fisiocrem

BE A RUNNER

12.5KM TRAINING PLAN

#RUNTHECOAST

fisiocrem

GC50

Run Festival

WELCOME

Welcome to the fisiocrem GC50 Run Festival 12-week training plan.

Congratulations on committing to your goal of completing 12.5km in Coolangatta on Saturday 3rd December, 2022.

We're delighted to be able to provide training plans, brought to you by our Naming Rights Partner - fisiocrem.

fisiocrem is the ultimate training partner for your race preparations, ensuring you have a solution for those inevitable muscular aches and pains.

This training plan has been produced by Blayne Arnold, head coach at Be A Runner. Blayne lives and breathes running! From coaching, to coach education, to physio for state and national athletics teams, to being a published author on running biomechanics, physiology, and training loads in running. Blayne is passionate and knowledgeable about all things running and wants to help everyone to Be A Runner!

For runners looking to achieve a specific goal or train in a group in the lead up to the event this year, we recommend contacting Blayne at Be A Runner who will be happy to assist on both fronts.

We would like to take the opportunity to thank Blayne and the team at Be A Runner for preparing training plans for the fisiocrem GC50 Run Festival.

LET'S DO THIS!

A MESSAGE FROM YOUR COACH

We're delighted to be able to provide training plans once again for the fisiocrem GC50 Run Festival.

These plans are designed to best prepare you to undertake your running event at the fisiocrem GC50 Run Festival. These plans are designed to allow runners to improve their overall fitness, so they are healthy when they step on the start line and fit enough so they enjoy their run all the way to the finish line.

It should be noted that these plans are generic plans and are not individual training programs, therefore they should treated as a guide to assist you with your running.

KEY POINTS TO REMEMBER:

1. Running should be enjoyable, effort may be required some days, but every day shouldn't be hard. Easy runs should be easy!
2. Going slow/walking is okay!
3. Twelve weeks is a long time, don't over do it in the first few weeks.
4. Don't play catch up. If you miss a run, it's gone! Don't stockpile runs for the end of the week, this is a guaranteed way to get injured.
5. If you're exhausted have an extra rest day! Your body will thank you for it!
6. If you have niggle, get it sorted ASAP. Don't run on it if it's making it worse.
7. These plans are a guide, if you would like additional support and a personalised program please.

get in touch with the Be A Runner team and we'll be happy to help.

fisiocrem GC50 Run Festival

LET'S DO THIS!

FOR ALL RUNNERS

Saturday 6.30-8AM
Tempo/Threshold

Tuesday 5.30-6.45AM
Tempo/Fartlek

Tuesday 4.30-6PM
Technique/Speed

Thursday 5.45AM
Social Run

Thursday 5-6.30PM
Speed/Threshold

BE A RUNNER

ONLINE-GROUPS-PRIVATE

BEARUNNER.ORG

GLOSSARY

This plan includes a range of run session types to help you build your fitness.

EASY RUN

The Easy Run needs to be EASY! You should be able to talk the whole time. When you finish you should feel better than when you started. Common mistake is running too fast! Slow down and feel good!

FARTLEK

Fartlek s Swedish for “speed play” and simply refers to runs where you change pace. One simple way to approach them is to “run” for the efforts and “jog” for the easy/recovery. Because we are trying to improve your endurance and fitness your efforts should not be max, but rather a gentle increase in pace. Common mistake is going too fast in the first effort, you are better off building into these runs and finishing strong.

TEMPO

Tempo is simply “huff and puff” running. You should be breathing heavy by the middle to end of the efforts. This needs to be controlled, where you could speak in a broken sentence if you had to. Common mistake: is running much too fast and building up significant fatigue and suffering in the second half of the run. You are better off building into these runs and finishing strong.

LONG RUN

This run should be done at relativity easy pace, where you should be able to chat for most the run. It will help you to build your endurance and fitness, while preparing both the body and mind for your race. Common mistake is doing the Long Run too fast! Slow down and enjoy it!

REST

Means REST! Your body needs rest so it can recover and improve. Common mistake is running every day early in the plan and then being over-trained and exhausted well before race day.

TOPICAL PAIN RELIEF GEL

fisiocrem Solugel's unique combination of active ingredients helps provide the following benefits:

Helps enhance muscle performance.
Assists with post exercise recovery.
Improves muscle recovery time.

