



fisiocrem™
GC50
Run Festival

50KM

TRAINING PLAN

BE  RUNNER



Welcome.

We're delighted to be able to provide training plans for 2023, 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. The training plan has been prepared in a way that will ensure you will arrive at the start line in December best prepared to complete your event, ensuring you are healthy, injury free and most importantly fit enough to enjoy the distance.





TRAIN WITH US!

Join the fisiocrem Strava club and train alongside over 2,900 like-minded athletes

So, how can you join?

1.

Download the Strava app free for Android and Apple users.

2.

Join the fisiocrem club.

3.

Log your first activity, and don't forget to rest and recover.

Don't just track your adventure - Show it! Tag us @fisiocremaustralia



A WORD FROM YOUR COACH

These plans are designed to allow runners to improve their overall fitness, so you are healthy when you step on the start line and fit enough so you enjoy your 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 be treated as a guide to assist you with your running.

Some important reminders:

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 a 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.

If you enjoy your training you will enjoy your run at the fisiocrem GC50 Run Festival.

Remember to take it easy, and take it one day at a time. Consistency is key!

Happy Running! See you at the finish line!

Blayne Arnold
Head Coach, Be A Runner



GLOSSARY

LONG RUN

This run should be done at relatively easy pace, where you should be able to chat for most the run. For most runners this will be the most important run every week. 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!

FARTLEK

Fartlek is 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.

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!

REST

Means REST! Twelve weeks is a long time and 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.

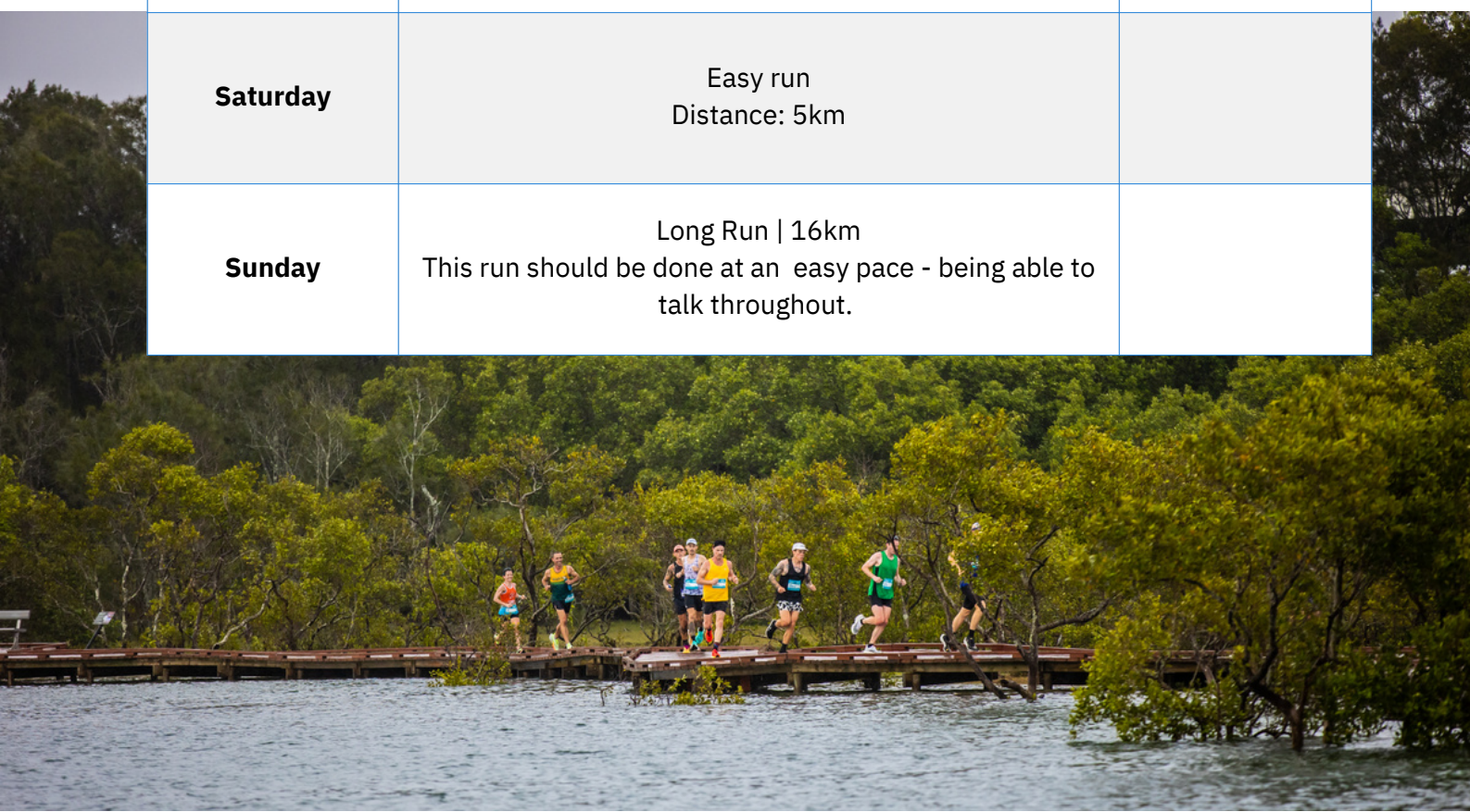
TEMPO

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.



