



fisiocrem™  
**GC50**  
*Run Festival*

# 5KM

## 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.

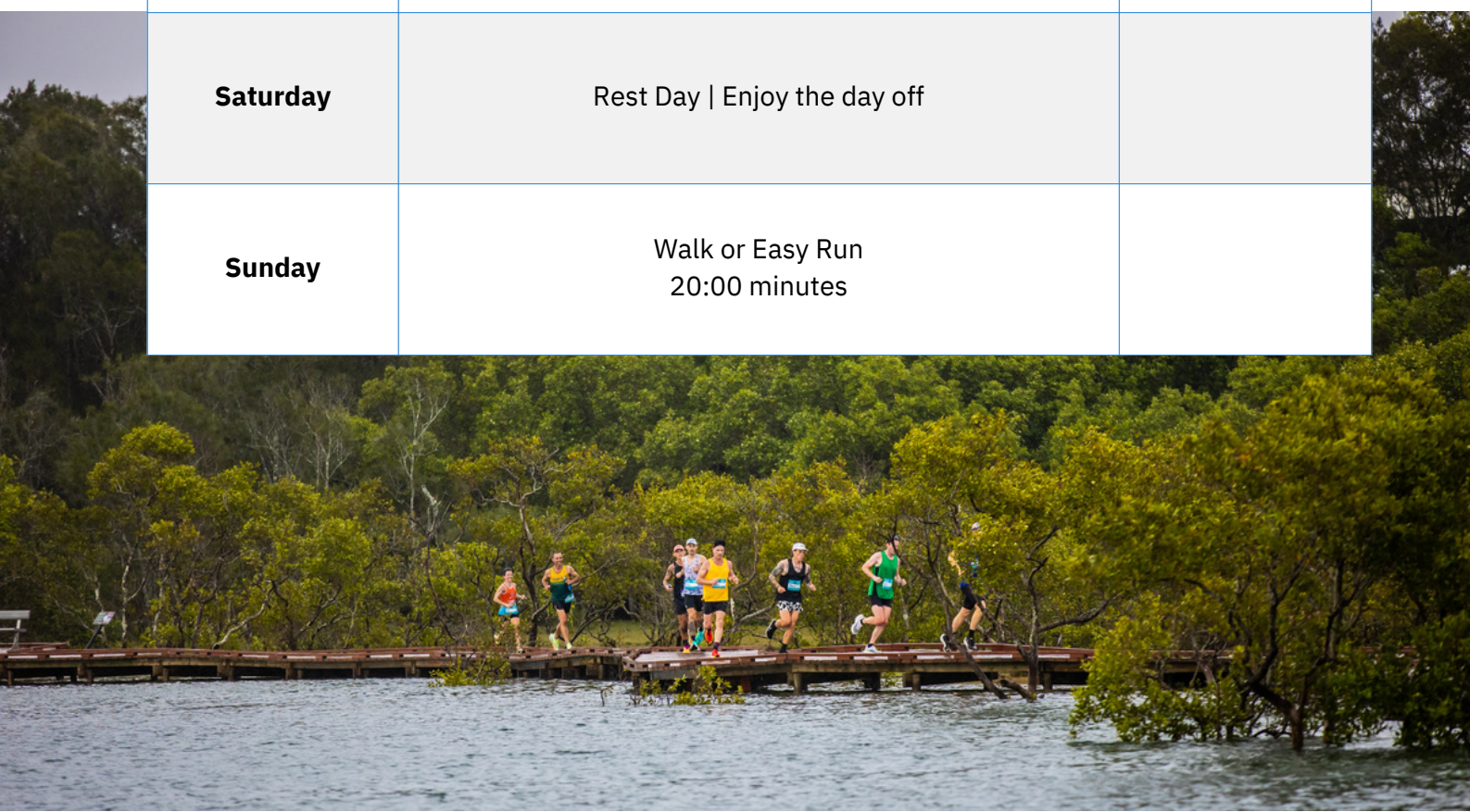
## TEMPO

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.



