

SPIRIT OF TASMANIA **RUNNING FESTIVAL**

LAUNCESTON 5K **BEGINNERS TRAINING PROGRAM**

Congratulations on your commitment to the Launceston 5K.

This race will take place on Sunday 3 June. Whether you're looking for a serious personal best or for a great run with lots of good company, our beginners training program will ensure you're perfectly prepared to get the most out of yourself and the race.

This 5-week training program is suitable for those who have never completed a 5k race before. It has been designed by one of Australia's best marathon runners both on road and trail, Vlad Shatrov. Vlad is also the founder of [Runlab](#) – a running group that has helped thousands of runners of all abilities “achieve their impossible.”

This program will help participants:

- Improve aerobic fitness and stamina
- Get into a good running routine
- Train for a maximum of three days a week for 5 weeks.

BEFORE YOU START

Have a health check

If you have any health concerns, check with your GP or physiotherapist that you're able to begin this training program. Listen to your body and if you're unwell or have any niggles, give yourself a day off. It's better to be cautious than to get an injury.

Personalise and persist

This program has been provided as a guide only. The recommended pace and heart rate, for instance, is based on an average and you may need to adjust both to suit your body and fitness.

If you have to miss any sessions due to family or work commitments, don't worry, simply adjust the training days slightly so you can complete the workout at another time that suits you.

Stay connected

Make sure you link up to the official Spirit of Tasmania Running Festival [Facebook](#) page to help keep you motivated and inspired.

Rest and recovery

On rest days, don't feel you need to spend the day on the sofa. Active recovery days are fine – go for a walk or do some low impact exercise such as swimming or cycling if you feel up to it.

Seek support

If you need more encouragement or support and think you would benefit from training in a group environment, consider joining a local running group or participate in [parkrun](#).

Trust the training

This training program builds gradually over a 5-week period. Don't worry if you find yourself at the start of the Launceston 5K never having actually raced that distance before. Trust the experience of the training program and you will be ready!

TYPES OF TRAINING

Below is an explanation of the different types of training you'll be doing during the next 5 weeks.

Warm-up

Before any training session it's important to do a good warm-up. This should include a jog of around 1k plus some ballistic actions such as forward and backward arm swings, side-to-side trunk rotations, walking lunges, forward and backward and side-to-side leg swings, jogging in place with high knees and butt kicks.

General aerobic

Generic aerobic runs require an easy to moderate effort. The aim is to enhance overall aerobic conditioning. Don't be worried if some days you run a little quicker, or a little slower than the suggested pace.

Run/walk/run

This style of running allows you to exercise for a longer period of time each session. This increases your aerobic capabilities more rapidly, burns more calories, and reduces your risk of injury.

Heart Rate (HR)

Being aware of your heart rate will provide the best indicator of how your body is responding to training. Some of the running sessions in your program will ask you to aim for a percentage of your maximum heart rate. The simplest way to calculate this is to simply subtract your age from 220. So, if you're 40, your maximum heart rate is 180. The easiest way to measure your heart rate is to use a heart rate monitor or fitness bracelet, install an app on your phone or simply place your two forefingers on your neck.

Rated Perceived Exertion (RPE)

In conjunction with your maximum heart rate, the RPE scale will also help you get the most from your training sessions by helping you measure the intensity of your exercise. The RPE scale runs from 0 – 10, depending on the level of difficulty and exertion. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or after strenuous exercise.

RPE SCALE		RUNNING ACTIVITY	TALK TEST	% OF MAX HR
0	Nothing at all	Comfortable. Very easy run/jog and walking.	Very easy, you can easily carry a conversation.	40 – 45%
0.5	Just noticeable			
1	Very light			
2	Light			
3	Moderate	General aerobic/recovery run	Very easy, you can converse with almost no effort.	51 – 55%
4	Somewhat heavy		Moderately easy, you can converse with a little more effort.	56 – 60%
5	Heavy	Long/medium-long run	Starting to get challenging, conversation requires effort.	61 – 67%
6			Difficult, conversation requires a lot of effort.	68 – 75%
7	Very Heavy	Tempo run/lactate threshold		76 – 80%
8			Very difficult, conversation requires maximum effort.	81 – 85%
9		VO2 Max/race pace	Full out effort, no conversation possible.	86 – 92%
10	Very, very heavy	Race pace/race pace to win		93 – 100%

