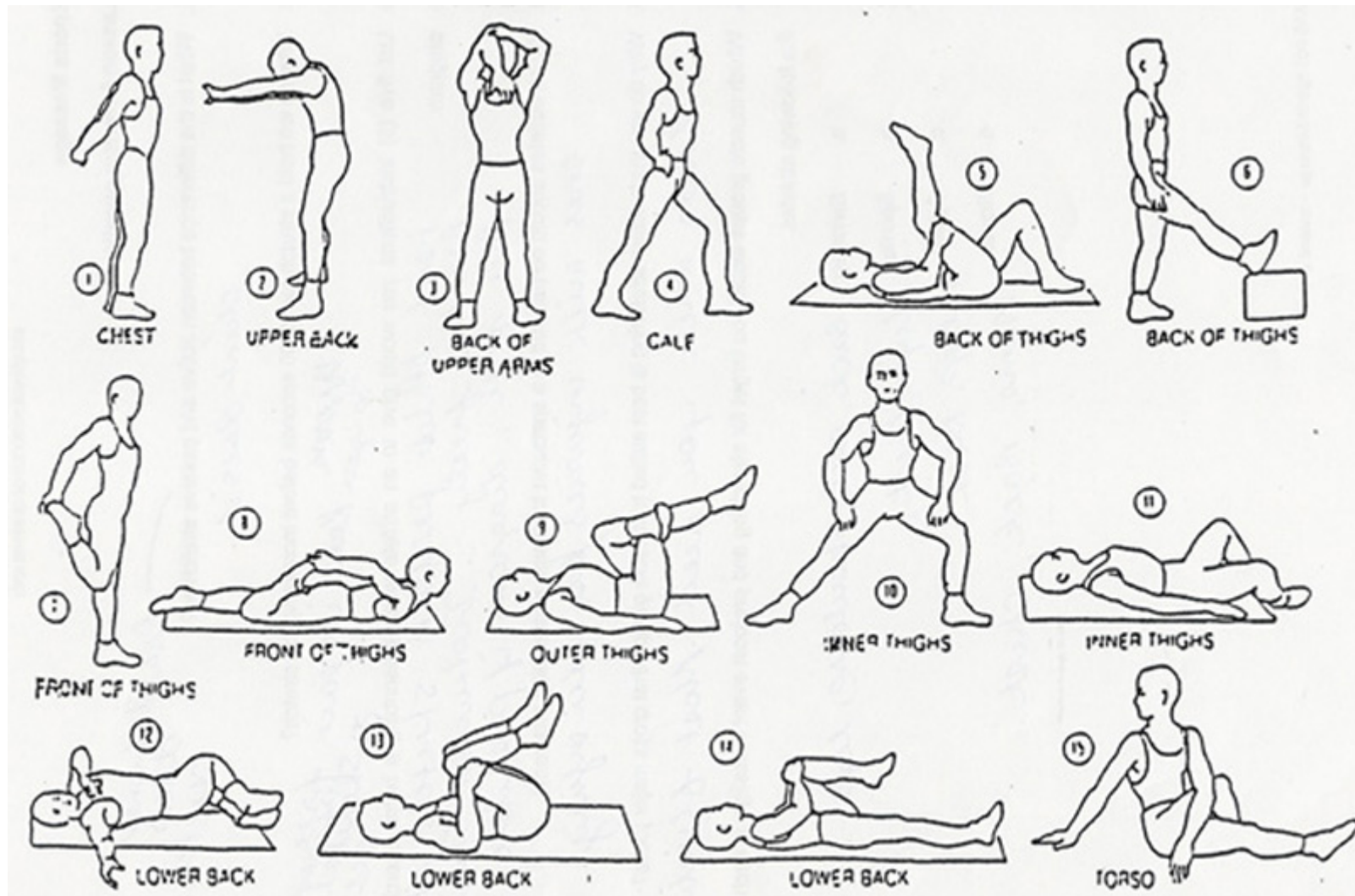
- ✓ Keep motivated by training with friends and family or changing the course that you run regularly. Several clubs in town have regular events- [Wagga Road Runners](#) and [Triants Triathlon Club](#). These are very social events that are a great place to meet people and get some great information about running.
- ✓ Measure your run by using an online pedometer. They are easy to use and can give you accurate distances of your run course. <http://www.gmap-pedometer.com/>
- ✓ Wear a hat and sunscreen – even if it's cloudy.
- ✓ **Invest in a decent pair of shoes.** And whatever you do, don't buy brand new runners just before an event. Give yourself plenty of time to break them in.
- ✓ If ever during a training session you feel light-headed, short of breath, experience irregular heartbeats or have chest pains - slow down, or stop until this passes and always seek medical advice.
- ✓ When choosing training routes, consider factors such as location, traffic, and overall safety.
- ✓ **Stretch your whole body before and after each training session.** Try not to bounce and hold each stretch for 15-30 seconds - stretching each side twice. Your leg muscles – the quadriceps, hamstrings, calves, shins and buttocks – need special attention. Stretching is the key to recovery. Remember that the better your recovery, the better you train next time.
- ✓ If you can, an hour or so before you train, fuel up on small healthy snacks and don't forget to drink plenty of water. You need roughly 1litre of water for every hour you train.
- ✓ **Set yourself targets to achieve in each training session reward yourself if you meet them.**
- ✓ Make sure that if you have a training session planned, you don't miss it. Or if you commence the session, you don't quit half way because you are feeling lazy. Consider training with a friend or group of mates. That way it is easier to stay motivated and meet your goals.
- ✓ **Listen to your body.** If you are getting tight or sore, put more effort into stretching those areas. Maybe even treat yourself to a professional massage. See a physiotherapist or sports doctor if pain persists.