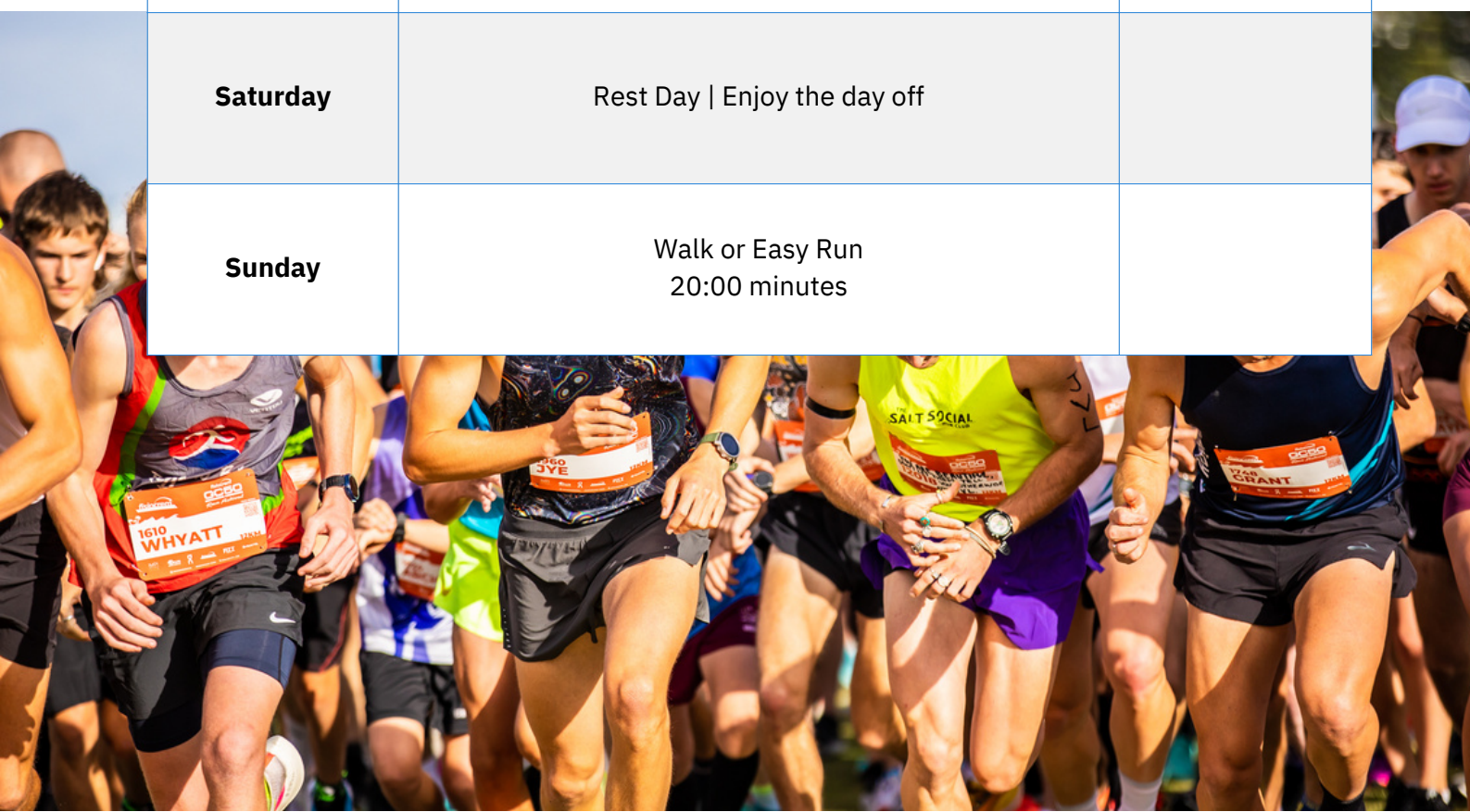
# WEEK 1

Day	Training	Completed / Comments
<b>Monday 11 September</b>	Rest Day	
<b>Tuesday</b>	Walk or Easy Run 20:00 minutes	
<b>Wednesday</b>	Rest Day   Enjoy the day off	
<b>Thursday</b>	Walk or Easy Run 20:00 minutes	
<b>Friday</b>	Rest Day   Enjoy the day off	
<b>Saturday</b>	Rest Day   Enjoy the day off	
<b>Sunday</b>	Walk or Easy Run 20:00 minutes	



