

# COUCH *to* QUARTER MARATHON

## 3 - MONTH GENERIC TRAINING PLAN

Just like a baby needing nine months in the womb before greeting the world, so a new runner should ideally spend at least nine months building up to running their first marathon, six months to their first half and three months to 10k.

This 2017 Lion Foundation Rotorua Quarter Marathon plan is designed for the absolute beginner runner looking to complete their first, or first in a long time, 10k event. Please ensure you have doctors approval to run and that you are already capable of walking 30 minutes non-stop. If you're looking to improve your 10k time, get in touch with us at [tempofit.org/online](http://tempofit.org/online) and we can provide you with a tailored plan to get your inner Ferrari roaring!

This plan assumes you'll be running 3 days per week. If you would like to run more than this, add a fourth easy-paced and easy-to-moderate length run to Wednesday. A fifth run could be added on Saturdays, but keep it easy and remember that for most beginner runners four runs per week is plenty.

Finally, be sure to listen to your body for any signs of niggles or fatigue and take rest days or easier/shorter days to allow your body and mind to get back to normal.

## DEFINITIONS

**Walk/Run:** To begin with, all your runs will include elements of walking. These will be done either with a certain amount of walking to warm up and warm down or with intervals with walking:running ratio (e.g. 3mins walking followed by 1min running = 3walk:1run).

**Time vs Distance:** Some of the runs in this plan are given in minutes rather than kilometres. This is to emphasise the point that the goal in these cases is to achieve time on your feet (either walking or running) rather than complete a certain distance).

**Easy:** Run at a pace at which you could hold a conversation the whole way. So you may need to alternate walking and running to keep your heart rate down.

**Strides:** Short, controlled bursts of faster running (NOT sprinting) designed to develop good technique. Do these towards the end of a run and follow each with a very easy 90 second jog.

**Fartlek:** A Swedish word meaning "speed play". Warm up with 10-20min jogging, then run intermittent bursts at a comfortably hard pace (one gear above easy pace) for a given period of time (jogging in-between efforts).

**Hills:** When running easy over hilly terrain aim to keep your heart rate to where it is when running on the flat (so you may need to walk some hills). When performing hill reps run harder uphill, but jog very lightly back down for recovery.

**Rest:** Take the day off from vigorous, load-bearing exercise. This is a good day for a gentle walk, yoga or pilates.

**X-train:** Some form of non-running exercise that will help develop cardio fitness, strength and/or agility. E.g. swimming, weights, walking, cycling, team sports, aerobics etc

## ABOUT

**Hayden Shearman** is the head coach of TempoFit—NZ's largest provider of group running training for runners of all abilities. Slow or speedy, experienced or newbie, in-person or online—all runners find a home at TempoFit.



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# FEB >> GOAL: GET THE BALL ROLLING

This month is all about slowly introducing running to your body. It will take awhile to get used to but stick at it because at about three weeks you'll feel something click and all of a sudden runs will be easier and your body stronger. Also be sure to include plenty of supplementary core work (glutes, abs, lower back etc — see tempofit.org for ideas).

WEEK STARTING	MON	TUE	WED	THU	FRI	SAT	SUN
30 JAN	20mins w/ 3:1 (walk:run ratio)	Rest	20mins w/ 5:2	X-train or rest	Rest	1k easy (15mins walk warm up&down)	X-train or rest
6 FEB	25mins w/ 3:1	Rest	25mins w/ 5:2	X-train or rest	Rest	2k easy (10mins walk warm up&down)	X-train or rest
13 FEB	30mins w/ 3:1	Rest	30mins w/ 4:2	X-train or rest	Rest	3k easy (5mins walk warm up&down)	X-train or rest
20 FEB	30mins w/ 2:1	Rest	30mins w/ 4:2	X-train or rest	Rest	4k easy (5mins walk warm up&down)	Light x-train or rest
27 FEB	30mins w/ 2:2	SEE MAR	SEE MAR	SEE MAR	SEE MAR	SEE MAR	SEE MAR

# MAR >> GOAL: FIRST BIG MILESTONE

In your fifth week of running you're going to hit your first ever 5k. This is a massive achievement so do your best to seek out an event (a fun run or parkrun) so you have others around you to pull you through. Don't worry about the time but do celebrate well with a nice meal and a massage or soak in a hot tub. This month we will also introduce some faster running.

WEEK STARTING	MON	TUE	WED	THU	FRI	SAT	SUN
27 FEB	SEE FEB	Rest	20mins w/ 3:3	X-train or rest	Rest	<b>RACE: 5k</b> (5mins walk warm up&down)	Light x-train or rest
6 MAR	30mins w/ 4:2	Rest	30mins w/ 2:4	X-train or rest	Rest	3k easy (10mins walk warm up&down)	X-train or rest
13 MAR	40mins w/ 3:2 + 3x10sec strides	Rest	30mins w/ 1:5	X-train or rest	Rest	5k easy (10mins walk warm up&down)	X-train or rest
20 MAR	40mins w/ 3:3 + 4x10sec strides	Rest	30mins w/ 1:6	X-train or rest	Rest	6k easy (10mins walk warm up&down)	X-train or rest
27 MAR	30mins w/ 2:4 + 5x10sec strides	Rest	4k easy w/ 3x 1min walks	X-train or rest	SEE APR	SEE APR	SEE APR

# APR >> GOAL: REACH BIG STEPPING STONES

The long run will inch up to the 8k mark, getting you within striking distance of the full 10.5k but saving those final two kilometres for race day. Also, pay attention to any niggles and be prepared to take an extra rest day if things flare up. And if you have a foam roller at home, use it!

WEEK STARTING	MON	TUE	WED	THU	FRI	SAT	SUN
27 MAR	SEE MAR	SEE MAR	SEE MAR	SEE MAR	Rest	<b>RACE: 5k</b> (10mins walk warm up & down)	Light x-train or rest
3 APR	40mins w/ 1:6 + 3x15sec strides	Rest	4k easy w/1x 3min walk	X-train or rest	Rest	6k easy (5mins walk warm up&down)	X-train or rest
10 APR	45mins w/ 1:7 + 4x15sec strides	Rest	4k easy	X-train or rest	Rest	7k easy (5mins walk warm up&down)	X-train or rest
17 APR	45mins w/ 1:8 + 4x20sec strides	Rest	5k easy w/ fartlek of 4x1min (3min jogs)	X-train or rest	Rest	8k easy (5mins walk warm up&down)	X-train or rest
24 APR	4k easy (5mins walk warm up&down)	Rest	5k easy w/ fartlek of 4x2min (3min jogs)	X-train or rest	Rest	5k easy (5mins walk warm up&down)	X-train or rest

# MAY >> GOAL: TAPER & ROTORUA QUARTER MARATHON!

All your training is like money in the bank now. So, to make sure you can withdraw those training funds when you need them, all you have to do in the final week is a couple of feel-good runs, pick up your race pack and bib, and get plenty of rest freshening up for race day. Enjoy!

WEEK STARTING	MON	TUE	WED	THU	FRI	SAT	SUN
1 MAY	4k easy w/ 4x20sec strides	Rest	3k easy (5mins walk warm up&down)	Light x-train or rest	Rest	<b>RACE: LION FOUNDATION ROTORUA MARATHON: 10.5k</b>	Head to the hot pools and relax!

Well done! You've done it!

Remember, that the finish line of one event is the start line of another. So have a sit down, dream and scheme and chart out your next goal and how you're going to get there. It might be to run faster next time or to go longer or to run some trails or something short and fast. With running the world is your oyster!!