



## Sutherland 2 Surf Training Program 2019

Thankyou for fundraising for Love Mercy Foundation. We're so excited to have you on our team.

This 10 week training program I have put together will help get you across the line in the Sutherland 2 Surf this year, or any 10km run!

If you have signed up to fundraise, you will receive a week by week email from me with some Pro-tips and some extra's along the way. Keep your eye out for an email on Thursday's for the following week's training plan.

Good luck!

**Eloise Wellings**

## WELL WORTH IT

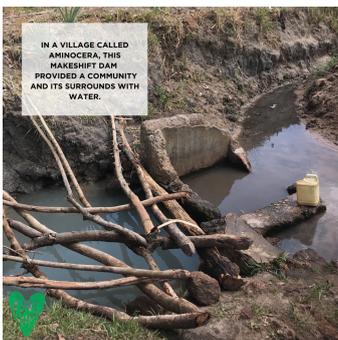
In northern Uganda, women and children walk anywhere from 5 -10kms 3 x per day to retrieve their water. In most cases, the water isn't even clean.

It contains bacteria and water borne disease that makes people very ill, and can lead to death if it is not treated.

Water collection keeps children out of school, preventing them from getting an education and being in a better position for life. It prevents women from caring for their family or working on their land, limiting the income and food that they can provide.

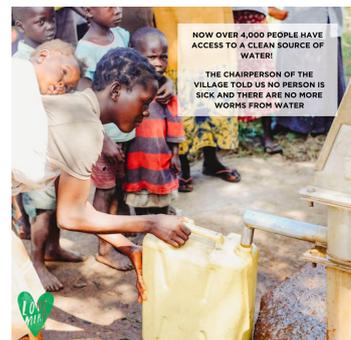


**Your run in the Sutherland to Surf is the equivalent of the path that would be walked every day to fetch water.**



Through running & walking events this year, we hope that 10 new wells will be funded to provide these communities with access to this resource that is a basic human right.

Thanks for being on the team!



## Things to know:

### 1. How do I know if I am a beginner or intermediate?

**Beginner** - If you don't currently run or have a baseline level of running fitness, you will fall into this category.

**Intermediate** - You currently run and have a base level of running conditioning fitness.

### 2. What do TEMPO, INTERVAL & LONG RUN mean?

**Tempo** - Tempo sessions are runs at a pace between 60-70% of your maximum effort. You won't be able to hold a conversation, but every few steps can talk.

**Interval** - Interval sessions are a run at 80-90% of your maximum effort. There is usually no holding conversations at this pace.

**Long Run** - Long runs are just that, long runs. It is at a pace you know you will be able to hold for an extended period of time.

The Intermediate plan will begin this training format from Week 1.

The Beginner plan will begin this training format from Week 3.

### 3. How do I plan my sessions?

Planning is important - you should always give yourself a day between each session for your body to recover.

However, on these 'rest days' keeping your body moving is important. A 20 minute walk or swimming some laps will benefit your training.

### 4. How do I know how far I have run and at what pace?

Download an app to your smartphone like Strava!

It will count your KM's, your total time and pace and elevation. You can also follow friends or fellow runners and keep each other on track!

### 5. I want to run with people. What can I do?

Use Strava or Facebook to get a group together.

We have a club called 'Well Worth It 2019' where you can see who else is running.

Join the event on Facebook and see who else is running. Send out a post in the group 'I want to run in the morning at x place, anyone around?'. People are always keen to run with each other!

## LET'S DO THIS - IT'S WELL WORTH IT!

		Session 1	Session 2	Session 3
<b>WEEK 1</b>	<b>Beginner</b>	5 min warm up - walk  <b>6 x 90 seconds run / 90 second walk recovery between each run</b>  5 min cool down - walk	5 min warm up - walk  <b>7 x 90 seconds run / 90 second walk recovery between each run</b>  5 min cool down - walk	5 min warm up - walk  <b>9 x 90 seconds run / 90 second walk recovery between each run</b>  5 min cool down - walk
	<b>TIME REQUIRED</b>	28 MINS	30 MINS	32 MINS
		<b>Session 1 - TEMPO</b>	<b>Session 2 - INTERVAL</b>	<b>Session 3 - LONG RUN</b>
	<b>Intermediate</b>	Warm up 10 mins - run  <b>2 x 10mins run / 1 minute rest between</b>  10 minute cool down - run	Warm up 10 mins - run  <b>10 x 1 minute / 90 seconds rest between</b>  Cool down 10 mins - run	<b>50 - 60 mins long run</b>

### WEEK 1: PRO TIPS -

#### **Beginner -**

- This week we are getting your body adjusted to running in a jog - walk - jog - walk format.
- Walk on your non session days - it will help your body with recovery.

