

# RUN

## 8-WEEK TRAINING PLAN

*LES MILLS*

> FOR YOUR FIRST 5KM RACE

# MEET THE CREATOR



**DR JINGER GOTTSCHALL IS AN ASSOCIATE PROFESSOR OF KINESIOLOGY AT PENN STATE UNIVERSITY (USA) AND A PASSIONATE AND HIGHLY EXPERIENCED RUNNER.**

Gottschall first discovered LES MILLS™ workouts in 2002, adopting the group workouts for cross training and injury prevention while competing in long distance triathlons. After retiring from racing, she became a LES MILLS instructor and began exploring the science behind the programming. Gottschall now helps develop and test a range of LES MILLS programs. She has published over 10 peer-reviewed journal articles focused on effective exercise, and developed hundreds of training plans for individuals ranging from novices to professionals.

> **“MY AIM IS TO MAXIMIZE RESULTS AND MINIMIZE INJURY, PROVIDING EDUCATION ON WHICH EXERCISE TO DO AND WHEN TO DO IT, ALONG WITH TIPS ON HOW TO MAKE YOUR JOURNEY MORE SUCCESSFUL.”**

A handwritten signature in black ink, reading "Jinger Gottschall". The signature is fluid and cursive, with the first name "Jinger" being more prominent.

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**GET  
STARTED!**

# PLAN FOR YOUR SUCCESS

## CROSS THE FINISH LINE OF YOUR FIRST 5KM RACE

Start running and you'll build all-round fitness, stamina, strength and speed. The secret to success is an integrated training approach. This plan includes running, cardio, strength and flexibility training to help prepare you for your first 5km race.

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### DISTANCE CONVERSION

5km = 3.1mi

4km = 2.5mi

3km = 1.9mi

### WHO IS THIS TRAINING PLAN FOR?

- > If you are not currently active and want to safely train for your first 5km race this plan is for you.

### THE BENEFITS OF THIS PLAN

- > It makes life easy, there's less guesswork about what to do.
- > You'll feel confident that you are prepared for the race distance.
- > Reduce injury risk with well-planned increases in distance/intensity.
- > You'll stay motivated knowing that you are able to successfully complete each week.

### BEFORE YOU BEGIN



- > Remember, this is just a guide. It's important you are listening to the cues your body is giving you and tailor your training load to suit.
- > Like with any new exercise routine it's a good idea to get cleared by a medical professional before you start.
- > This plan is not recommended for anyone under the age of 18 years.
- > As you make your way through the plan, remember not every run will be your strongest. This is all part of the process of getting to your running best.
- > Make sure you read the fit facts and pro tips throughout the guide, these are included to help you maximize your performance.

# WHAT TO EXPECT

## 8 WEEKS OF VARIED SAFE AND EFFECTIVE TRAINING

A well-rounded, variety-packed training program will build strength, increase cardio fitness and improve endurance. By mixing running with other cardio fitness, strength training and flexibility sessions you stimulate different muscles groups, increase performance, and reduce your risk of injury. Best of all, you won't get bored from just running. This plan includes:

### > WORKOUT TYPES

	<b>RUNNING</b> Various paces, distances and times to improve running ability.	<b>&gt; SEE PAGE 8 FOR THE RECOMMENDED NON-RUNNING WORKOUTS FROM LES MILLS</b>
	<b>CARDIO</b> Integrated training to prevent overuse injury from running only.	
	<b>STRENGTH</b> Strengthen the muscles surrounding the hip and knee, protect joints, and build core strength for improved efficiency.	
	<b>FLEXIBILITY</b> Improve mobility and release tension.	

**FIT FACT** A combo of strengthening and flexibility training will reduce injury risk with exercises that will train the core and stretch the working leg muscles.