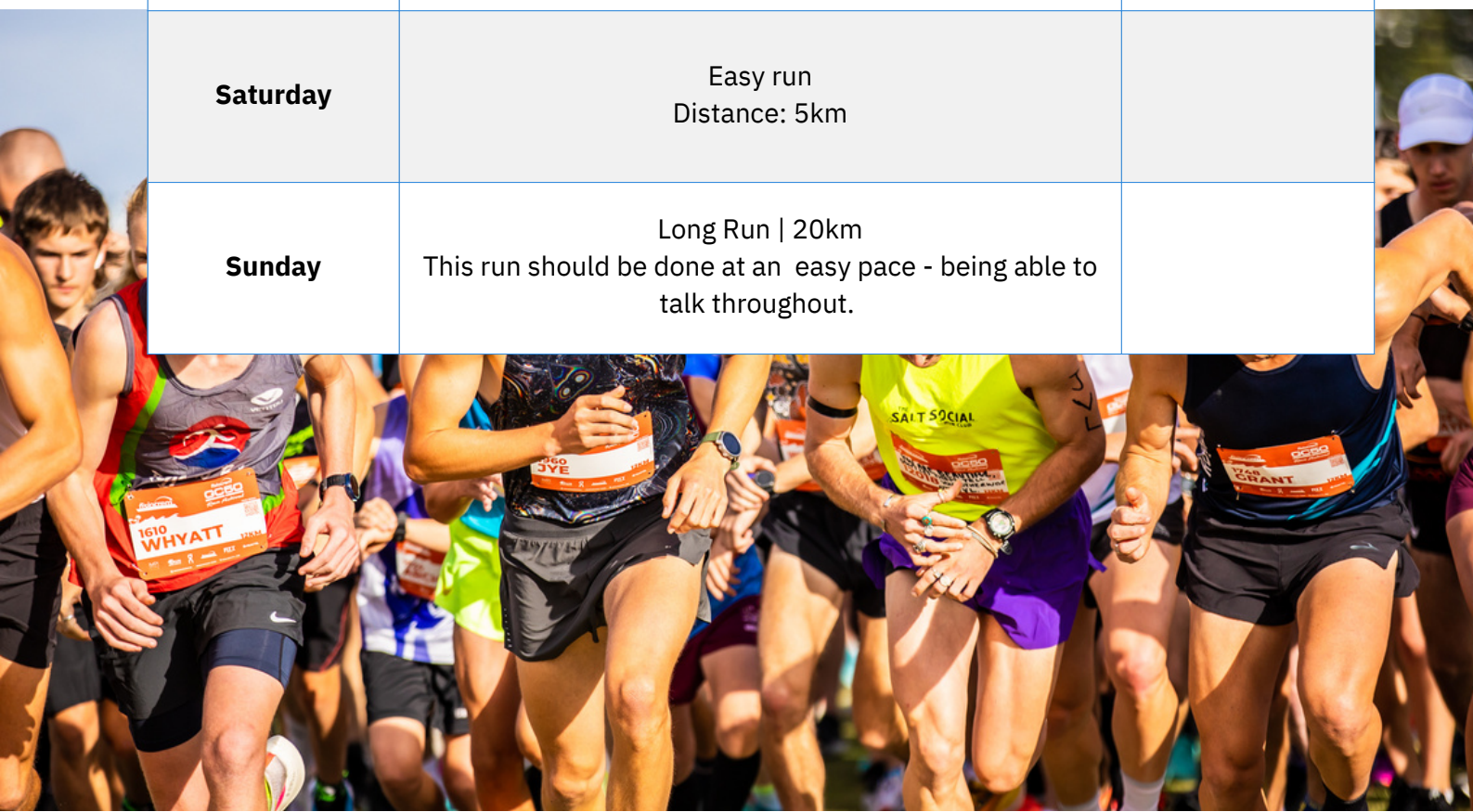
WEEK 1

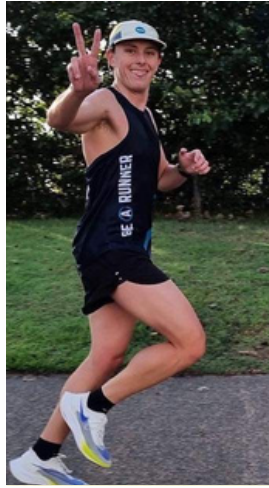
Day	Training	Completed / Comments
Monday 11 September	Easy run or walk 30:00 minutes	
Tuesday	Easy run Distance: 8km	
Wednesday	Rest Day Enjoy the day off	
Thursday	Easy run Distance: 5km	
Friday	Rest Day Enjoy the day off	
Saturday	Easy run Distance: 5km	
Sunday	Long Run 16km This run should be done at an easy pace - being able to talk throughout.	



WEEK 2

Day	Training	Completed / Comments
Monday 18 September	Easy run or walk 30:00 minutes	
Tuesday	Easy run Distance: 8km	
Wednesday	Rest Day Enjoy the day off	
Thursday	Easy run Distance: 5km	
Friday	Rest Day Enjoy the day off	
Saturday	Easy run Distance: 5km	
Sunday	Long Run 20km This run should be done at an easy pace - being able to talk throughout.	





