

# RUN

## 8-WEEK TRAINING PLAN

*LES MILLS*

> FOR ADVANCED RUNNERS TRAINING FOR A 10KM 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 a large initial "J".

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**GET  
STARTED!**

# PLAN FOR YOUR SUCCESS

## CROSS THE FINISH LINE FASTER

Maximize your running performance by building 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 that will improve your running and reach your 10km race goal.

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### DISTANCE CONVERSION

10km = 6.2mi

9km = 5.6mi

8km = 4.9mi

7km = 4.3mi

6km = 3.7mi

5km = 3.1mi

4km = 2.5mi

3km = 1.9mi

### WHO IS THIS TRAINING PLAN FOR?

- > If you are an athlete looking to improve running performance without running six days a week this plan is for you.
- > If you are currently exercising for 4-6 hours a week, and running twice a week, use this plan to help you maximize your performance.

### 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

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

**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

|  |  |   |  |
|--|--|---|--|
| <p><b>TRAINING WEEK</b></p> <p>8 SESSIONS<br/>1 REST DAY</p> | <p><b>CHALLENGE WEEK</b></p> <p>10 SESSIONS<br/>1 REST DAY</p> | <p><b>REST WEEK</b></p> <p>6 SESSIONS<br/>1-2 REST DAYS</p> | <p><b>TAPER WEEK</b></p> <p>WEEK PRIOR TO THE RACE</p> |
|--|--|---|--|

# 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 have a few tips and 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.
- > Two training sessions in a single day will be required to complete this advanced training program. Be realistic about how to organize your day and understand if you are more likely to complete two training sessions consecutively or if you prefer one training session in the morning and one 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. If you'll be running for longer than 90 minutes take your water with you.
- > 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

|  |   |
|--|---|
| <b>EASY</b> A steady pace where you are comfortable and can easily maintain a conversation if running with a partner.  | <b>INTERVAL</b> Periods of work followed by short periods of recovery to improve speed and leg turnover.    |
| <b>HARD</b> As fast as you can run for the prescribed period of time/distance without slowing down.  | <b>LONG</b> The longest distance with varying paces to prepare you for the race distance.                   |
| <b>STRENGTH</b> This pace typically involves hills. If you don't have access to elevation nearby, consider running on a treadmill where you can control the incline. | <b>BUILD</b> Beginning at an easy pace and progressively building to a pace slightly faster than race pace. |
| <b>TEMPO</b> Slightly slower than race pace.   | <b>MIXED</b> A combination of strength and speed with varying paces.  |
| <b>FAST</b> Faster than race pace.   |   |

### 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 IMPROVE YOUR RUNNING PERFORMANCE AND CROSS THE 10KM FINISH LINE FASTER.**

To get the best results we recommend you try to stick closely to our training suggestions during the 8-week plan. If you need to modify some of the training please go for it – it's important that you safely and effectively prepare for your 10km race.




- > 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><br>TRAINING WEEK –<br>3 RUNS<br>5 WORKOUTS | <b>2</b><br>CHALLENGE WEEK –<br>4 RUNS<br>6 WORKOUTS | <b>3</b><br>REST WEEK –<br>3 RUNS<br>3 WORKOUTS     | <b>4</b><br>TRAINING WEEK –<br>3 RUNS<br>5 WORKOUTS |
| <b>5</b><br>TRAINING WEEK –<br>3 RUNS<br>5 WORKOUTS | <b>6</b><br>CHALLENGE WEEK –<br>4 RUNS<br>6 WORKOUTS | <b>7</b><br>TRAINING WEEK –<br>3 RUNS<br>5 WORKOUTS | <b>8</b><br>TAPER WEEK –<br>3 RUNS<br>2 WORKOUTS    |