Available online or at your local pharmacy, Coles, Woolworths and Chemist Warehouse.

Shop online now with a 30% discount.
Simply apply the following code when checking out.

GC502022

Discount code expires on 31/05/23 and is only valid on fisiocrem product & apparel only.
Always read the label and follow the directions for use.

WEEK 1

MONDAY

Rest Day

REST

TUESDAY

Walk or Easy Run
30:00 minutes

SESSION

WEDNESDAY

Rest day

REST

THURSDAY

Walk or Easy Run
30:00 minutes

SESSION

FRIDAY

Rest day

REST

SATURDAY

Easy run
Distance: 4km

SESSION

SUNDAY

Long run
Distance: 5km

SESSION

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WEEK 2

MONDAY

Rest Day

REST

TUESDAY

Easy run
Distance: 5km

SESSION

WEDNESDAY

Rest day

REST

THURSDAY

Walk or Easy Run
30:00 minutes

SESSION

FRIDAY

Rest day

REST

SATURDAY

Easy run
Distance: 4km

SESSION

SUNDAY

Long run
Distance: 5km

SESSION

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WEEK 3

MONDAY

Rest Day

REST

TUESDAY

Easy run
Distance: 5km

SESSION

WEDNESDAY

Rest day

REST

THURSDAY

Easy Run
Distance: 5km

SESSION

FRIDAY

Rest day

REST

SATURDAY

Easy run
Distance: 5km

SESSION

SUNDAY

Long run
Distance: 6km

SESSION

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WEEK 4

MONDAY

Rest Day

REST

TUESDAY

Run: Fartlek Session
5 min easy jog to warm up & cool down
Session: Alternate every minute between walk, jog, run for 15 mins

SESSION

WEDNESDAY

Rest day

REST

THURSDAY

Easy run
Distance: 5km

SESSION

FRIDAY

Rest day

REST

SATURDAY

Easy run
Distance: 5km

SESSION

SUNDAY

Long run
Distance: 7km

SESSION

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WEEK 5

MONDAY

Rest Day

REST

TUESDAY

Run: Tempo Session
1km easy jog to warm up & cool down
4 x 5 min efforts (2 min break between efforts)
Efforts are done slightly faster (not max effort)

SESSION

WEDNESDAY

Rest day

REST

THURSDAY

Midweek long run
Distance: 6km

SESSION

FRIDAY

Rest day

REST

SATURDAY

Easy run
Distance: 5km

SESSION

SUNDAY

Long run
Distance: 8km

SESSION

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WEEK 6

MONDAY

Rest Day

REST

TUESDAY

Run: Fartlek Session
1km easy jog to warm up & cool down
Session: Alternate every minute
between walk, jog, run for 15 mins

SESSION

WEDNESDAY

Rest day

REST

THURSDAY

Midweek long run
Distance: 6km

SESSION

FRIDAY

Rest day

REST

SATURDAY

Easy run
Distance: 5km

SESSION

SUNDAY

Long run
Distance: 9km

SESSION

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FIXX
NUTRITION

OFFICIAL GC50 NUTRITION

MADE IN BURLEIGH HEADS

ALL IN ONE - SPORTS DRINK
ELECTROLYTES & ENERGY

ELECTROLYTES TO REPLENISH

- Sodium **Na**
- Potassium **K**
- Calcium **Ca**
- Magnesium **Mg**

CARBOHYDRATES FOR ENERGY

- **100 CALORIES**
  PER SCOOP
- **24g Carbohydrates**
- **NO GELS Required!**
- **NO GUT Distress**

WEEK 7

MONDAY

Rest Day

REST

TUESDAY

Run: Tempo Session
1km easy jog to warm up & cool down
Tempo efforts: 8 min, 6 min, 4 min, 2 min
(2 min recovery between efforts)

SESSION

WEDNESDAY

Rest day

REST

THURSDAY

Midweek long run
Distance: 7km

SESSION

FRIDAY

Rest day

REST

SATURDAY

Easy run
Distance: 5km

SESSION

SUNDAY

Long run
Distance: 10km

SESSION

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WEEK 8

MONDAY

Rest Day

REST

TUESDAY

Run: Fartlek Session
5 min easy jog to warm
Session: 8 x (2 min running, 1 min jogging)
6 min easy jog to cool down