#### **Intermediate -**

- Warm ups and cool downs are important - don't miss them.
- If you feel like it, jogging on your non session days will help with recovery.

		Session 1	Session 2	Session 3
<b>WEEK 2</b>	<b>Beginner</b>	5 min warm up - walk  <b>5 x 2mins run / 90 second rest between each</b>  5 mins cool down - walk	5 mins warm up - walk  <b>6 x 2mins run / 90 second walk between each</b>  5 mins cool down - walk	5 mins warm up  <b>7 x 2mins run / 90 second walk between</b>  5 mins cool down - walk
	<b>TIME REQUIRED</b>	28 MINS	32 MINS	36 MINS
		<b>Session 1 - TEMPO</b>	<b>Session 2 - INTERVAL</b>	<b>Session 3 - LONG RUN</b>
	<b>Intermediate</b>	Warm up 10 mins  <b>2 x 10mins with 1 minute rest between each</b>  10 minute cool down - run	Warm up 10 mins  <b>10 x 1 minute with 90 seconds rest between</b>  10 mins cool down - run	50 - 60 mins
<b>TIME REQUIRED</b>	41 MINS	45 MINS	50 - 60 MINS	

**WEEK 2: PRO TIP** - The right pair of shoes are incredibly important in running. Check your email for something extra special this week!

		Session 1 - TEMPO	Session 2 - INTERVAL	Session 3 - LONG RUN
<b>WEEK 3</b>	<b>Beginner</b>	5 min warm up - walk  <b>4 x 5 mins run @ 60-70% max effort (medium pace)</b>  <b>2 min walk recovery between each effort</b>  5 min cool down - walk	5 min warm up - walk  <b>10 x 90 seconds run @ 80-90% max effort</b>  <b>90 second walk recovery between each effort</b>  5 min cool down - walk	Run for as long as you can and time yourself. When you need to stop and walk - walk for 1 minute then go again.  Repeat this until you total <b>30 mins</b> of running time.
	<b>TIME REQUIRED</b>	37 MINS	40 MINS	30 + MINS
		Session 1 - TEMPO	Session 2 - INTERVAL	Session 3 - LONG RUN
	<b>Intermediate</b>	10 min warm up - run  <b>2 x 12 mins with 1 minute rest between each set</b>  10 min cool down - run	10 min warm up - run  <b>6 x 2 mins with 75 seconds rest between each set</b>  10 min cool down - run	60 - 70 mins
<b>TIME REQUIRED</b>	45 MINS	39 MINS	60 - 70 MINS	

**WEEK 3: PRO TIPS -**

**Beginner** - you're starting the TEMPO / INTERVAL / LONG RUN format of running. Don't forget the effort you need to put in for each.

**Intermediate** - Week 3. How is your body holding up? Might be time for a massage...

		Session 1 - TEMPO	Session 2 - INTERVAL	Session 3 - LONG RUN
<b>WEEK 4</b>	<b>Beginner</b>	5 min warm up - walk  <b>4 x 5 mins run @ 60-70% max effort (medium pace)</b>  <b>2 min walk recovery between</b>  5 min cool down - walk	5 min warm up - walk  <b>10 x 90 seconds run @ 80-90% max effort</b>  <b>90 second walk recovery between each effort</b>  5 min cool down - walk	Run for as long as you can and time yourself. When you need to stop and walk - walk for 1 minute then go again.  Repeat this until you total <b>30 mins</b> of running time.
	<b>TIME REQUIRED</b>	37 MINS	40 MINS	30 + MINS
		Session 1 - TEMPO	Session 2 - INTERVAL	Session 3 - LONG RUN
	<b>Intermediate</b>	10 min warm up - run  <b>2 x 12 mins with 1 minute rest between each effort</b>  10 min cool down - run	10 min warm up - run  <b>6 x 2 mins with 75 seconds rest between each effort</b>  10 min cool down - run	60 - 70 mins
<b>TIME REQUIRED</b>	45 MINS	39 MINS	60 - 70 MINS	