FOR ALL RUNNERS



**Saturday Morning
Tempo/Threshold**

**Tuesday Afternoon
Technique/Speed**

**Thursday Morning
Social Run**

**Thursday Afternoon
Speed/Threshold**

BE A RUNNER

ONLINE-GROUPS-PRIVATE

BEARUNNER.ORG

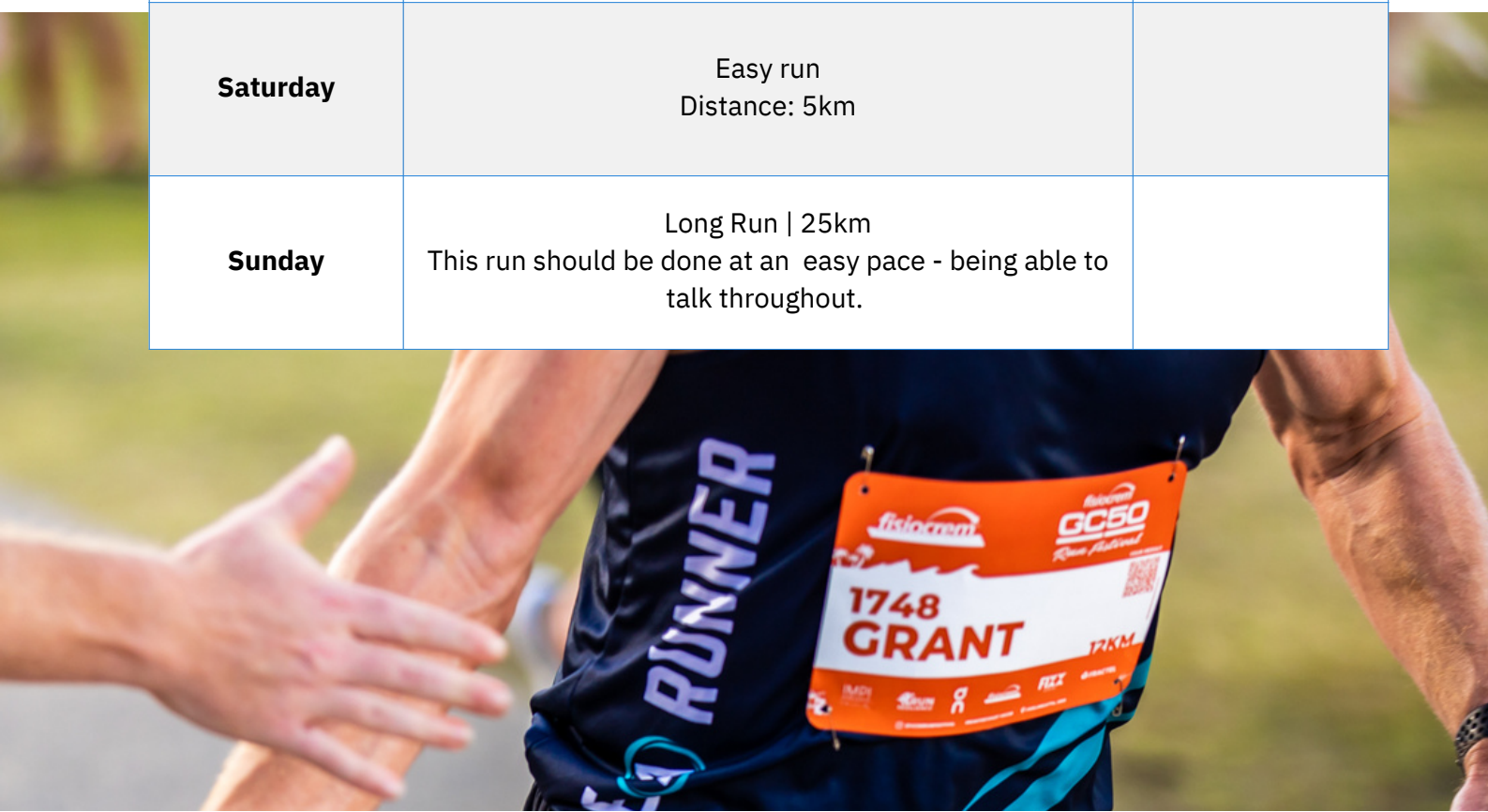
WEEK 3

Day	Training	Completed / Comments
Monday 25 September	Easy run or walk 30:00 minutes	
Tuesday	Run: Fartlek Session 1km easy jog to warm up & cool down Session: 5 x 1km: Alternate effort / easy Efforts are done slightly faster (not max effort)	
Wednesday	Rest Day Enjoy the day off	
Thursday	Midweek long run Distance: 8km	
Friday	Rest Day Enjoy the day off	
Saturday	Easy Run 5km	
Sunday	Long Run 22km This run should be done at an easy pace - being able to talk throughout.	



