



# TRAIL RUN

## 6.5km

# BEGINNER

## Welcome to the WRTR training program

We will guide you through 10 weeks of tips, techniques, motivation and training to get you ready to complete the WRTR 6.5km

Make sure rest days and recovery are prioritised and never train when you are sick or in pain. It's always better to be a little underprepared versus over doing it.

Plan around your personal schedule, make a date with yourself, or better yet, bring a friend and hold each other accountable.

**Weeks 1-3: Base Fitness**

**Weeks 4-5: Build Endurance**

**Weeks 6-7: Trail Technique**

**Weeks 8-9: Race Preparation**

**Week 10: Taper & Race**

**This 10 week plan is designed to start on 22<sup>nd</sup> December and concludes on 1<sup>st</sup> March.**



**TRAIL  
RUN**

**6.5km**

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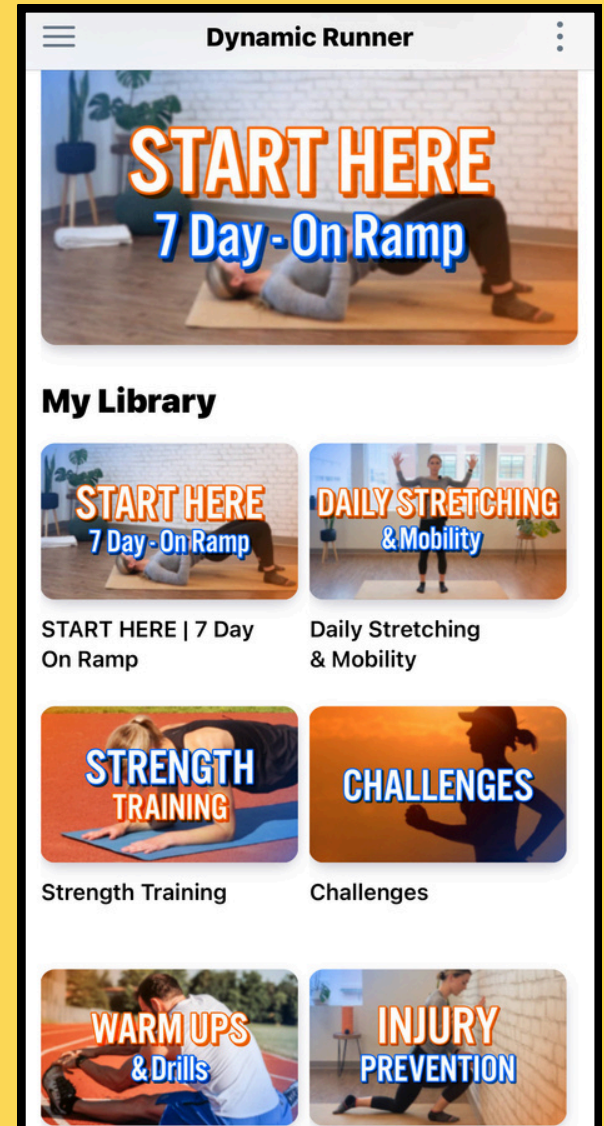
**DYNAMIC  
RUNNER**

## To help you on your journey, we have partnered with Dynamic Runner

Dynamic Runner contains follow-along videos for mobility, strength and injury prevention routines. Many are as short as 15 minutes and can be incorporated into your daily routines.

You can trial FREE for 7 days and then use discount code WRTR for a 10% discount on monthly or annual subscription.

[www.dynamicrunner.club](http://www.dynamicrunner.club)





## Weeks 1-3: Base Fitness







# TRAIL RUN

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Week:  
22 Dec

### Welcome to Week One

#### Schedule:

Everyone's week differs, so get your diary out and plan your week. Are you a morning exerciser, are your weekends crazy full, or do you prefer mid week evenings? It's your call.

#### Example Week:

Monday	Run session one & DR day 1
Tuesday	DR day 2
Wednesday	Rest or 20 minute walk & DR day 3
Thursday	Run session two & DR day 4
Friday	DR day 5
Saturday	Repeat run session one & DR day 6
Sunday	Rest or 20 minute walk & DR day 7

#### Key Terms

**Sets:** How many repeats of an exercise you are doing

**PE:** Perceived Effort. 10/10 is maximum effort which you would only be able to sustain for 1 minute. 5/10 is a nice comfortable conversational pace.



**DR 7 day on Ramp**

In addition to the weekly schedule,  
follow along the daily on-ramp  
routines

#### Running Intervals:

Start at your own pace and focus on finishing each session with good form. Speed is not important. If you can, do at least one run on a trail or grass to prepare for the trail run terrain.