# WEEK 1 – TRAINING WEEK

> EIGHT SESSIONS WITH ONE DAY OF REST

|   |   |   |   |
|---|---|---|---|
|  | <input type="radio"/> <b>1X INTERVAL RUN: 5KM</b><br>6 X 45 SEC <b>HARD</b> , WITH <b>EASY</b> RUN TO RECOVER BETWEEN INTERVALS<br>MY TIME: | <input type="radio"/> <b>1X MIXED RUN: 6KM</b><br>3KM <b>EASY</b> ,<br>3KM <b>TEMPO</b><br>MY TIME: | <input type="radio"/> <b>1X LONG RUN: 8KM</b><br><b>EASY PACE</b><br>MY TIME: |
|  | <input type="radio"/> <b>1X CARDIO WORKOUT</b><br>BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM  | <input type="radio"/> <b>1X CARDIO WORKOUT</b><br>BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM    |   |
|  | <input type="radio"/> <b>1X BODYPUMP WORKOUT</b>  | <input type="radio"/> <b>1X BODYPUMP WORKOUT</b>  | <input type="radio"/> <b>1X CXWORX WORKOUT</b>                                |
| <b>THIS WEEK I FELT...</b>  | Proud, energetic, tired....   |   |   |





# WEEK 2 – CHALLENGE WEEK

> TEN SESSIONS WITH ONE DAY OF REST

|   |  |  |  |  |
|---|--|--|--|--|
|  | <input type="radio"/> <b>1X INTERVAL RUN: 4KM</b><br>2KM <b>EASY</b> ,<br>2 X (60 SEC <b>HARD</b> ,<br>2 MIN <b>EASY</b> )<br>MY TIME: | <input type="radio"/> <b>1X MIXED RUN: 5KM</b><br>2KM <b>EASY</b> ,<br>1KM <b>TEMPO</b> ,<br>1KM <b>EASY</b> ,<br>1KM <b>TEMPO</b><br>MY TIME: | <input type="radio"/> <b>1X STRENGTH RUN: 5KM</b><br>3KM <b>EASY</b> THEN HILL<br>REPEATS:<br>6 X 20-40 SEC UPHILL,<br>WALK DOWN<br>MY TIME: | <input type="radio"/> <b>1X LONG RUN: 10KM</b><br><b>EASY PACE</b><br>MY TIME: |
|  | <input type="radio"/> <b>1X CARDIO WORKOUT</b><br>BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM                                       | <input type="radio"/> <b>1X CARDIO WORKOUT</b><br>BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM   |  |  |
|  | <input type="radio"/> <b>1X BODYPUMP WORKOUT</b>   | <input type="radio"/> <b>1X BODYPUMP WORKOUT</b>   | <input type="radio"/> <b>1X CXWORX WORKOUT</b>   |  |
|  | <input type="radio"/> <b>1X BODYBALANCE / BODYFLOW WORKOUT</b>   |  |  |  |
| <b>THIS WEEK I FELT...</b>  | Proud, energetic, tired....  |  |  |  |




## WEEK 3 – REST WEEK

> SIX SESSIONS WITH ONE OR TWO DAYS OF REST

|   |   |   |  |
|---|---|---|--|
|  | <input type="radio"/> <b>1X EASY RUN: 4KM</b><br>MY TIME:   | <input type="radio"/> <b>1X EASY RUN: 5KM</b><br>MY TIME: | <input type="radio"/> <b>1X LONG RUN: 8KM</b><br><i>EASY</i><br>MY TIME: |
|  | <input type="radio"/> <b>1X CARDIO WORKOUT</b><br>BODYATTACK, BODYCOMBAT,<br>BODYJAM, BODYSTEP, RPM |   |  |
|  | <input type="radio"/> <b>1X BODYPUMP WORKOUT</b>  |   |  |
|  | <input type="radio"/> <b>1X BODYBALANCE /<br/>BODYFLOW WORKOUT</b>                                  |   |  |
| <b>THIS WEEK<br/>I FELT...</b>  | Proud, energetic, tired....   |   |  |




