

Ruralco Longbeach Coastal Classic Run 21km Training Programme

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 weeks to go Rest	Run 30min & Stretch 5mins Intensity: Steady	Strength circuit, & Stretch 5mins Intensity – Moderate	Group Run Intensity - Hard	Rest	Run 30min & Stretch 5mins Intensity: Steady	Event Simulation Run 40min & Stretch 5mins Intensity - Steady
9 weeks to go Rest	Run 35min & Stretch 5mins Intensity: Steady	Strength circuit, & Stretch 5mins Intensity – Moderate	Group Run Intensity - Hard	Rest	Run 30min & Stretch 5mins Intensity: Steady	Event Simulation Run 50min & Stretch 5mins Intensity - Steady
8 weeks to go REST EASY WEEK	Run 30min & Stretch 5mins Intensity: Steady	Strength circuit, & Stretch 5mins Intensity – Moderate	Group Run Intensity - Hard	Rest	Rest	Event Simulation Run 50min & Stretch 5mins Intensity - Steady
7 weeks to go Rest	Run 40min & Stretch 5mins Intensity: Steady	Strength circuit, & Stretch 5mins Intensity – Moderate	Group Run Intensity - Hard	Rest	Event Simulation Run 40min & Stretch 5mins Intensity - Steady	Event Simulation Run 70min & Stretch 5mins Intensity - Steady
6 weeks to go Rest	Run 45min & Stretch 5mins Intensity: Steady	Strength circuit, & Stretch 5mins Intensity – Moderate	Group Run Intensity - Hard	Rest	Event Simulation Run 45min & Stretch 5mins Intensity - Steady	Event Simulation Run 85min & Stretch 5mins Intensity - Steady
5 weeks to go REST EASY WEEK	Run 35min & Stretch 5mins Intensity: Steady	Strength circuit, & Stretch 5mins Intensity – Moderate	Group Run Intensity - Hard	Rest	Rest	Event Simulation Run 60min & Stretch 5mins Intensity - Steady



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4 weeks to go						
Rest	Run 50min & Stretch 5mins Intensity: Steady	Strength circuit, & Stretch 5mins Intensity – Moderate	Group Run Intensity - Hard	Rest	Run 40min & Stretch 5mins Intensity: Steady	Event Simulation Run 100min & Stretch 5mins Intensity - Moderate
3 weeks to go						
Rest	Run 55min & Stretch 5mins Intensity: Steady	Strength circuit, & Stretch 5mins Intensity – Moderate	Group Run Intensity - Hard	Rest	Run 40min & Stretch 5mins Intensity: Steady	Event Simulation Run 120min & Stretch 5mins Intensity - Moderate
2 weeks to go						
REST EASY WEEK	Run 40min & Stretch 5mins Intensity: Steady	Strength circuit, & Stretch 5mins Intensity – Moderate	Group Run Intensity - Hard	Rest	Event Simulation Run 40min & Stretch 5mins Intensity - Hard	Run 30min & Stretch 5mins Intensity: Steady
Final Week						
Rest	Run 30min & Stretch 5mins Intensity: Hard	Rest	Run – 20mins Intensity - Hard	Rest – Check start time and race details	Rest – Prepare your gear and nutrition	RACE DAY! ATS LONGBEACH COASTAL CLASSIC



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How hard should I go?

Intensity	Description
Easy	Can talk easily e.g. recovery, cool down
Steady	Can talk comfortably but you are breathing more heavily
Moderate	You are really puffing now but can still talk in sentences
Hard	Don't feel like talking but can talk in single words
Very Hard	Sucking in all the oxygen you can!
Max	Sprinting - Giving it everything!!

Where to train?

The run is hillier than you might expect therefore make sure that you go for a few hill runs as part of your Saturday event simulation runs. Challenge yourself but make sure that you always keep self while out training.

Strength Circuit: This could be good to do as a group session as scheduled mid week or it could also be a quick fire 10 minute workout before or after a run - including one minute of each exercise: squats, press ups, side plank (30 seconds each side) lunges (one minute each side) plank, step ups (one minute each side) sit ups, tricep dips. This short strength workout will help you move better and decrease the chance of injuries.

Technique

"There is more to running than just strapping your shoes on and heading out the door. How you move will have a big influence on your efficiency as well as speed and therefore how much you enjoy your training and racing.

If you are thinking about how you are running (the technique of it) rather than how far you have to go to the end you will probably be going well.

Listen to your body

Go as you feel - remember this training plan is a guide to your training and there are a number of other factors that affect the stress that your body is under, such as work, friends and quality of sleep. Therefore if you are feeling tired start your session and if you still feel bad after 15 minutes either cut your session short or turn around and go home.

However if you start feeling better carry on with your session as planned

Therefore use the following as a guideline:

- Option A - Do the session as prescribed.
- Option B - Do the same intensity session but decrease the duration by a third.
- Option C - Do a short recovery session with a maximum of 20 minutes and at level 1-2 intensity - do not do the prescribed training.
- Option D - Rest and do nothing making sure that you are eating well just like every other day.



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Warming down

All times include the time to warm up but not your warm down - allow 3-5 minutes of easy exercise at the end of your session to warm down.

Get into the habit of stretching at the end of your session as part of your warm down. This is not included in the session time so please allow this. Lack of stretching can lead to a lack of power, poor technique and an increase chance of injury.

Nutrition

During your training make sure that you practice your race day nutrition. Get used to gels, sports drinks and foods so there are no surprises come race day.

Race day nutrition includes your meal the night before, your pre-race meal, during race energy food/fluid, and post-race food. Contact CP if you would like specific Nutrition advice.

Goal setting

Make a habit of writing a goal for yourself each week, achieving these will keep you on track and give you focus.