##### Session one:

3 minutes walk warm up  
5 sets of 4 minutes run (1 minute walk)

##### Session two:

3 minutes walk warm up  
3 sets of 5 minutes run (1 minute walk)

Run pace should be comfortable, sustainable pace, 5/10 PE. This is not a speed interval session.

Easy runs should be  
at a pace you can still  
talk at.





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Week:  
29 Dec

## Welcome to Week Two

How was week one?

Use Week 1 example week as a basis,  
adjusting as per your routine.

Sometimes getting out the door in the first place is the hardest. Maybe you are tired; maybe you have a niggle; maybe your to-do list is shouting at you....

On those days put your running gear on and start your three minute warm up walk. If you still feel tired, niggly, or really can't dodge the to-do list go home. Chances are that warm up walk was all you needed to find the motivation.

## Running Intervals:

Start at your own pace and focus on finishing each session with good form. Speed is not important. If you can, do at least one run on a trail or grass to prepare for the trail run terrain.

### Session one:

3 minutes walk warm up

3 sets of 5 minutes run (1 minute walk)

### Session two:

3 minutes walk warm up

Pyramid: 3 min, 4 min, 5 min, 6 min, 5 min, 4 min, 3 min all with 1 min walk inbetween

Include the walks from week one or switch to a swim on your rest days, and keep up the daily mobility work.

### Stay Hydrated

The best way to avoid dehydration is to drink to thirst.

Sipping regularly is better than one big drink which could cause a stitch.



**DR 7 day - Ankle strength  
& rehab**

Trail running can be tough on ankles,  
so build some resilience and mobility  
with this 7 day program.

It takes 3 weeks of  
consistency to feel  
fitness gains, so keep  
going!



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## Introducing Gotcha4Life

Two weeks done - excellent work.

We wish our Whale Rockers and their loved ones a fabulous New Year!

We all know physical fitness is important, but our mental fitness is essential too. That's why we've partnered with Gotcha4Life - a foundation dedicated to improving our mental fitness.



## Hot Tips

Wearing nice running gear always makes you feel better, so treat yourself to something functional and comfortable.

Track your training, via an app or just a note book. Write down how you feel and impress yourself when you look back and see how much you improved.

Progress isn't linear. You'll have good weeks and bad. Keep on keeping on and you'll get there.





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Week:  
5 Jan

## Welcome to Week Three

### How are you feeling?

Listen to your body and adjust the schedule to fit your needs. Never be afraid to swap out a run for a walk, swim or bike ride if that's what your body needs.

### Running Intervals:

Start at your own pace and focus on finishing each session with good form. Speed is not important. If you can, do at least one run on a trail or grass to prepare for the trail run terrain.

#### Session one:

3 minutes walk warm up  
5 sets of 5 minutes run - 1 minute walk

#### Session two:

Find a hill that is either steep and short (50m), or moderately steep but longer (100m+)  
Put on a good podcast and walk up and down the hill for 15 minutes.  
Take it easy on the downhill which can be harder on the body than the up.  
Kurrajong Steps at Day Road, Cheltenham is the perfect place to go ;-)

How is your pace judgement?

Do you go out too fast and can't finish the run? Try slowing down for the first minute and maintain an even pace.



### Whole Body Routine

Switch to the Month 1 daily mobility routine - your body will thank you for the daily release.

Want something different? Test out a beginner strength routine instead of run 3





**Weeks 4-5: Build Endurance**



## Welcome to Week Four

For the next 2 weeks we will build some running endurance

Invest in some good footwear to support you on your journey. We recommend a visit to Pace Athletic in Castle Hill. Let them know you are running WRTR.



5/15 Carrington Road, Castle  
Hill, NSW 2154



## Running Intervals:

### Session one:

3 minutes walk warm up  
4 sets of 5 minutes run (1 minute walk)

### Session two:

2 minutes walk warm up  
3 sets of 8 minutes run (1 minute walk)

If strength training is new for you, swap out run 3 and swap in two strength sessions from Dynamic Runner. Remember to spread them out in the week so you have time to recover.



## **DYNAMIC RUNNER** Beginner Strength Training

Two or Three sessions of body weight exercises will help enormously - in fact more than adding another run to your week.

**If you are sick or  
sore - REST is the  
best training for  
you.**



6.5km BEGINNER

Week:  
19 Jan

## Welcome to Week Five

This week we will continue to build some running endurance

It's often around this time that you might start noticing some niggles. Don't wait until the little whispers become shouts of pain.

Visit our friends at Carlingford Active Health for an assessment, and if you tell them you are training for WRTR they'll take extra care of you.