SESSION

WEDNESDAY

Rest day

REST

THURSDAY

Midweek long run
Distance: 7km

SESSION

FRIDAY

Rest day

REST

SATURDAY

Easy run
Distance: 5km

SESSION

SUNDAY

Long run
Distance: 10km

SESSION

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WEEK 9

MONDAY

Rest Day

REST

TUESDAY

Run: Tempo Session
5 min easy jog to warm up & cool down
3 x 10 mins (3 min between efforts)
Efforts are done slightly faster (not max effort)

SESSION

WEDNESDAY

Rest day

REST

THURSDAY

Midweek long run
Distance: 8km

SESSION

FRIDAY

Rest day

REST

SATURDAY

Easy run
Distance: 5km

SESSION

SUNDAY

Long run
Distance: 11km

SESSION

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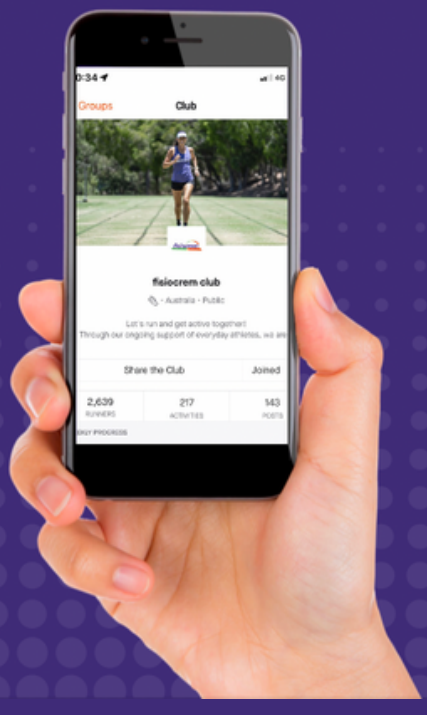
TRAIN AS PART OF A SUPPORTIVE COMMUNITY

Join the fisiocrem strava club and run alongside over 2,600 like-minded athletes.



SO, HOW CAN YOU JOIN?

1. Download the STRAVA app free for Andriod and Apple users.
2. Join fisiocrem club.
3. Log your first activity, and don't forget to rest & recover.

WEEK 10

MONDAY

Rest Day

REST

TUESDAY

Run: Fartlek Session
5 min easy jog to warm up
Session: 10 x (2 min running, 1 min jogging)
5 min easy jog to cool down

SESSION

WEDNESDAY

Rest day

REST

THURSDAY

Midweek long run
Distance: 8km

SESSION

FRIDAY

Rest day

REST

SATURDAY

Easy run
Distance: 5km

SESSION

SUNDAY

Long run
Distance: 12km

SESSION

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WEEK 11

MONDAY

Rest Day

REST

TUESDAY

Easy Run
Distance: 5km

SESSION

WEDNESDAY

Rest day

REST

THURSDAY

Midweek long run
Distance: 7km

SESSION

FRIDAY

Rest day

REST

SATURDAY

Easy run
Distance: 5km

SESSION

SUNDAY

Long run
Distance: 7km

SESSION

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WEEK 12

MONDAY

Rest Day

REST

TUESDAY

Easy run
Distance: 5km

SESSION

WEDNESDAY

Rest day

REST

THURSDAY

Easy run
Distance: 4km

SESSION

FRIDAY

Rest day

REST

SATURDAY

Race Day!
Distance: 12.5km

GOOD LUCK!

SUNDAY

Rest Day or Walk

OPTIONAL

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WEEK 13

MONDAY

Rest Day or Easy Walk
30:00 minutes

EASY SESSION

TUESDAY

Walk
30:00 minutes

SESSION

WEDNESDAY

Rest day

REST

THURSDAY

Walk
30:00 minutes

SESSION

FRIDAY

Rest day

REST

SATURDAY

Walk or Easy Run
30:00 minutes

SESSION

SUNDAY

Walk or Easy Run
30:00 minutes

SESSION

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SPORT 3

EXPERIENCE AWESOME