**WEEK 4: PRO TIPS -**

- If you're running on the road and getting sore legs, try running on the grass.
- Magnesium Chelate tablets will help your muscles to recover

WEEK 5		Session 1 - TEMPO	Session 2 - INTERVAL	Session 3 - LONG RUN
	<b>Beginner</b>	5 min warm up - walk  4 x 6 mins run with 2 min recovery between each effort  5 min cool down - walk	5 min warm up - walk  8 x 2 mins run 90 second recovery between each effort  5 min cool down - walk	5 min warm up  40 mins like last two weeks  5 min cool down
	<b>TIME REQUIRED</b>	40 MINS	38 MINS	40 + MINS
		Session 1 - TEMPO	Session 2 - INTERVAL	Session 3 - LONG RUN
	<b>Intermediate</b>	10 min warm up - run  2 x 15 min run with 1 min recovery between each effort  10 min cool down - run	10 mins warm up - run  6 x 3 min run with 90 second rest between each effort  10 mins cool down - run	70 - 80 mins long run
<b>TIME REQUIRED</b>	51 MINS	47 MINS	70-80 MINS	

**WEEK 5: PRO TIPS -**

- Are you coming along to the Cronulla run with Julius and Eloise? They are available for you to ask any questions and enjoy a fun training run before S2S!
- Caffeine has been proven to improve physical performance. Consider trying Revvies Energy Strips for a fast, effective and convenient source of caffeine.

WEEK 6		Session 1 - TEMPO	Session 2 - INTERVAL	Session 3 - LONG RUN
	<b>Beginner</b>	5 min warm up - walk  4 x 6 mins run with 2 min recovery between each effort  5 min cool down - walk	5 min warm up - walk  8 x 2 mins run 90 second recovery between each effort  5 min cool down - walk	5 min warm up  40 mins like last two weeks  5 min cool down
	<b>TIME REQUIRED</b>	37 MINS	40 MINS	30 + MINS
		Session 1 - TEMPO	Session 2 - INTERVAL	Session 3 - LONG RUN
	<b>Intermediate</b>	10 min warm up - run  2 x 15 min run with 1 min recovery between each effort  10 min cool down - run	10 mins warm up - run  6 x 3 min run with 90 second rest between each effort  10 mins cool down - run	70 - 80 mins long run
<b>TIME REQUIRED</b>	45 MINS	39 MINS	60 - 70 MINS	

**WEEK 6: PRO TIPS -**

- You are past the halfway point! Well done. You will be crossing that finish line in no time.
- They say it takes 32 days to create a habit and you're well beyond it.
- Have you looked at the recovery tips properly? They will assist you in improving your runs.

		Session 1 - TEMPO	Session 2 - INTERVAL	Session 3 - LONG RUN	
<b>WEEK 7</b>	<b>Beginner</b>	5 mins warm up - walk  <b>5 x 5 min run with 2 min rest between each effort</b>  5 min cool down - walk	5 mins warm up - walk  <b>10 x 2 min run with 90 second rest between each effort</b>  5 min cool down - walk	<b>50 mins total running</b> time as per last 4 weeks - rest for 1 minute each time you break	
	<b>TIME REQUIRED</b>	43 MINS	45 MINS	50+ MINS	
			Session 1 - TEMPO	Session 2 - INTERVAL	Session 3 - LONG RUN
	<b>Intermediate</b>	10 min warm up - run  <b>2 x 18 min run with 1 minute rest between each effort</b>  10 min cool down - run	10 min warm up - run  <b>8 x 3 min run with 90 second rest between each effort</b>  10 min cool down - run	80 - 90 mins long run	
<b>TIME REQUIRED</b>	57 MIN	56 MIN	80 - 90 MINS		

**WEEK 7: PRO TIPS -**

- Have you been stretching properly? Pre and post run, stretching is important. You can use a foam roller to roll out your calves and hamstrings before a run, as well as active stretching to engage the muscles you are about to use.