## WEEK 4 – TRAINING WEEK

> EIGHT SESSIONS WITH ONE DAY OF REST

|   |  |  |  |
|---|--|--|--|
|  | <input type="radio"/> <b>1X INTERVAL<br/>RUN: 6KM</b><br>2KM <i>EASY</i> ,<br>10 X (40 SEC <i>HARD</i> ,<br>20 SEC <i>EASY</i> )<br>MY TIME: | <input type="radio"/> <b>1X MIXED RUN: 6KM</b><br>ON A HILLY COURSE<br>( <i>HARD</i> EFFORT ON ALL<br>UPHILL SEGMENTS)<br>MY TIME: | <input type="radio"/> <b>1X LONG RUN: 9KM</b><br>3KM <i>EASY</i> ,<br>2KM <i>BUILD</i> ,<br>2KM <i>HARD</i> ,<br>2KM <i>EASY</i><br>MY TIME: |
|  | <input type="radio"/> <b>1X CARDIO WORKOUT</b><br>BODYATTACK, BODYCOMBAT,<br>BODYJAM, BODYSTEP, RPM  | <input type="radio"/> <b>1X CARDIO WORKOUT</b><br>BODYATTACK, BODYCOMBAT,<br>BODYJAM, BODYSTEP, RPM                                |  |
|  | <input type="radio"/> <b>1X BODYPUMP WORKOUT</b>   | <input type="radio"/> <b>1X CXWORX WORKOUT</b>   | <input type="radio"/> <b>1X CXWORX WORKOUT</b>   |
| <b>THIS WEEK<br/>I FELT...</b>  | Proud, energetic, tired....  |  |  |





# WEEK 5 – TRAINING WEEK

> EIGHT SESSIONS WITH ONE DAY OF REST

|   |   |   |   |
|---|---|---|---|
|  | <input type="radio"/> <b>1X INTERVAL RUN: 7KM</b><br>2KM <i>EASY</i> , 5KM FOR TIME<br>MY TIME:     | <input type="radio"/> <b>1X MIXED RUN: 6KM</b><br>3KM LOOP TWO TIMES,<br>SECOND LOOP FASTER<br>MY TIME: | <input type="radio"/> <b>1X LONG RUN: 11KM</b><br>2KM <i>EASY</i> ,<br>3KM <i>TEMPO</i> ,<br>1KM <i>EASY</i> ,<br>3KM <i>TEMPO</i> ,<br>2KM <i>EASY</i><br>MY TIME: |
|  | <input type="radio"/> <b>1X CARDIO WORKOUT</b><br>BODYATTACK, BODYCOMBAT,<br>BODYJAM, BODYSTEP, RPM | <input type="radio"/> <b>1X CARDIO WORKOUT</b><br>BODYATTACK, BODYCOMBAT,<br>BODYJAM, BODYSTEP, RPM     |   |
|  | <input type="radio"/> <b>1X BODYPUMP WORKOUT</b>  | <input type="radio"/> <b>1X BODYPUMP WORKOUT</b>  | <input type="radio"/> <b>1X CXWORX WORKOUT</b>  |
| <b>THIS WEEK I FELT...</b>  | Proud, energetic, tired....   |   |   |




