



**TRAIL  
RUN**

**6.5km**

**BEGINNER**

## **Welcome to Whale Rock Trail Run taster training program**

Thinking about signing up for WRTR but not sure if you will be fit enough, fast enough, brave enough?! Then we've got you.

As the event approaches we will provide you with a 10 week plan to get you prepped and ready to tackle the trails. But why wait? Let's get started today with a three week taster program to set you up right away.

### **Hot Tips**

It is always ok to walk. Even elite trail runners walk the hills and technical trails.

No one is watching. Don't feel self-conscious that you aren't fast enough or need to walk. No one cares.

Plan ahead. Get your diary out, make a commitment and stick to your appointment with yourself.

Don't quit. The first 3 weeks are the hardest. Battle through - it'll be worth it.



**TRAIL  
RUN**



**BEGINNER**



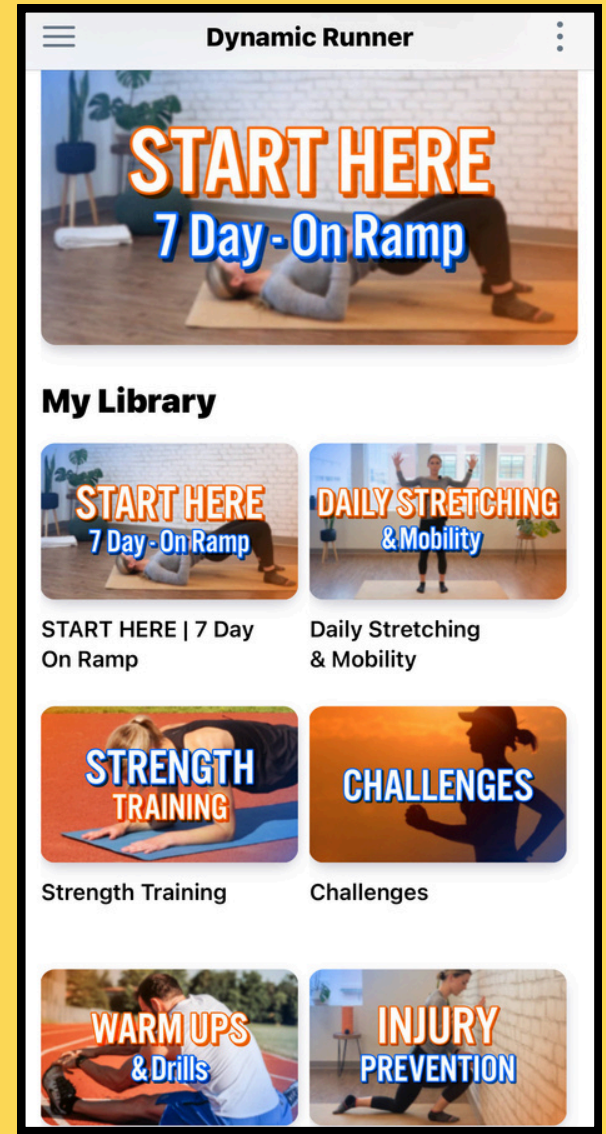
**DYNAMIC  
RUNNER**

**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 10% discount on monthly or annual subscription.

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





# TRAIL RUN

# 6.5km BEGINNER

## Welcome to Week One - taster

### 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

### 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 terrain.

#### Session one:

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

#### Session two:

3 minutes walk warm up  
5 sets of 2 minutes run - 1 minute walk

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

Exercise is more fun with a bestie. Bring a friend and keep up a light conversation.

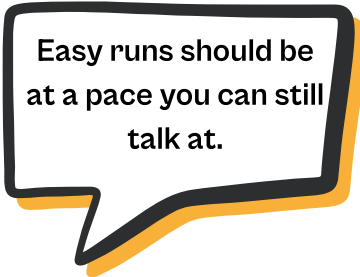
### Key Terms

**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



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



# TRAIL RUN



# BEGINNER

## Welcome to Week Two - taster

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 terrain.

#### Session one:

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

#### Session two:

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

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.



### 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!



# TRAIL RUN

6.5km

# BEGINNER

## Welcome to Week Three - taster

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 terrain.

#### Session one:

3 minutes walk warm up  
5 sets of 3 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



**TRAIL  
RUN**

**6.5km**

**BEGINNER**

## **Well done! You finished the taster plan**

Three weeks done - excellent work.

You can repeat these three weeks as many times as you need to in order to build confidence and base fitness.

If you aren't confident running in the trails, start by doing your walks in the bush and add in a few little jogs to get the hang of the uneven surface.

Need some additional motivation - Sign up now for Whale Rock Trail Run to give yourself a goal to work towards. And **TELL YOUR FRIENDS** - they'll help keep you accountable.

### **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.