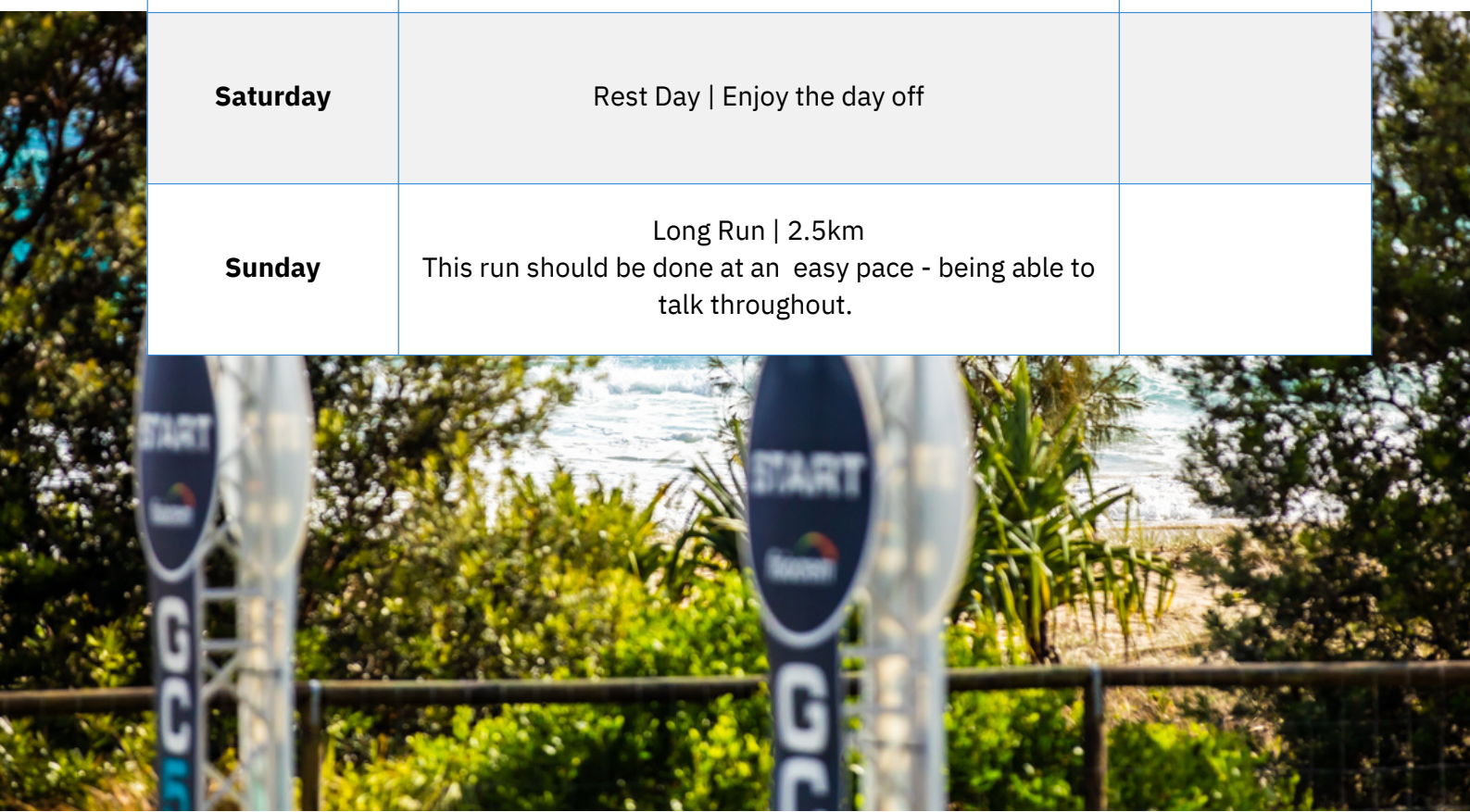
# WEEK 2

Day	Training	Completed / Comments
<b>Monday 18 September</b>	Rest Day   Enjoy the day off	
<b>Tuesday</b>	Walk 20:00 minutes	
<b>Wednesday</b>	Rest Day   Enjoy the day off	
<b>Thursday</b>	Walk or Easy Run 20:00 minutes	
<b>Friday</b>	Rest Day   Enjoy the day off	
<b>Saturday</b>	Rest Day   Enjoy the day off	
<b>Sunday</b>	Walk or Easy Run 20:00 minutes	



# WEEK 3

Day	Training	Completed / Comments
<b>Monday 25 September</b>	Rest Day   Enjoy the day off	
<b>Tuesday</b>	Walk 20:00 minutes	
<b>Wednesday</b>	Rest Day   Enjoy the day off	
<b>Thursday</b>	Run: Fartlek Session 15 min on, alternating between walking and jogging. No more than 3 min of consecutive jogging	
<b>Friday</b>	Rest Day   Enjoy the day off	
<b>Saturday</b>	Rest Day   Enjoy the day off	
<b>Sunday</b>	Long Run   2.5km This run should be done at an easy pace - being able to talk throughout.	