### > WEEKLY FOCUSES

<b>TRAINING WEEK</b> 4 SESSIONS 3 REST DAYS	<b>CHALLENGE WEEK</b> 5 SESSIONS 2 REST DAYS	<b>REST WEEK</b> 3 SESSIONS 4 REST DAYS	<b>TAPER WEEK</b> WEEK PRIOR TO THE RACE
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# MAKE IT YOURS

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**PRO TIP** Try and hold back from doing more than the plan states – even if you are feeling energized and unstoppable, quality is better than quantity.

## GUIDELINES TO PLAN YOUR WEEK

With no specified days for each workout you've got the freedom to fit your training into your schedule. We suggest you try to follow these guidelines when planning your week.

### TIPS FOR SUCCESSFUL SCHEDULING

- > Always take one full day off per week. Rest is a critical component of improving fitness and performance.
- > Avoid doing strength training sessions on consecutive days. This means that if you lift weights on Monday you should wait until at least Wednesday to do further strength training.
- > It is ideal to do strength training later in the day, after 10am if possible. This is because cortisol, which is typically high in the morning, can impact your strength generating potential. In terms of back health and safety, it is also better for your spinal discs if you strength train later in the day.

### TIPS FOR SAFE TRAINING

- > Water! Stay hydrated before and after training sessions and keep a water bottle with you during your workouts.
- > Listen to your body. If you're hurt, stop running. If you are feeling fatigued and need to take an extra rest day – take it! It's essential to listen and learn from your body.

# RUNNING PACES

## IMPROVE YOUR PERFORMANCE USING A VARIETY OF RUNNING PACES

This plan suggests you run at various paces for specific distances or time.

### > HERE'S A SIMPLE DESCRIPTION OF THE VARYING PACES

#### **EASY**

A steady pace where you are comfortable and can easily maintain a conversation if running with a partner.

#### **MIXED**

A combination of strength and speed with varying paces.

#### **LONG**

The longest distance with varying paces to prepare you for the race distance.

### **WHAT IS RACE PACE?**

Calculate your race pace by taking the distance you plan to run and dividing it by the time you aim to run it in. While elite runners can maintain their pace for several hours, if you're less experienced, running at a specific pace will get harder as you get tired – so don't get too caught up in it!

### **DO YOU NEED A TRACKER?**

If you have performance goals a GPS watch or heart rate monitor can be helpful tools. A tracker such as the Polar M430 GPS watch can be a great option, as it helps you estimate times for specific target distances based on the pace you're running at.

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**PRO TIP** Be aware of how you are fueling your body during the training process, drink plenty of water and eat clean foods without processed ingredients or added sugar.

# WORKOUT OPTIONS

It's easy to add effective strength, cardio and flexibility training to your routine when you choose LES MILLS workouts. Every LES MILLS workout features hit music, inspiring qualified instructors, and the latest cutting-edge, scientifically-backed choreography. The music and moves are refreshed every three months, so workouts are always new and engaging.



## CARDIO

Adding cardio workouts provides great cross training and prevents overuse injury from running only.

**BODYATTACK** High-energy functional sports training that will boost fitness and maximize cardio stamina.

**BODYCOMBAT** A martial arts-inspired, non-contact workout that will strengthen and tone the whole body and fuel cardio fitness.

**BODYSTEP** A full-body cardio workout that will build stamina, tone your butt and thighs.

**RPM** An indoor cycling class that will build aerobic fitness, burn calories and push you into a higher gear.



## STRENGTH

Adopt strength training to strengthen the muscles surrounding the hip and knee, to protect the joints, and to train the three dimensional core for improved efficiency.

**BODYPUMP** The full-body weights workout that builds strength and will get you lean, toned and fit – fast.

**CXWORX** Functional strength training that works the muscles around the core to make you stronger, leaner and better at everything you do.



## FLEXIBILITY

Adding a focus on strengthening, stretching and improving flexibility will help improve mobility and release tension.

## BODYBALANCE / BODYFLOW

A motivating blend of yoga, tai chi and Pilates that will strengthen your entire body and leave you feeling calm and centered.