# WEEK 6 – CHALLENGE WEEK

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

|   |   |   |  |  |
|---|---|---|--|--|
|  | <input type="radio"/> <b>1X INTERVAL RUN: 4KM</b><br>2KM <i>EASY</i> ,<br>10 X 20 SEC SPRINT,<br>10 SEC <i>EASY</i><br>MY TIME: | <input type="radio"/> <b>1X MIXED RUN: 6KM</b><br>1KM <i>EASY</i> ,<br>2KM <i>BUILD</i> ,<br>2KM <i>HARD</i> ,<br>1KM <i>EASY</i><br>MY TIME: | <input type="radio"/> <b>1X STRENGTH RUN: 4KM</b><br><i>TEMPO</i> WITH HILLS<br>MY TIME: | <input type="radio"/> <b>1X LONG RUN: 12KM</b><br>4KM <i>EASY</i> ,<br>8 X (2 MIN <i>HARD</i> ,<br>4 MIN <i>EASY</i> )<br>MY TIME: |
|  | <input type="radio"/> <b>1X CARDIO WORKOUT</b><br>BODYATTACK, BODYCOMBAT,<br>BODYJAM, BODYSTEP, RPM                             | <input type="radio"/> <b>1X CARDIO WORKOUT</b><br>BODYATTACK, BODYCOMBAT,<br>BODYJAM, BODYSTEP, RPM   |  |  |
|  | <input type="radio"/> <b>1X BODYPUMP WORKOUT</b>  | <input type="radio"/> <b>1X BODYPUMP WORKOUT</b>  | <input type="radio"/> <b>1X CXWORX WORKOUT</b>   |  |
|  | <input type="radio"/> <b>1X BODYBALANCE / BODYFLOW WORKOUT</b>  |   |  |  |
| <b>THIS WEEK I FELT...</b>  | Proud, energetic, tired....   |   |  |  |






# WEEK 7 – TRAINING WEEK

> EIGHT SESSIONS WITH ONE DAY OF REST

|   |  |   |  |
|---|--|---|--|
|  | <input type="radio"/> <b>1X INTERVAL RUN: 6KM</b><br>2KM <i>EASY</i> ,<br>6 X (1 MIN <i>HARD</i> , 2 MIN <i>EASY</i> )<br>MY TIME: | <input type="radio"/> <b>1X MIXED RUN:<br/>8KM</b><br>3KM <i>EASY</i> ,<br>5KM <i>BUILD</i> EACH KM FASTER THAN THE<br>LAST<br>MY TIME: | <input type="radio"/> <b>1X LONG RUN: 9KM</b><br><i>EASY</i><br>MY TIME: |
|  | <input type="radio"/> <b>1X CARDIO WORKOUT</b><br>BODYATTACK, BODYCOMBAT,<br>BODYJAM, BODYSTEP, RPM                                | <input type="radio"/> <b>1X CARDIO WORKOUT</b><br>BODYATTACK, BODYCOMBAT,<br>BODYJAM, BODYSTEP, RPM                                     |  |
|  | <input type="radio"/> <b>1X BODYPUMP WORKOUT</b>   | <input type="radio"/> <b>1X BODYPUMP WORKOUT</b>  | <input type="radio"/> <b>1X CXWORX<br/>WORKOUT</b>                       |
| <b>THIS WEEK<br/>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 BODYPUMP OR CXWORX WORKOUT</b>   |
|  | <b>TUESDAY</b>   | <input type="radio"/> <b>1X 40-MINUTE RUN</b><br>6 X 2 MIN <i>INTERVALS</i> WITH 2 MIN RECOVERY AFTER EACH<br>MY TIME: |
|  | <b>WEDNESDAY</b> | <input type="radio"/> <b>1X BODYBALANCE / BODYFLOW WORKOUT</b>   |
|  | <b>THURSDAY</b>  | <input type="radio"/> <b>1X 6KM RUN</b><br>3KM <i>EASY</i> , 3KM <i>HARD</i><br>MY TIME:                               |
| <b>REST</b>   | <b>FRIDAY</b>    | <input type="radio"/> <b>1X REST DAY</b>   |
|  | <b>SATURDAY</b>  | <input type="radio"/> <b>1X 3-4KM RUN</b><br>6 X 10 SEC <i>HARD</i> EFFORT WITH 1 MIN RECOVERY AFTER EACH<br>MY TIME:  |
| <b>RACE</b>   | <b>SUNDAY</b>    | <input type="radio"/> <b>RACE DAY!</b>   |

RUN

RUN

RUN

RUN