# FOR ALL RUNNERS



**Saturday Morning  
Tempo/Threshold**

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**Tuesday Afternoon  
Technique/Speed**

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**Thursday Morning  
Social Run**

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**Thursday Afternoon  
Speed/Threshold**

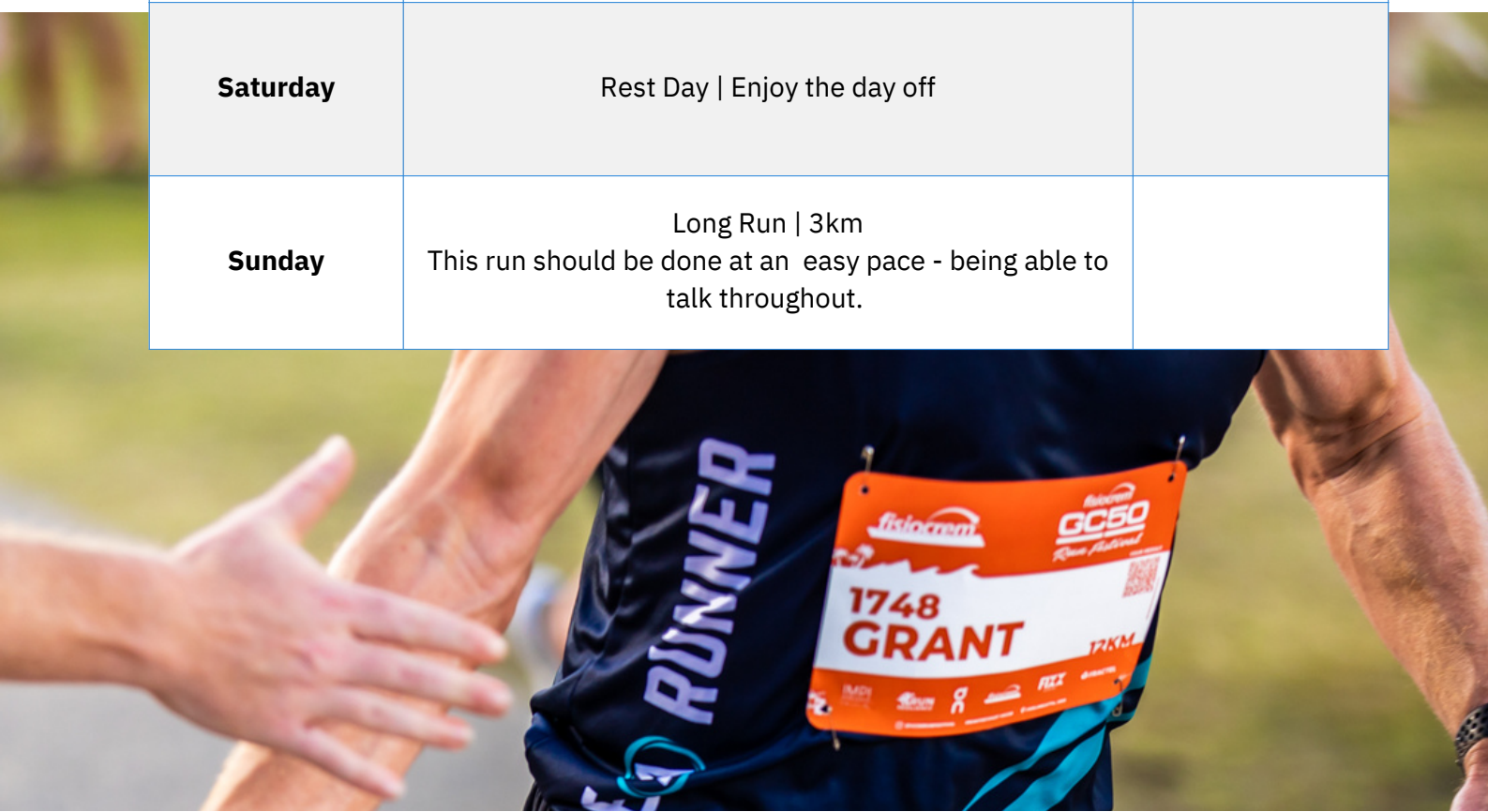
**BE A RUNNER**

**ONLINE-GROUPS-PRIVATE**

**BEARUNNER.ORG**

# WEEK 4

Day	Training	Completed / Comments
<b>Monday 2 October</b>	Rest Day   Enjoy the day off	
<b>Tuesday</b>	Walk 20:00 minutes	
<b>Wednesday</b>	Rest Day   Enjoy the day off	
<b>Thursday</b>	Run: Fartlek Session 18 min on, alternating between walking and jogging. No more than 3 min of consecutive jogging.	
<b>Friday</b>	Rest Day   Enjoy the day off	
<b>Saturday</b>	Rest Day   Enjoy the day off	
<b>Sunday</b>	Long Run   3km This run should be done at an easy pace - being able to talk throughout.	



