

GET FIT LIVE FIT

RUN AND WALK PROGRAMS

Instruction Manual

Welcome to the Get Fit Live Fit training program! This training program is designed for runners of various abilities to enjoy the benefits of a professionally designed training program. We hope you will learn and incorporate the tools used in this training program to make running a regular part of your lifestyle and continue to challenge yourself with new running goals.

Your success in this training program rests on your ability to train at the appropriate intensities prescribed for you on each day. Harder is not always better to become a better runner. The section on training intensities will give you three methods to evaluate your intensity for each workout or run.

Your program and the structure of a typical training week

Track Workouts

As Coaches, we cannot emphasize enough the importance of this speed workout at the track. These workouts are the key to you becoming a faster, more efficient, more economical, injury-free runner. Track workouts should follow a consistent, regular format:

- Jog 2 laps Warm-up (WU)
- Dynamic Warm-up drills (DWU)
- Workout – Main Set
- Walk 1 lap Warm-down (WD)
- Stretch

Always finish a track workout being able to complete one more repeat.

For instruction and video on a dynamic warm up routine visit

<http://www.runneng.com/newsbriefs/news.htm> or
<http://www.crpusa.com/2008/05/22/form-running-drills>

Long Workouts

Remember, consistency is key. Your long run is not a substitute to make up for the miles you did not run during the week. This thought process will only result in injury.

Training Intensity

Your success with this program will be related to how well you run at the correct intensity for each run. Every run, whether a track workout or longer run or mid week run, has a specific purpose. Your primary objective is to build your endurance as a runner. Speed will come once endurance is in place. Therefore running too fast on your days titled 'recovery' is detrimental to your speed development.

Your training program offers you three intensities for all your training. Take some time to consider what each of the descriptions means to you.

How to Determine Your Training Paces

1-mile test run

During the 1 mile test run that you will do during the first week of training you will be able to establish the range of paces you should be training at for the program. It is imperative that you conduct the 1-mile test run properly to obtain training paces best for you.

After a proper warm up (as described above on the track workout routine) run 1-mile (4 laps) at your normal conversational pace. This is an easy pace you would do during a run with a friend in which you wanted to talk; the slower the better. Take your time from this one-mile run and enter this into your pace calculator downloaded with your training program to find your training paces.

Training Pace	Description	Heart Rate Zone
<u>Recovery</u>	A very easy pace, which you can talk during. Faster is not better.	I
<u>Comfortably Hard</u>	A faster run in which the breathing is rhythmic and at a faster rate, but in control. Conversation is possible, but more difficult. This can be maintained for 20 minutes or more when fit.	II
<u>Fast</u>	This is near the pace you would run in a 1 mile RACE. Therefore this is faster running than comfortably hard pace, but with perfect form.	III

Monitoring your Running Intensity

You have 3 ways of checking how hard you are running.

- 1) Your heart rate and the heart rate zone that falls into.
- 2) The qualitative description of your training pace (See Training Paces above). If it is a recovery day and you cannot hold a conversation you are running TOO fast!
- 3) A watch. This is the least accurate. Only use your watch to gauge training pace if you are using an accurately measured distance. Even then don't be concerned if you are slower than a previous run on that route. If your body needs to recover, your heart rate will reflect that and it will be higher at a slower running speed. If you use a monitor you will be training at the proper intensity, with only the watch you are liable to run too fast.

Heart Rate Monitoring Basics

Heart rate can be a valuable piece of information for the athlete. At certain sub-maximal running intensities it is a direct indication of how much work you are doing at that moment. This takes into account the environmental factors, your state of rest prior to the workout, nutrition, hydration and of course your fitness. To use heart rate monitoring effectively you need to obtain three pieces of information.

1. Resting heart rate
2. Maximum heart rate
3. Heart rate zones for your running goals

Resting heart rate

How to take resting heart rate: Count your pulse on your wrist or neck for 15 seconds and multiply by 4. Do this before rising at the same time each morning. If unfeasible to do before rising in the morning lie down at the same time each day and relax for 20 minutes. At the end of this rest period take the pulse rate on a 15 second count. Document this value in your training log each day.