WEEK 4

Day	Training	Completed / Comments
Monday 2 October	Easy run or walk 30:00 minutes	
Tuesday	Run: Tempo Session 1km easy jog to warm up & cool down 3 x 10min effort running (3 min break between sets) Efforts are done slightly faster (not max effort)	
Wednesday	Midweek long run Distance: 8km	
Thursday	Midweek Long Run 8km	
Friday	Rest Day Enjoy the day off	
Saturday	Easy run Distance: 5km	
Sunday	Long Run 25km This run should be done at an easy pace - being able to talk throughout.	



fisiocrem[™]
SOLUGEL

**Temporary relief
of muscular aches
and pains.**



Arnica . Hypericum . Calendula . Menthol . Melaleuca

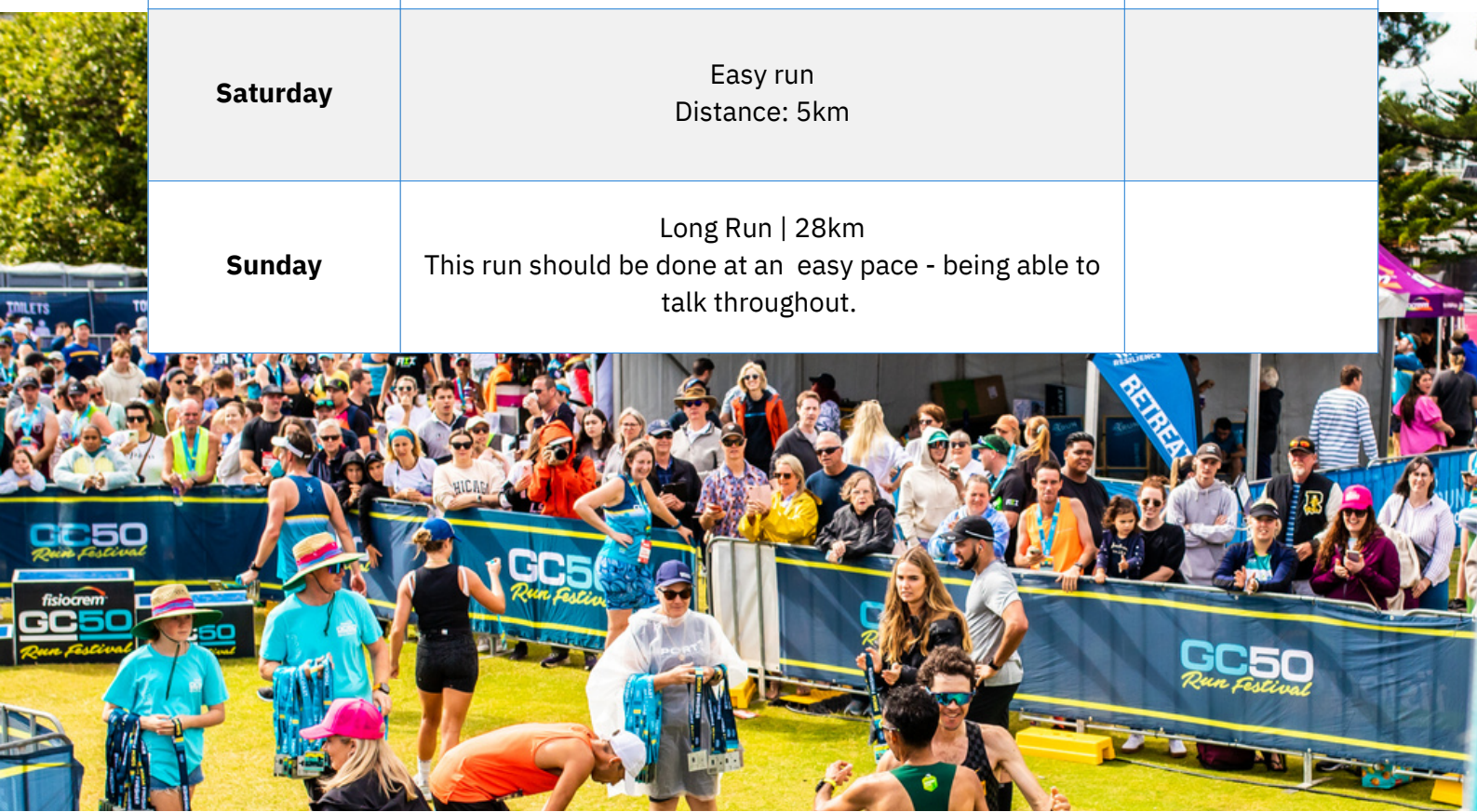
**Contains naturally
derived active
ingredients.**