**fisiocrem**<sup>™</sup>  
SOLUGEL

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



**Arnica . Hypericum . Calendula . Menthol . Melaleuca**

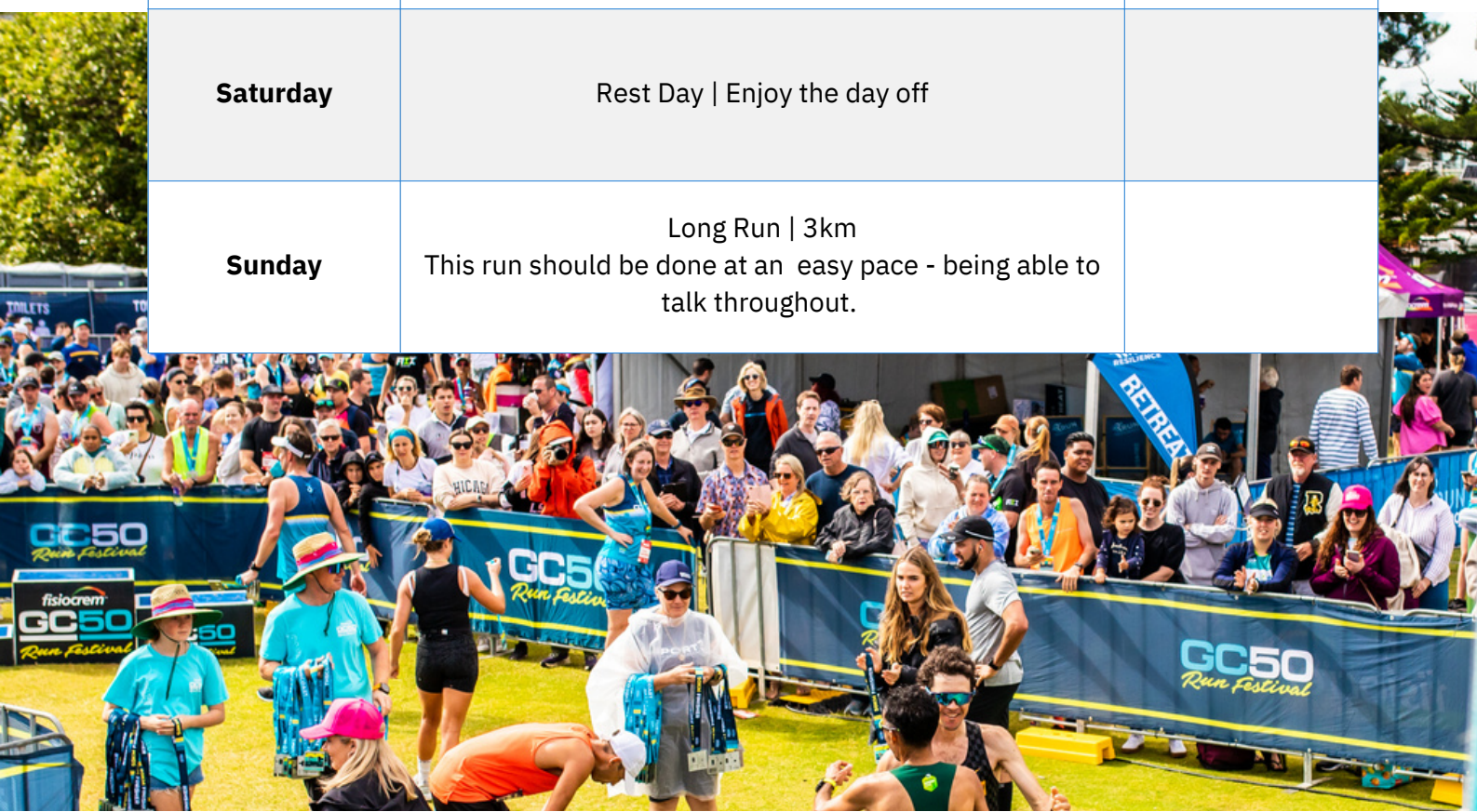
**Contains naturally  
derived active  
ingredients.**