Note: A resting heart rate 5 or more beats above normal is an early indication of over-training, stress or impending illness. By ensuring enough recovery between workouts you will be less likely to become injured or chronically fatigued because of your training load and life stresses.

Maximum heart rate

To obtain a value for your maximum heart rate you can use the following equation.

$$\text{HR max} = 205.8 - (0.685 * \text{age})$$

Heart Rate Zones & Training Benefit

Zone I Improving aerobic endurance (70-76% of max)

Zone II Improving stamina and endurance at lactate threshold (76-87% of max)

Zone III Improving aerobic capacity and speed at lactate threshold (87-92% of max)

Zone IV Improving aerobic capacity and top end speed (92-100% of max)

Other Aspect of Training

Cross training

Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an *easy to moderately hard* effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.).

Stretching

Click [here](#) for information on stretching programs provided by Therapeutic Associates, Inc.

Strength Training

Click [here](#) for information on strength programs provided by Northwest Personal Training.

Sincerely,
Get Fit Live Fit Coaches

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Training Guidelines

RPE = Rate of Perceived Exertion

HR = Heart Rate

Talk Test = usually a good indicator of aerobic walking. You are able to carry on a conversation.

Use the following workout key for these protocols:

- **EASY:** Keep intensity low and at a conversational level. Intensity should be within 60%–70% of your Target Heart Rate or 11–12 on the RPE scale.
- **MODERATE:** Hills. Slightly more difficult than easy. Hills can be either hilly terrain, i.e. Terwilliger, or hill repeats. Warm up; 4–10 repeats; cool down. Intensity should be within 75%–85% of your Target Heart Range or 13–14 on the RPE scale.
- **LONG:** Keep intensity low and at a conversational level. Focus on completing the distance. Usually not to exceed 78% HR or 13–15 on the RPE scale.
- **Active Rest XT (Cross Train):** Workout for the designed amount of time on aerobic or strength equipment. Keep intensity low to moderate. Intensity should be within 50%–70% of your Target Heart Range or 11–12 on the RPE scale.
- **Fartlek:** Speed play. The technique here is to introduce into your normal walks some short periods of slightly higher pace. Maintain these for a short period, say 50 meters (aim for tree to tree, driveway to driveway, power pole or some other landmark up ahead). Then drop your pace back below your normal walking pace until you have fully recovered and your breathing has returned to normal. These speed plays should be faster than your Recovery pace.
- **Brisk Speed:** this is basically picking up the pace and walking faster than your usual walking pace /HR 78% 85% or 14–15 RPE

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Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Distance Pace HR Zone	Recovery Run 4.0 Recovery Zone I	Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.).	Track Day 3.5 Varied Zone II 400m jog warm-up; 3x1600m @ Comfortably Hard pace, 3 mins walk rest between each 1600m; 400m jog cool down; 1600m = 4 laps or 1 mile	Recovery Run 4.0 Recovery Zone I To be done within 24hrs of your Friday run. A very easy pace, which you can talk during. Faster is not better.	Recovery Run 3.0 Recovery Zone I To be done within 24hrs of your Thursday run. A very easy pace, which you can talk during. Faster is not better.	Recovery Run 5.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better.	Rest
Details Workout 2 Distance Pace HR Zone	A very easy pace, which you can talk during. Faster is not better. Stretching	Strength Training	Stretching	Stretching	Strength Training	Recovery Run 4.0 Recovery Zone I	Stretching Weekly volume Miles 23.5
Workout Distance Pace HR Zone	Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.).	Recovery Run 5.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better.	Track Day 3.25 Varied Zone II 400m jog warm-up; 5x 800m @ Comfortably Hard, 100m @ Fast, 3 min walk rest; 400m jog cool down	Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better.	Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better.	Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better.	Rest
Details Workout 2 Distance Pace HR Zone	Stretching	Strength Training	Stretching	Stretching	Strength Training	Recovery Run 4.0 Recovery Zone I	Weekly volume Miles 26.25
Workout Distance Pace HR Zone	Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better.	Rest Strength Training	Track Day 2.25 Varied Zone III 400m jog warm-up; 6x400m @ Fast, 200m jog rest; 400m jog cool down	Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better.	Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better.	Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better.	Rest
Details Workout 2 Distance Pace HR Zone	Stretching	Strength Training	Stretching	Stretching	Strength Training	Recovery Run 5.0 Recovery Zone I	Weekly volume Miles 25.25
Workout Distance Pace HR Zone	Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better.	Recovery Run 5.0 Recovery Zone II Find a hilly course and run an easy pace, which you can talk during. Faster is not better.	Track Day 3.0 Varied Zone II 400m jog warm-up; 2x400m @ Fast; 400m jog rest; 3200m @ Comfortably Hard; 400m jog cool down	Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better.	Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better.	Recovery Run 7.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better.	Rest
Details Workout 2 Distance Pace HR Zone	Stretching	Strength Training	Stretching	Stretching	Strength Training	Recovery Run 5.0 Recovery Zone I	Weekly volume Miles 29.0