## Running Intervals:

### Session one:

3 minutes walk warm up  
25 minutes continuous run\*  
2 minutes walk warm down

### Session two:

2 minutes walk warm up  
4 sets of 7 minutes run (1 minute walk)

\*keep the pace cruisy and if you need a little walk break to keep good running form then go ahead. And then celebrate your longest continuous run.

The more consistency  
you put into training,  
the more fun race day  
becomes.





**Weeks 6-7: Trail Technique**



### Welcome to Week Six

For the next 2 weeks we will work on some Trail Technique

Gear Check: Like most trail runs, WRTR is a CUPLESS event. Meaning there will be no disposable cups available at aid stations. If you expect to need water at the aid station, pick up a collapsible cup or hand held water bottle you can refill if required from any good sport retailer.



How are your new year resolutions going? Why not jump onto the Gotcha4Life Mental Fitness Gym and kick off some new healthy habits for the remainder of the year.

### Running Intervals:

#### Session one:

Head to the Kurrajong Steps at Day Road, Cheltenham if you are local and follow your nose to the top and back - or find a long row of steps close to home and walk up and down for 30 minutes.

#### Session two:

2 minutes walk warm up

3 sets of 10 minutes run (1 minute walk)

**Elite Trail Runners  
WALK the Hills -  
FACT!**



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Week:  
2 Feb

## Welcome to Week Seven

This week we will continue to work on some Trail Technique

Do you have an event goal? Think about what you want to achieve. Is it to run the entire way; is it to beat a fierce rival; or is it simply to enjoy yourself? How will your training help you achieve this goal?

## Running Intervals:

### Session one:

Find a nice fire trail (Day Road to Whale Rock is perfect) and practice running as light on your feet as you can by picking your feet up quickly.

2 minutes walk warm up  
30 minutes continuous run  
2 minutes walk warm down

### Session two:

2 minutes walk warm up  
3 sets of 15 minutes run (1 minute walk)



## Injury Prevention

Where is YOUR weak spot? Hips, Knees, Back?

Take a look at the injury prevention series and follow along

Trust your feet.  
Keep your eyes  
looking ahead.





**Weeks 8-9: Race Preparation**



### Welcome to Week Eight

For the next 2 weeks we will work on some Race Preparation

Decided what you are wearing yet? It's a good idea to test out your gear before race day in case anything pinches or rubs.

### Running Intervals:

#### Session one:

Stay on the Trails if you can.  
2 minutes walk warm up  
40 minutes continuous run  
2 minutes walk warm down

#### Session two:

2 minutes walk warm up  
5 sets of 8 minutes run (1 minute walk)



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Beginner Strength Training

Don't neglect the Strength work. It'll save your legs when you run down the hills.

Never do anything  
**NEW** on race day

### Welcome to Week Nine

This week we will continue to work on some Race Preparation

Decided what you will eat before you run? Just like your gear - test out your food strategy before the big day. This includes testing out any energy gels or sports drinks.

### Running Intervals:

#### Session one:

Stay on the Trails if you can.

2 minutes walk warm up

4 sets of 15 minutes run (1 minute walk)

2 minutes walk warm down

#### Session two:

2 minutes walk warm up

3 sets of 10 minutes run (1 minute walk)



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Beginner Strength Training

REPEAT - don't neglect the Strength work. It'll pay off when you climb to the finish!

**REPEAT! Never do anything NEW on race day**



## Week 10: Taper & Race







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Week:  
26 Feb

## Welcome to Week Ten

All the hard work is done!

You can't cram any lost training into race week. Be content with your preparation and be ready to see what you can do.

Don't forget to read the race briefing information and plan your travel to the event.



Stretching & Mobility

In race week, follow daily mobility plans focussing on your biggest needs. This will help you feel fresh and ready.

## Running Intervals:

### Session one:

3 minutes walk

15 minutes easy peasey run

3 minutes walk

### Session two:

Keep moving, but switch your running back to walking

### Fun Fact:

You run faster when you SMILE!  
Keep an eye out for our  
professional photography team on  
course

This plan has been constructed by Alice Clayton. Alice is a Level 2 athletics coach and Level 1 recreational running coach and has decades of experience as both an athlete and coach.



Alice believes that running is for everyone, regardless of age or experience. The secret to success is being organised to fit in consistent training, and not to overlook strength and mobility work.





DISCLAIMER: This resource assumes that each participant is healthy and has no medical condition, disability, illness, impairment or other reason that may impact, limit or restrict their involvement in sport or other physical activity. Guidance from a general practitioner is recommended before starting any new exercise plan.

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