Always read the label and follow the directions for use.

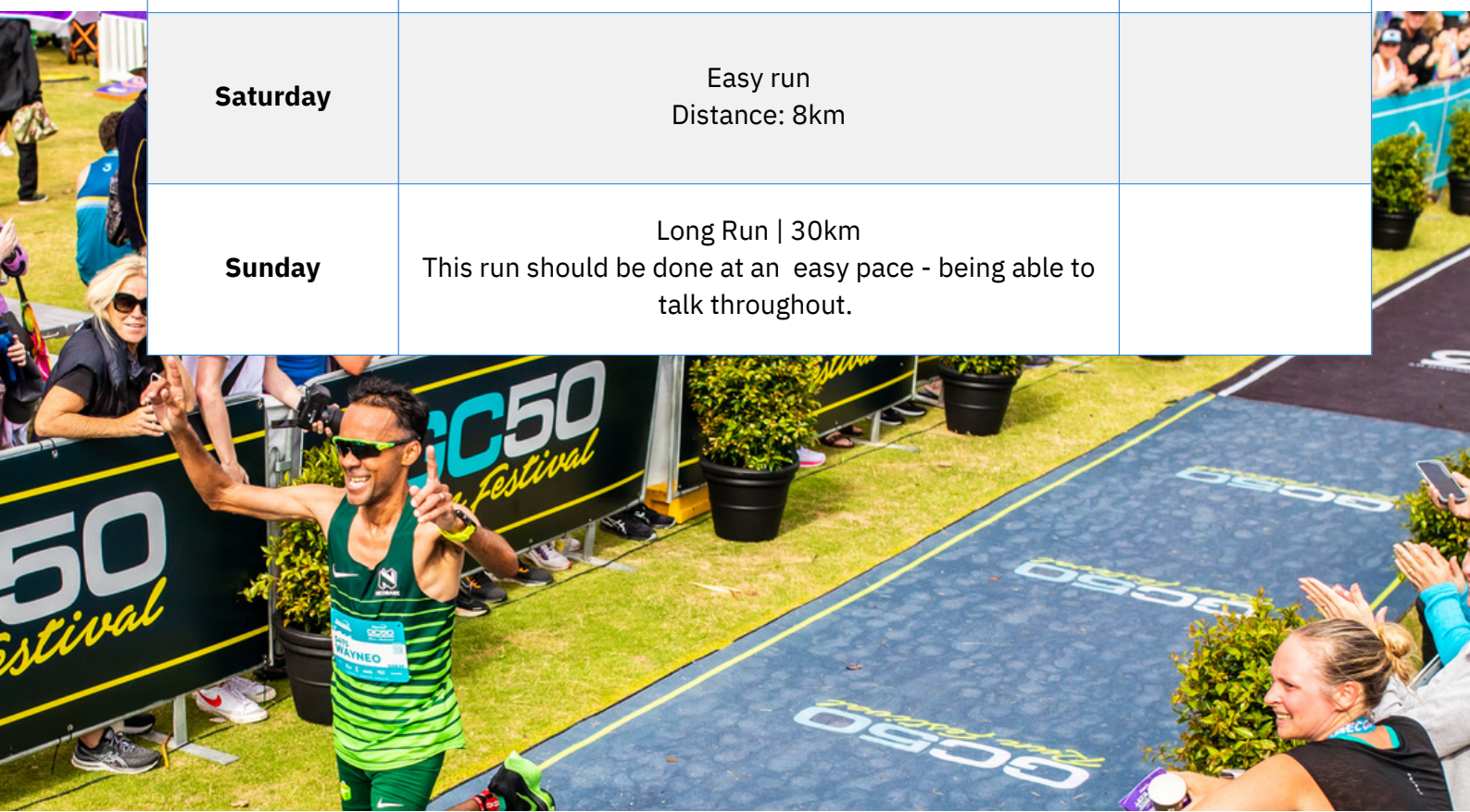
WEEK 5

Day	Training	Completed / Comments
Monday 9 October	Easy run or walk 30:00 minutes	
Tuesday	Run: Fartlek Session 1km easy jog to warm up & cool down Session: 5 x 1km: Alternate effort / easy Efforts are done slightly faster (not max effort)	
Wednesday	Rest Day Enjoy the day off	
Thursday	Midweek long run Distance: 10km	
Friday	Rest Day Enjoy the day off	
Saturday	Easy run Distance: 5km	
Sunday	Long Run 28km This run should be done at an easy pace - being able to talk throughout.	