		Session 1 - TEMPO	Session 2 - INTERVAL	Session 3 - LONG RUN	
<b>WEEK 8</b>	<b>Beginner</b>	5 mins warm up - walk  <b>5 x 5 min run with 2 min rest between each effort</b>  5 min cool down - walk	5 mins warm up - walk  <b>10 x 2 min run with 90 second rest between each effort</b>  5 min cool down - walk	<b>50 mins total running</b> time as per last 4 weeks - rest for 1 minute each time you break	
	<b>TIME REQUIRED</b>	43 MINS	45 MINS	50+ MINS	
			Session 1 - TEMPO	Session 2 - INTERVAL	Session 3 - LONG RUN
	<b>Intermediate</b>	10 min warm up - run  <b>2 x 18 min run with 1 minute rest between each effort</b>  10 min cool down - run	10 min warm up - run  <b>8 x 3 min run with 90 second rest between each effort</b>  10 min cool down - run	80 - 90 mins long run	
<b>TIME REQUIRED</b>	57 MIN	56 MIN	80 - 90 MINS		

**WEEK 8: PRO TIPS -**

- You are 2 weeks out - don't slacken off now.
- Don't forget your 'why'. How is your fundraising going? As you get closer to your run, share your page with your friends and family. You've come so far in your running journey already!

WEEK 9		Session 1 - TEMPO	Session 2 - INTERVAL	Session 3 - LONG RUN
	<b>Beginner</b>	5 min warm up - walk  <b>6 x 4 min run with 2 min rest between each effort</b>  5 min cool down - walk	5 min warm up - walk  <b>8 x 90 seconds run with 90 second rest between each effort</b>  5 min cool down - walk	<b>40 mins long run.</b> Run for as long as you can. When you need to stop, stop for 1 min then continue.
	<b>TIME REQUIRED</b>	44 MIN	34 MINS	40 MINS
		Session 1 - TEMPO	Session 2 - INTERVAL	Session 3 - LONG RUN
	<b>Intermediate</b>	10 min warm up - run  <b>2 x 20 min run with 1 minute rest between each effort</b>  10 min cool down - run	10 min warm up - run  <b>8 x 3 min run with 90 second rest between each effort</b>  10 min cool down - run	60 - 70 mins
	<b>TIME REQUIRED</b>	61 MINS	56 MINS	60 - 70 MINS

**WEEK 9: PRO TIPS -**

- You're on the home stretch. Keep it up.
- Check in with your running mates to see how they are going!
- Next week you will start to taper your running

WEEK 10		Session 1 - TEMPO	Session 2 - INTERVAL	Session 3 - LONG RUN
	<b>Beginner</b>	5 min warm up - walk  <b>2 x 5 mins run with 2 mins recovery between each effort</b>  5 min cool down - walk	5 min warm up - walk  <b>6 x 1 min run with 90 seconds recovery between each effort</b>  5 min cool down - walk	<b>RACE DAY!</b>  See you at the start from 7.30am.  <b>Meet you at the FINISH LINE!</b> We will have a BBQ Brekky and some fruit & yoghurt for you to celebrate.
	<b>TIME REQUIRED</b>	22 MINS	25 MINS	
		Session 1 - TEMPO	Session 2 - INTERVAL	
	<b>Intermediate</b>	10 min warm up - run  <b>1 x 20 mins run</b>  10 min cool down	10 min warm up - run  <b>6 x 2 min run with 90 second rest between each effort</b>  10 min cool down - run	
	<b>TIME REQUIRED</b>	40 MINS	41 MINS	RACE DAY!

**WEEK 10: PRO TIPS -**

- You've made it! It's race week! We can't wait to see you Sunday!
- Your training is tapered this week. Focus on fuelling your body and preparing for the weekend. Don't forget to share your profile with your friends and family!

## RECOVERY -

**Physiotherapy** - helpful if you have a specific injury or if you would like to get your running biomechanics looked at. We love to work with Aevum Physiotherapy!

**Massage** - Elzy likes to get a massage a week when in training mode, to flush out soreness and to help recovery for the next block of training.

**Ice Baths** - These are hard but worth it. 10 mins submerged in cold water, hips down. At this time of year the ocean is a great option for an ice bath to help sore legs recover.

**Stretching** - Rolling out your calves and hamstrings with a foam roller is helpful before running. Also active stretching (leg swings) right before heading out to a run engages the muscles you're about to use.

**Nutrition** - Think of food as fuel and how each meal is going to fuel your next run, or help you recover from your previous run. Plenty of:

- Lean protein
- Unprocessed carbohydrates
- Fresh fruit and vegetables

**Compression tights** - helpful to wear around after a hard workout to help with blood flow and recovery.

**Sleep** - ensure good rest. Try to go to bed and wake up at the same time each day for optimum rest.