> TO LEARN MORE ABOUT LES MILLS WORKOUTS, VISIT [LESMILLS.COM](https://www.lesmills.com)



# TRAINING PLAN

## THIS 8-WEEK SCHEDULE IS DESIGNED TO HELP YOU SUCCESSFULLY START RUNNING AND ACHIEVE YOUR 5KM GOAL.

To get the best results we recommend you try to stick closely to the weekly suggestions. However, if you need to modify some of the training please go for it – it's important that you safely and effectively prepare for your 5km race and that means listening to your body and doing what feels right.




- > Stay on track by recording your progress. Take the time after each session to note down your run time and how you are feeling.
- > Celebrate the milestones you are achieving, this will keep you motivated.

### TRAINING PLAN OVERVIEW

<b>1</b> TRAINING WEEK – 2 RUNS 2 WORKOUTS	<b>2</b> CHALLENGE WEEK – 3 RUNS 2 WORKOUTS	<b>3</b> REST WEEK – 1 RUN 2 WORKOUTS	<b>4</b> TRAINING WEEK – 2 RUNS 2 WORKOUTS
<b>5</b> TRAINING WEEK – 2 RUNS 2 WORKOUTS	<b>6</b> CHALLENGE WEEK – 3 RUNS 2 WORKOUTS	<b>7</b> TRAINING WEEK – 2 RUNS 2 WORKOUTS	<b>8</b> TAPER WEEK – 2 RUNS 2 WORKOUTS




# WEEK 1 – TRAINING WEEK

> FOUR SESSIONS WITH AT LEAST THREE DAYS OF REST

	<input type="radio"/> <b>1X EASY RUN</b> 5 MIN WALK, 5 MIN JOG/RUN, 5 MIN WALK MY TIME:	<input type="radio"/> <b>1X EASY RUN</b> 5 MIN WALK, 10 MIN JOG/RUN, 5 MIN WALK MY TIME:	
	<input type="radio"/> <b>1X CARDIO WORKOUT*</b> BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM		
	<input type="radio"/> <b>1X STRENGTH WORKOUT*</b> BODYPUMP OR CXWORX		
<b>THIS WEEK I FELT...</b>	Proud, energetic, tired....		

# WEEK 2 – CHALLENGE WEEK




> FIVE SESSIONS WITH AT LEAST TWO DAYS OF REST

	<input type="radio"/> <b>1X EASY RUN</b> 5 MIN WALK, 5 MIN JOG/RUN, 5 MIN WALK MY TIME:	<input type="radio"/> <b>1X EASY RUN</b> 5 MIN WALK, 10 MIN JOG/RUN, 5 MIN WALK MY TIME:	<input type="radio"/> <b>1X LONG RUN</b> 5 MIN WALK, 15MIN JOG/RUN MY TIME:
	<input type="radio"/> <b>1X CARDIO WORKOUT*</b> BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM		
	<input type="radio"/> <b>1X STRENGTH WORKOUT*</b> BODYPUMP OR CXWORX		
<b>THIS WEEK I FELT...</b>	Proud, energetic, tired....		

**\*PRO TIP:** Stick to shorter workouts during your first two weeks. Aim for around 30 minutes of exercise at a time. If you're doing LES MILLS workouts, just do the first four tracks.




## WEEK 3 – REST WEEK

> **THREE** SESSIONS WITH AT LEAST **FOUR** DAYS OF REST

	<input type="radio"/> <b>1X EASY RUN</b> 5 MIN WALK, 10 MIN JOG/RUN, 5 MIN WALK MY TIME:		
	<input type="radio"/> <b>1X CXWORX WORKOUT</b>		
	<input type="radio"/> <b>1X BODYBALANCE / BODYFLOW WORKOUT</b>		
THIS WEEK I FELT...	Proud, energetic, tired...		