WEEK 6

Day	Training	Completed / Comments
Monday 16 October	Easy run or walk 30:00 minutes	
Tuesday	Run: Tempo Session 1km easy jog to warm up & cool down 2 x 15 min effort running (3 min break between sets) Efforts are done slightly faster (not max effort)	
Wednesday	Rest Day Enjoy the day off	
Thursday	Midweek long run Distance: 10km	
Friday	Rest Day Enjoy the day off	
Saturday	Easy run Distance: 8km	
Sunday	Long Run 30km This run should be done at an easy pace - being able to talk throughout.	





FIXX
NUTRITION

OFFICIAL GC50 NUTRITION

ALL IN ONE - SPORTS DRINK
MADE IN BURLEIGH HEADS

**ELECTROLYTES
TO REPLENISH**

Sodium **Na**

Potassium **K**

Calcium **Ca**

Magnesium **Mg**



**CARBOHYDRATES
FOR ENERGY**

**2 SCOOPS
= 2 GELS!**

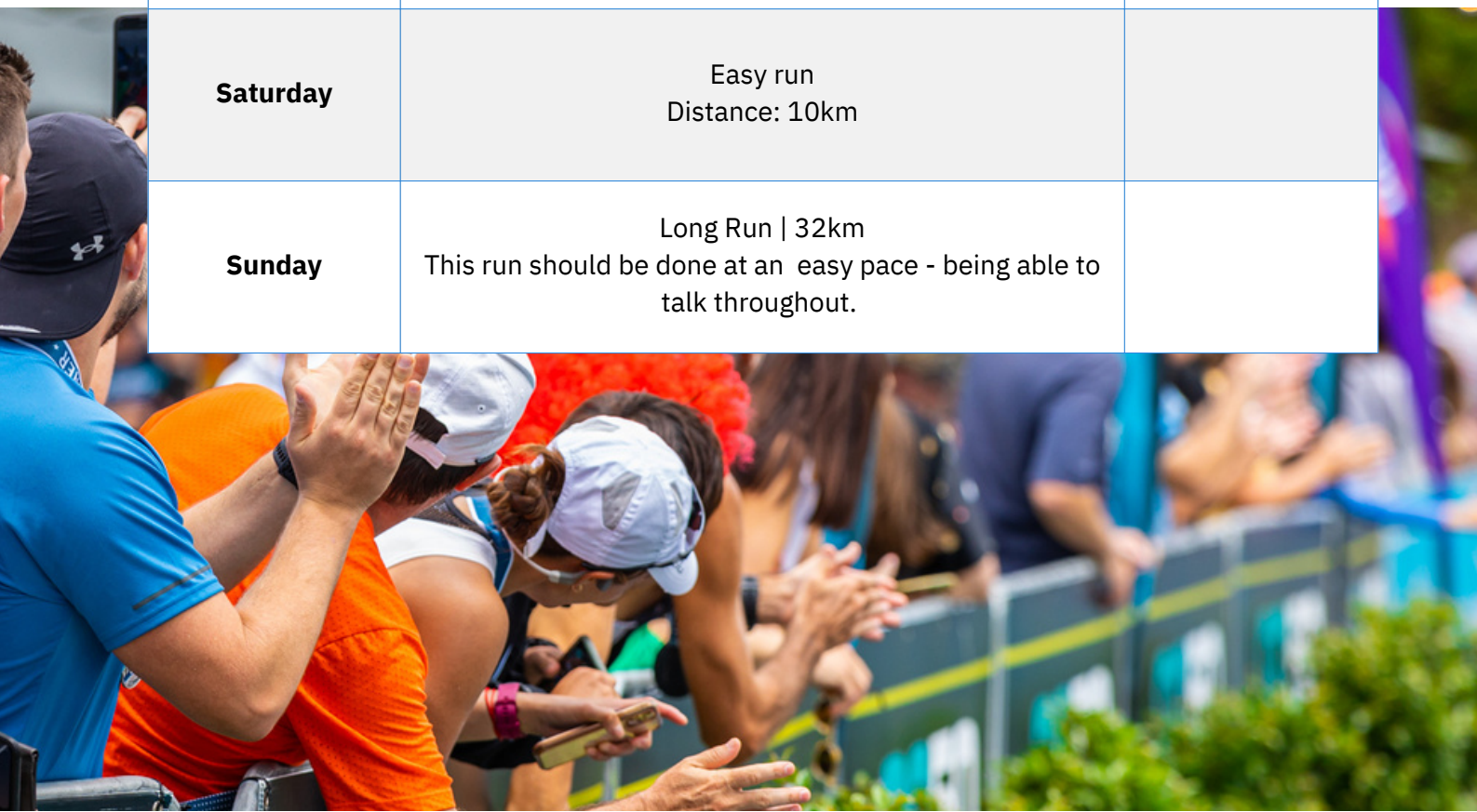
**50g
Carbohydrates**

**NO GELS
Required!**

**NO GUT
Distress**

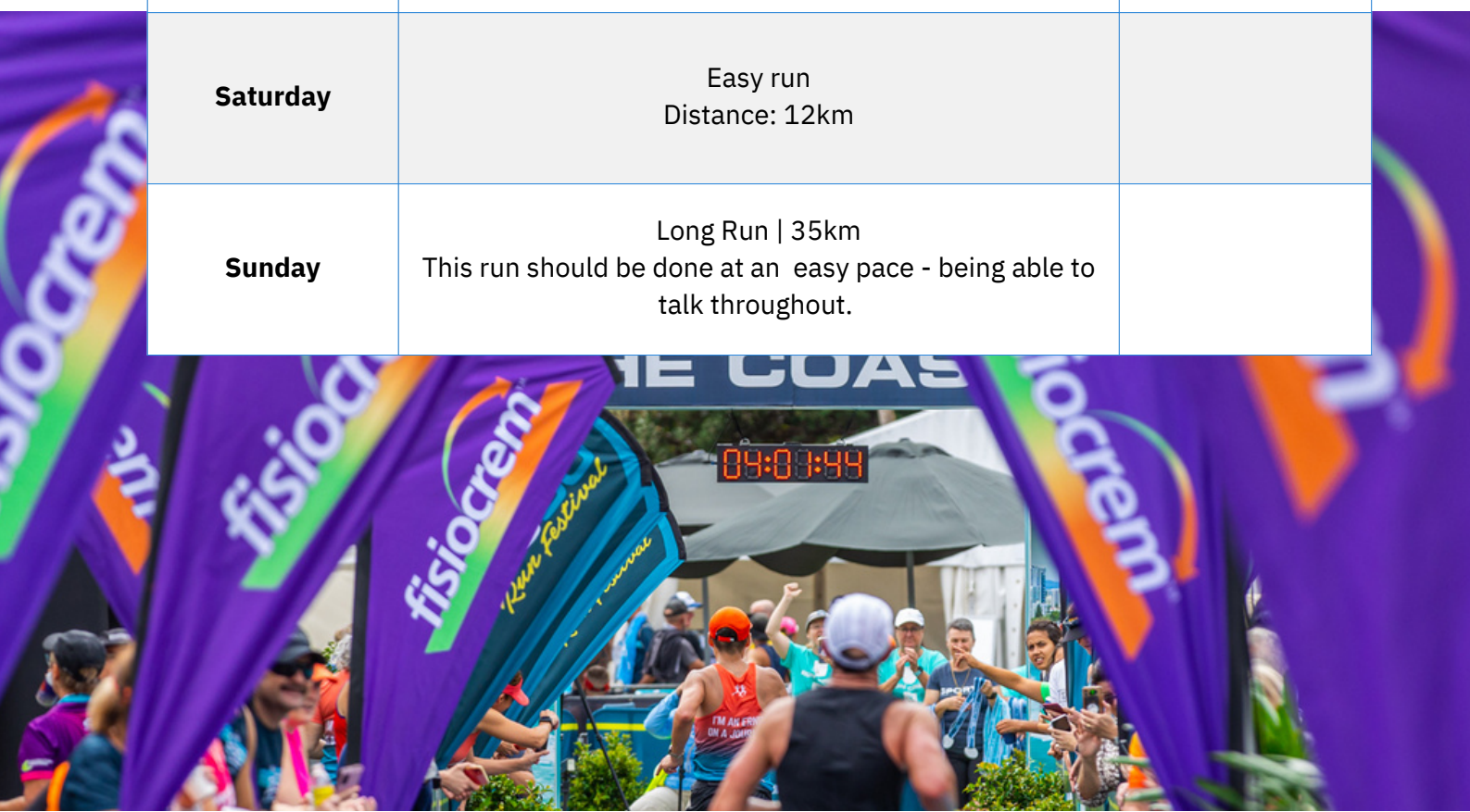
WEEK 7

Day	Training	Completed / Comments
Monday 23 October	Easy run or walk 30:00 minutes	
Tuesday	Run: Fartlek Session 1km easy jog to warm up & cool down Session: 2km effort, 1km easy, 2km effort, 1km easy, 1km effort. (9km total)	
Wednesday	Rest Day Enjoy the day off	
Thursday	Midweek long run Distance: 12km	
Friday	Rest Day Enjoy the day off	
Saturday	Easy run Distance: 10km	
Sunday	Long Run 32km This run should be done at an easy pace - being able to talk throughout.	