Race day tips:

- ✓ Make sure you drink lots of fluid the night before the event. L2L ahs been known to be very hot (30+Degrees)
- ✓ Avoid alcohol the night before.
- ✓ Organise a car shuffle with friends to retrieve your car from the start.
- ✓ Have a good breakfast at least 2 hours before the run. Trying to run or walk 9.5km with a stomach full of bacon and eggs is not advisable. A light snack just before the start (like a banana or handful of lollies) would be a great idea to give you an energy burst.
- ✓ Get to the start early and to place yourself in the crowd according to your ability.
- ✓ **RUN YOUR OWN RACE!** Lots of people get caught up in the moment on their first fun run. Just relax and run at your own pace. We don't expect you to win – not first go anyway.

Running Stretches

Here are some basic running stretches that you can use before and after your runs.



Core Stability exercises for Running

Metronome

What It Hits Obliques.

Lie face up with your knees bent and raised over your hips, with your shins parallel to the ground, your feet lifted, and your arms out. Rotate your legs to the left, bringing your knees as close to the floor as possible without touching. Return to the centre, then rotate your knees to the right. Do 10 to 12 reps on each side.

Get It Right Make sure not to swing your hips or use momentum; start the movement from your core and continue to move slowly from side to side.

Make It Harder Keep your legs straight.



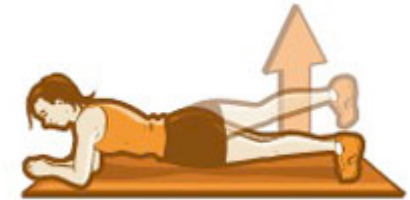
Plank Lift

What It Hits Transversus abdominis and lower back.

Begin face down on the floor, propped up on your forearms, with knees and feet together. With your elbows under your shoulders, lift your torso, legs and hips in a straight line. Hold this plank position for 10 seconds. Raise your right leg a few inches, keeping the rest of the body still. Lower and repeat with your left leg.

Get It Right Pull in your belly and don't let your hips sag.

Make It Harder Extend the time of the exercise. Each time you lift your leg, hold it for 15 to 20 seconds.



Side Plank

What It Hits Obliques, transversus abdominis, lower back, hips and glutes.

Lie on your right side, supporting your upper body on your right forearm, with your left arm at your left side. Lift your hips and, keeping your body weight supported on the forearm and the side of the right foot, extend your left arm above your shoulder. Hold this position for 10 to 30 seconds. Switch sides and repeat.

Get It Right Keep your hips up; don't let them sag.

Make It Harder Support your upper body with your right hand, instead of your forearm.



Superman

What It Hits Transversus abdominis (deep abs) and erector spinae (lower back).

Start face down on the floor, with your arms and legs extended out front. Raise your head, your left arm, and right leg about five inches off the floor. Hold for three counts, then lower. Repeat with your right arm and left leg. Do up to 10 reps on each side.

Get It Right Don't raise your shoulders too much.

Make It Harder Lift both arms and legs at the same time.

Bridge

What It Hits Glutes and hamstrings.

Lie face up on the floor, with your knees bent 90 degrees, your feet on the floor. Lift your hips and back off the floor until your body forms a straight line from your shoulders to your knees. Hold for five to 10 seconds. Lower to the floor and repeat 10 to 12 times.

Get It Right Squeeze your glutes at the top of the movement, and don't let your spine sag.

Make It Harder Straighten one leg once your hips are lifted.