5K BEGINNER | 5 WEEK PROGRAM

30 APRIL: 5 WEEKS TO RACE DAY

WEEK	Day	Session	Distance	Pace	HR	Runlab Comments
1	Monday	Rest				Active recovery/rest day
	Tuesday	Run/walk/run	3k approx. in total	Comfortable		Warm-up. 5 min run, followed by 3 min walk then 5 min run. Repeat 2 times. Cool-down RPE 2-3
	Wednesday	Rest				Active recovery/rest day
	Thursday	General aerobic	4k approx. in total	Moderate / challenging	133-151	Warm-up. Run/walk 3k at a steady pace and try to do so without stopping. Cool-down. Record your time. RPE 5-6
	Friday	Rest				Active recovery/rest day
	Saturday	Run/walk/run	3.5k approx. in total	Comfortable	40-50% HRM	Warm-up. Run for 2km, followed by a 4 min walk then run for 1km. Cool-down. RPE 2-3 Note: you can choose to do your weekend session on either Saturday or Sunday to suit your needs.
	Sunday	Rest				Active recovery/rest day

7 MAY: 4 WEEKS TO RACE DAY

WEEK	Day	Session	Distance	Pace	HR	Runlab Comments
2	Monday	Rest				Active recovery/rest day
	Tuesday	Run/walk/run	3.5k approx. in total	Comfortable / moderate		Warm-up. 5 min run, followed by 2 min walk then 6 min run. Repeat 2 times. Cool-down. RPE 2-3
	Wednesday	Rest				Active recovery/rest day
	Thursday	General aerobic	4k approx. in total	Moderate / challenging	133-151	Warm-up. Run 3k at a steady pace and try to do so without stopping. Cool-down. Record your time. RPE 5-6
	Friday	Rest				Active recovery/rest day
	Saturday	Run/walk/run	3.5k approx. in total	Comfortable / moderate		Warm-up. Run for 2km, followed by a 4 min walk then run for 1km. Cool-down. RPE 2-3
	Sunday	Rest				Active recovery/rest day

14 MAY: 3 WEEKS TO RACE DAY

WEEK	Day	Session	Distance	Pace	HR	Runlab Comments
3	Monday	Rest				Active recovery/rest day
	Tuesday	Run/walk/run	3.5k approx. in total	Comfortable / moderate	133-151	Warm-up. 5 min run, followed by 1.5 min walk then 6 min run. Repeat 2 times. Cool-down. RPE 3-4
	Wednesday	Rest				Active recovery/rest day
	Thursday	General aerobic	4k approx. in total	Moderate / challenging	133-151	Warm-up. Run 3k at a steady pace and try to do so without stopping. Cool-down. Record your time. RPE 5-6
	Friday	Rest				Active recovery/rest day
	Saturday	Run/walk/run	3.5k approx. in total	Comfortable / moderate		Warm-up. Run for 2km, followed by a 3 min walk then run for 1km. Cool-down. RPE 2-3
	Sunday	Rest				Active recovery/rest day

21 MAY: 2 WEEKS TO RACE DAY

WEEK	Day	Session	Distance	Pace	HR	Runlab Comments
4	Monday	Rest				Active recovery/rest day
	Tuesday	Run/walk/run	4k approx. in total	Comfortable		Warm-up. 5 min run, followed by 3 min walk then 5 min run. Repeat 3 times. Cool-down. RPE 2-3
	Wednesday	Rest				Active recovery/rest day
	Thursday	General aerobic	4k approx. in total	Moderate / challenging	133-151	Warm-up. Run 3.5k at a steady pace and try to do so without stopping. Cool-down. Record your time. RPE 5-6
	Friday	Rest				Active recovery/rest day
	Saturday	Run/walk/run	3.5k approx. in total	Comfortable		Warm-up. Run for 2km, followed by a 2 min walk then run for 1km. Cool-down. RPE 2-3
	Sunday	Rest				Active recovery/rest day

28 MAY: 1 WEEK TO RACE DAY

WEEK	Day	Session	Distance	Pace	HR	Runlab Comments
5	Monday	Rest				Active recovery/rest day
	Tuesday	Run/walk/run	3k approx. in total	Comfortable		Warm-up. 5 min run, followed by 3 min walk then 5 min run. Repeat 3 times. Cool-down. RPE 2-3
	Wednesday	Rest				Active recovery/rest day
	Thursday	General aerobic	2k approx. in total	Comfortable	133-151	Warm-up. Run 2k at a steady pace and try to do so without stopping. Cool-down. Record your time. RPE 5-6
	Friday	Rest				Active recovery/rest day
	Saturday	Rest				Active recovery/rest day
	Sunday	RACE DAY	5k	Challenging / difficult	167-171	Have a great run. Stick to your plan and feel confident in your ability having completed the training. Make sure you do a warm-up before your run. RPE 8-9