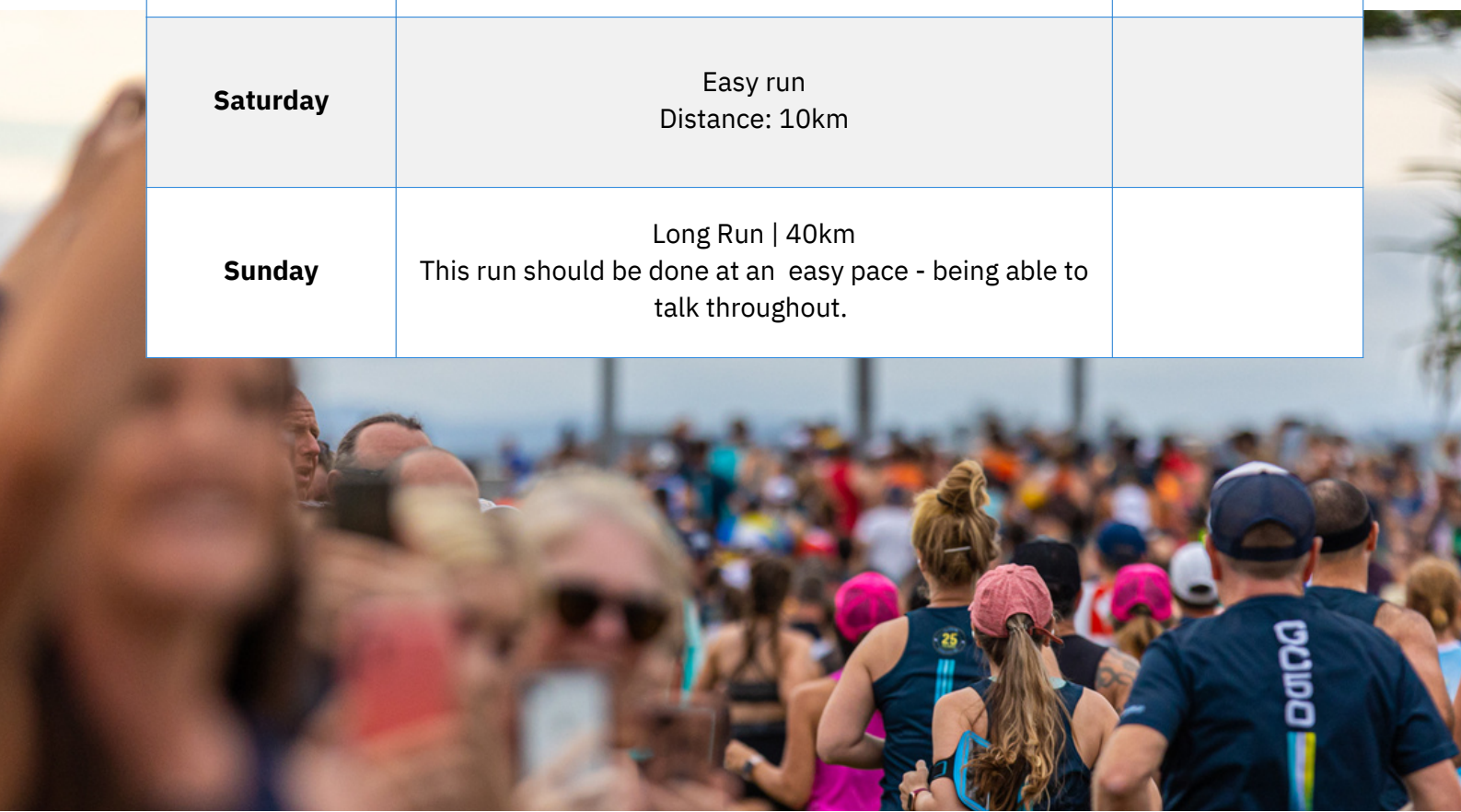
WEEK 8

Day	Training	Completed / Comments
Monday 30 October	Easy run or walk 30:00 minutes	
Tuesday	Run: Tempo Session 1km easy jog to warm up & cool down 2 x 15 min effort running (3 min break between sets) Efforts are done slightly faster (not max effort)	
Wednesday	Rest Day Enjoy the day off	
Thursday	Midweek long run Distance: 12km	
Friday	Rest Day Enjoy the day off	
Saturday	Easy run Distance: 12km	
Sunday	Long Run 35km This run should be done at an easy pace - being able to talk throughout.	



WEEK 9

Day	Training	Completed / Comments
Monday 6 November	Easy run or walk 30:00 minutes	
Tuesday	Easy run Distance: 10km	
Wednesday	Rest Day Enjoy the day off	
Thursday	Midweek long run Distance: 14km	
Friday	Rest Day Enjoy the day off	
Saturday	Easy run Distance: 10km	
Sunday	Long Run 40km This run should be done at an easy pace - being able to talk throughout.	



WEEK 10

Day	Training	Completed / Comments
Monday 13 November	Easy run or walk 30:00 minutes	
Tuesday	Easy run Distance: 8km	
Wednesday	Rest Day Enjoy the day off	
Thursday	Midweek long run Distance: 16km	
Friday	Rest Day Enjoy the day off	
Saturday	Easy run Distance: 12km	
Sunday	Long Run 25km This run should be done at an easy pace - being able to talk throughout.	