## WEEK 4 – TRAINING WEEK

> **FOUR** SESSIONS WITH AT LEAST **THREE** DAYS OF REST

	<input type="radio"/> <b>1X EASY RUN</b> 5 MIN WALK, 15 MIN JOG/RUN MY TIME:	<input type="radio"/> <b>1X LONG RUN</b> 20 MIN JOG/RUN MY TIME:	
	<input type="radio"/> <b>1X CARDIO WORKOUT</b> BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM		
	<input type="radio"/> <b>1X STRENGTH WORKOUT</b> BODYPUMP OR CXWORX		
THIS WEEK I FELT...	Proud, energetic, tired...		




# WEEK 5 – TRAINING WEEK

> FOUR SESSIONS WITH AT LEAST THREE DAYS OF REST

	<input type="radio"/> <b>1X EASY RUN</b> 5 MIN WALK, 20 MIN JOG/RUN MY TIME:	<input type="radio"/> <b>1X LONG RUN</b> 30 MIN JOG/RUN MY TIME:	
	<input type="radio"/> <b>1X CARDIO WORKOUT</b> BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM		
	<input type="radio"/> <b>1X STRENGTH WORKOUT</b> BODYPUMP OR CXWORX		
THIS WEEK I FELT...	Proud, energetic, tired...		




# WEEK 6 – CHALLENGE WEEK

> FIVE SESSIONS WITH AT LEAST TWO DAYS OF REST

	<input type="radio"/> <b>1X EASY RUN</b> 5 MIN WALK, 20 MIN JOG/RUN MY TIME:	<input type="radio"/> <b>1X MIXED RUN</b> 5 MIN WALK, 4 MIN JOG, 1 MIN RUN, 4 MIN JOG, 1 MIN RUN MY TIME:	<input type="radio"/> <b>1X LONG RUN</b> 35 MIN JOG/RUN MY TIME:
	<input type="radio"/> <b>1X CARDIO WORKOUT</b> BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM		
	<input type="radio"/> <b>1X STRENGTH WORKOUT</b> BODYPUMP OR CXWORX		
THIS WEEK I FELT...	Proud, energetic, tired...		






# WEEK 7 – TRAINING WEEK

> **FOUR SESSIONS WITH AT LEAST THREE DAYS OF REST**

	<input type="radio"/> <b>1X EASY RUN</b> 5 MIN WALK, 25 MIN JOG/RUN MY TIME:	<input type="radio"/> <b>1X LONG RUN</b> 40 MIN JOG/RUN MY TIME:	
	<input type="radio"/> <b>1X CARDIO WORKOUT</b> BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM		
	<input type="radio"/> <b>1X STRENGTH WORKOUT</b> BODYPUMP OR CXWORX		
<b>THIS WEEK I FELT...</b>	Proud, energetic, tired....		

# WEEK 8 – TAPER WEEK

> **FIVE SESSIONS WITH ONE DAY OF REST**

	<b>MONDAY</b>	<input type="radio"/> <b>1X CXWORX WORKOUT</b>
	<b>TUESDAY</b>	<input type="radio"/> <b>1X EASY RUN</b> 5 MIN WALK, 10 MIN JOG/RUN, 5 MIN WALK MY TIME:
	<b>WEDNESDAY</b>	<input type="radio"/> <b>1X BODYBALANCE / BODYFLOW WORKOUT</b>
	<b>THURSDAY</b>	<input type="radio"/> <b>1X EASY RUN</b> 20 MIN JOG/RUN MY TIME:
<b>REST</b>	<b>FRIDAY</b>	<input type="radio"/> <b>1X REST DAY</b>
	<b>SATURDAY</b>	<input type="radio"/> <b>1X 20 MIN WALK</b> <i>EASY</i> MY TIME:
<b>RACE</b>	<b>SUNDAY</b>	<input type="radio"/> <b>RACE DAY!</b>

RUN

RUN

RUN

RUN