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Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Distance Pace HR Zone	Cross Training Zone I	Recovery Run 6.0 Recovery Zone II	Track Day 4.50 Varied Zone II	Recovery Run 5.0 Recovery Zone I	Recovery Run 4.0 Recovery Zone I	Recovery Run 8.0 Recovery Zone I	Rest
Details Workout 2 Distance Pace HR Zone	Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Stretching	Find a hilly course and run an easy pace, which you can talk during. Faster is not better. Strength Training	400m jog warm-up; 4x1600m @ Race pace; 2 min rest between each mile; 400m jog cool down; note avg mile split time Stretching	To be done within 24hrs of your Friday run. A very easy pace, which you can talk during. Faster is not better. Stretching	To be done within 24hrs of your Thursday run. A very easy pace, which you can talk during. Faster is not better. Stretching	Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 5.0 Recovery Zone I	Weekly volume <i>Miles</i> 32.50
Week 10	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout Distance Pace HR Zone	Cross Training Zone I	Recovery Run 5.0 Recovery Zone I	Track Day 5.0 Varied Zone II	Recovery Run 3.0 Recovery Zone I	Recovery Run 4.0 Recovery Zone I	Recovery Run 6.0 Recovery Zone I	Rest
Details Workout 2 Distance Pace HR Zone	Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Stretching	A very easy pace, which you can talk during. Faster is not better. Strength Training	400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 3200m; 2x400m @ Fast, 400m jog rest after each 400m; 400m jog cool down Stretching	A very easy pace, which you can talk during. Faster is not better. Stretching	A very easy pace, which you can talk during. Faster is not better. Stretching	Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 6.0 Recovery Zone I	Weekly volume <i>Miles</i> 29.00
Week 11	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout Distance Pace HR Zone	Cross Training Zone I	Recovery Run 4.0 Recovery Zone I	Track Day 5.0 Varied Zone II	Recovery Run 3.0 Recovery Zone I	Recovery Run 4.0 Recovery Zone I	Recovery Run 6.0 Recovery Zone I	Rest
Details Workout 2 Distance Pace HR Zone	Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Stretching	A very easy pace, which you can talk during. Faster is not better. Strength Training	400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 3200m; 2x400m @ Fast, 400m jog rest after each 400m; 400m jog cool down Stretching	A very easy pace, which you can talk during. Faster is not better. Stretching	A very easy pace, which you can talk during. Faster is not better. Stretching	Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 5.0 Recovery Zone I	Weekly volume <i>Miles</i> 27.00
Week 12	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout Distance Pace HR Zone	Recovery Run 4.0 Recovery Zone I	Recovery Run 4.0 Recovery Zone I	Track Day 3.0 Varied Zone II	Rest	RACE	RACE	Rest
Details Workout 2 Distance Pace HR Zone	A very easy pace, which you can talk during. Faster is not better. Stretching	A very easy pace, which you can talk during. Faster is not better. Stretching	400m jog warm-up; 6x800m @ Race pace; 2 min walk rest after each 800m; 400m jog cool down Stretching	Stretching	The journey begins! Stretching	Have a great race!	Weekly volume <i>Miles</i> 11.00