FIXX[®]
NUTRITION

GEL X PRO

SMOOTH LIQUID TEXTURE
GUT FRIENDLY

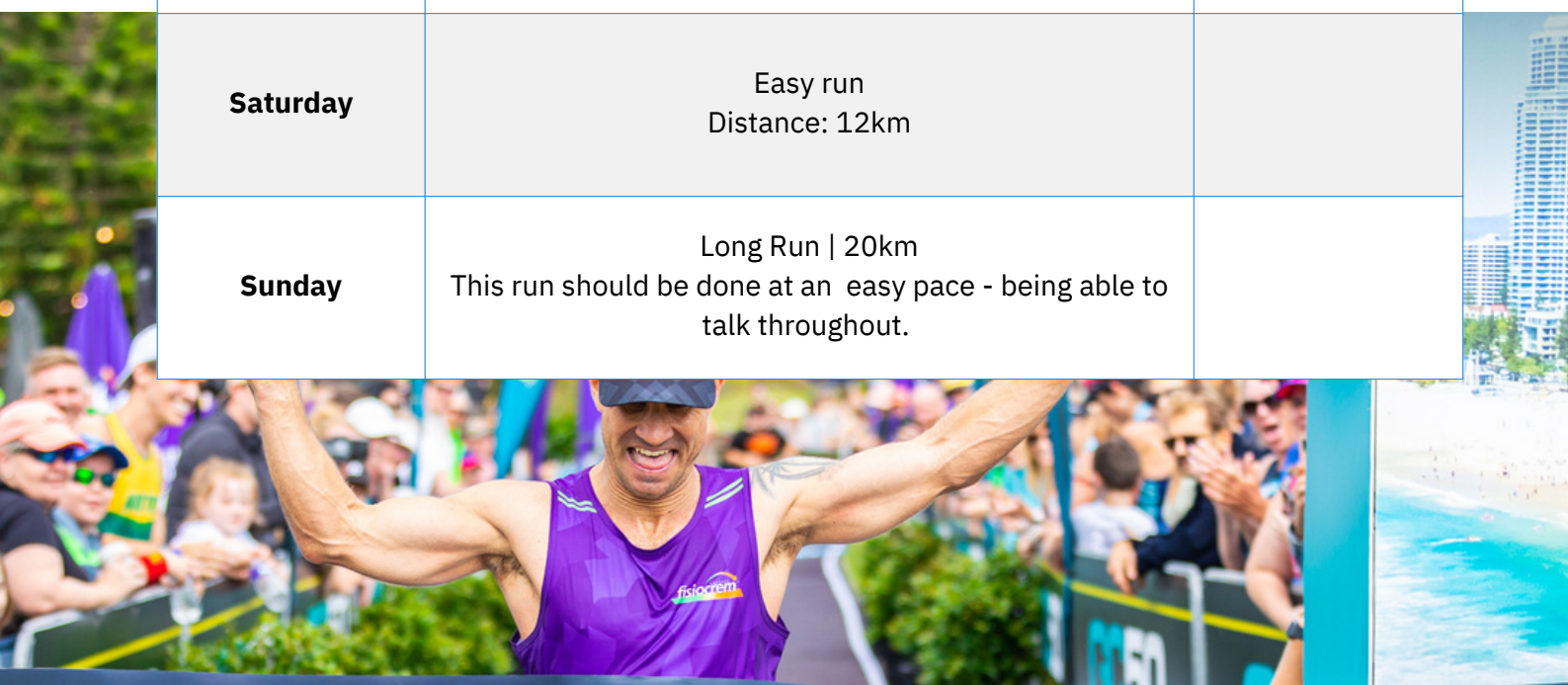


MADE IN
AUSTRALIA

**ALL NATURAL
PRESERVATIVE FREE**

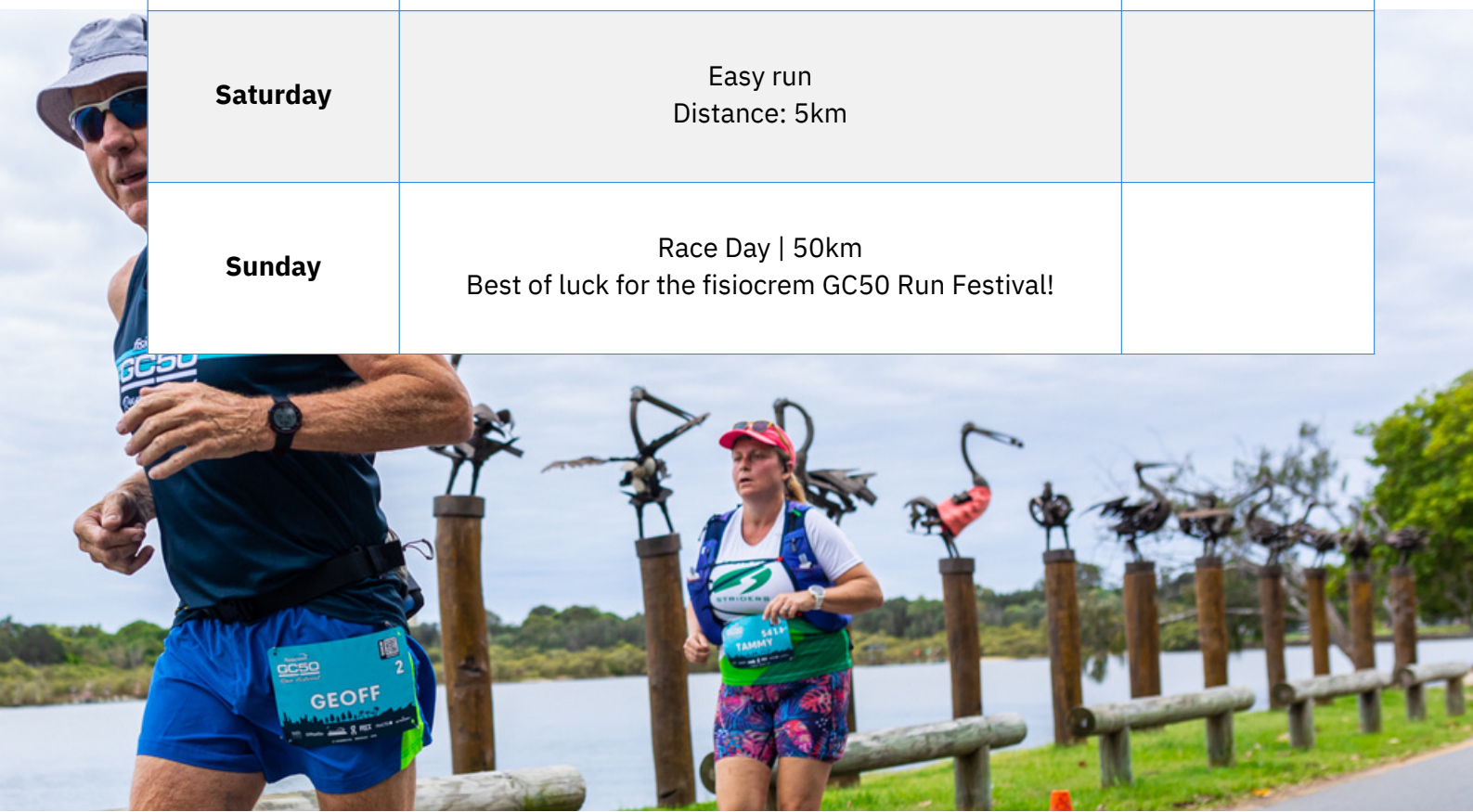
WEEK 11

Day	Training	Completed / Comments
Monday 20 November	Easy run or walk 30:00 minutes	
Tuesday	Run: Tempo Session 1km easy jog to warm up & cool down Efforts: 20 min, 15 min, 10 min. (3 min break between sets)	
Wednesday	Rest Day Enjoy the day off	
Thursday	Midweek long run Distance: 14km	
Friday	Rest Day Enjoy the day off	
Saturday	Easy run Distance: 12km	
Sunday	Long Run 20km This run should be done at an easy pace - being able to talk throughout.	



WEEK 12 / RACE WEEK

Day	Training	Completed / Comments
Monday 27 November	Easy run or walk 30:00 minutes	
Tuesday	Easy run Distance: 10km	
Wednesday	Rest Day Enjoy the day off	
Thursday	Easy run Distance: 8km	
Friday	Rest Day Enjoy the day off	
Saturday	Easy run Distance: 5km	
Sunday	Race Day 50km Best of luck for the fisiocrem GC50 Run Festival!	



WEEK 13

Day	Training	Completed / Comments
Monday 4 Dec	Rest Day or Easy Walk 30:00 minutes	
Tuesday	Walk 30:00 minutes	
Wednesday	Rest Day Enjoy the day off	
Thursday	Walk 30:00 minutes	
Friday	Rest Day Enjoy the day off	
Saturday	Walk or Easy Run 30:00 minutes	
Sunday	Walk or Easy Run 30:00 minutes	



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SPORT 3
EXPERIENCE AWESOME