**Always read the label and follow the directions for use.**

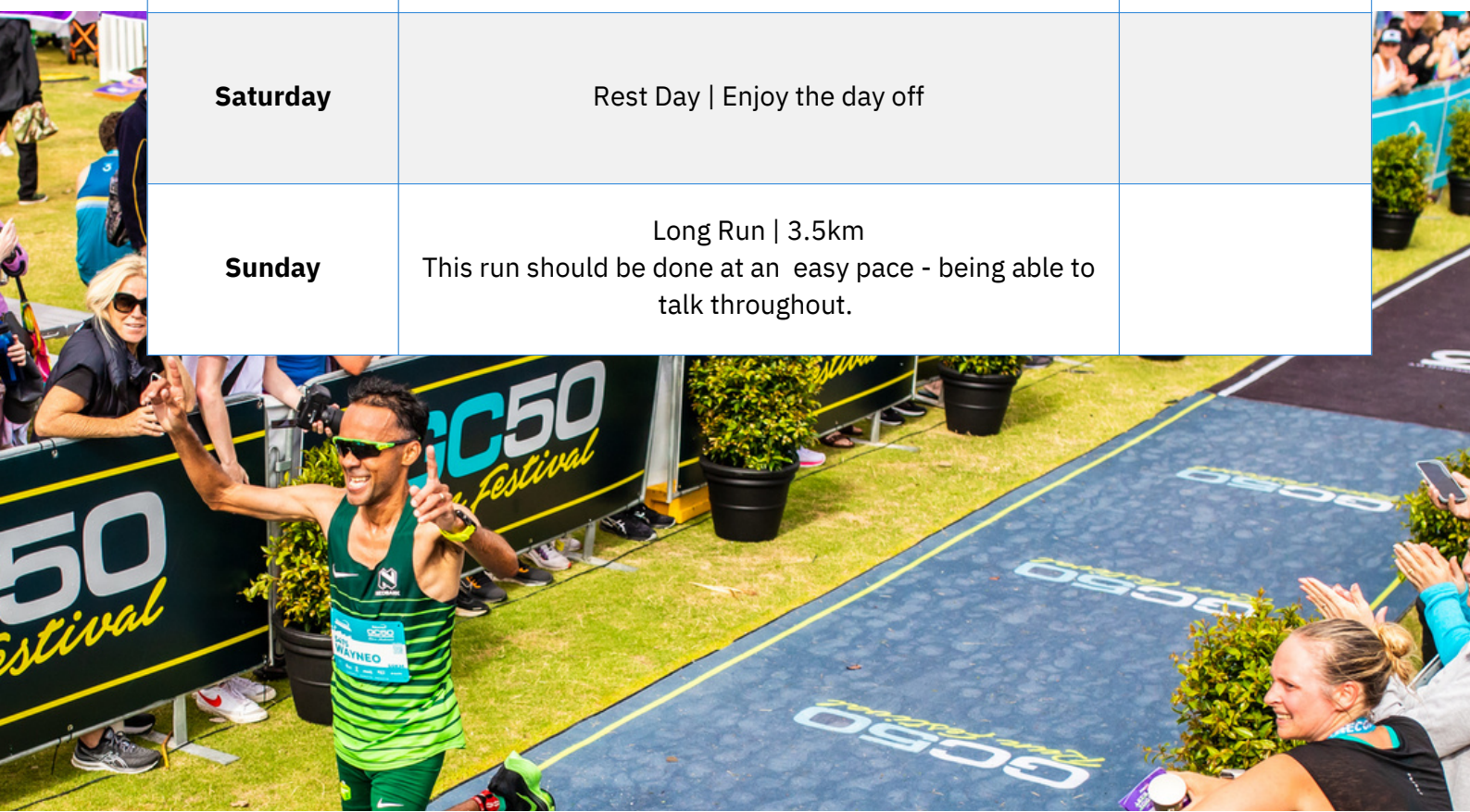
# WEEK 5

Day	Training	Completed / Comments
<b>Monday 9 October</b>	Rest Day   Enjoy the day off	
<b>Tuesday</b>	Walk or Easy Run 20:00 minutes	
<b>Wednesday</b>	Rest Day   Enjoy the day off	
<b>Thursday</b>	Run: Tempo Run 3 x 5 min running (3 min rest between efforts)	
<b>Friday</b>	Rest Day   Enjoy the day off	
<b>Saturday</b>	Rest Day   Enjoy the day off	
<b>Sunday</b>	Long Run   3km This run should be done at an easy pace - being able to talk throughout.	



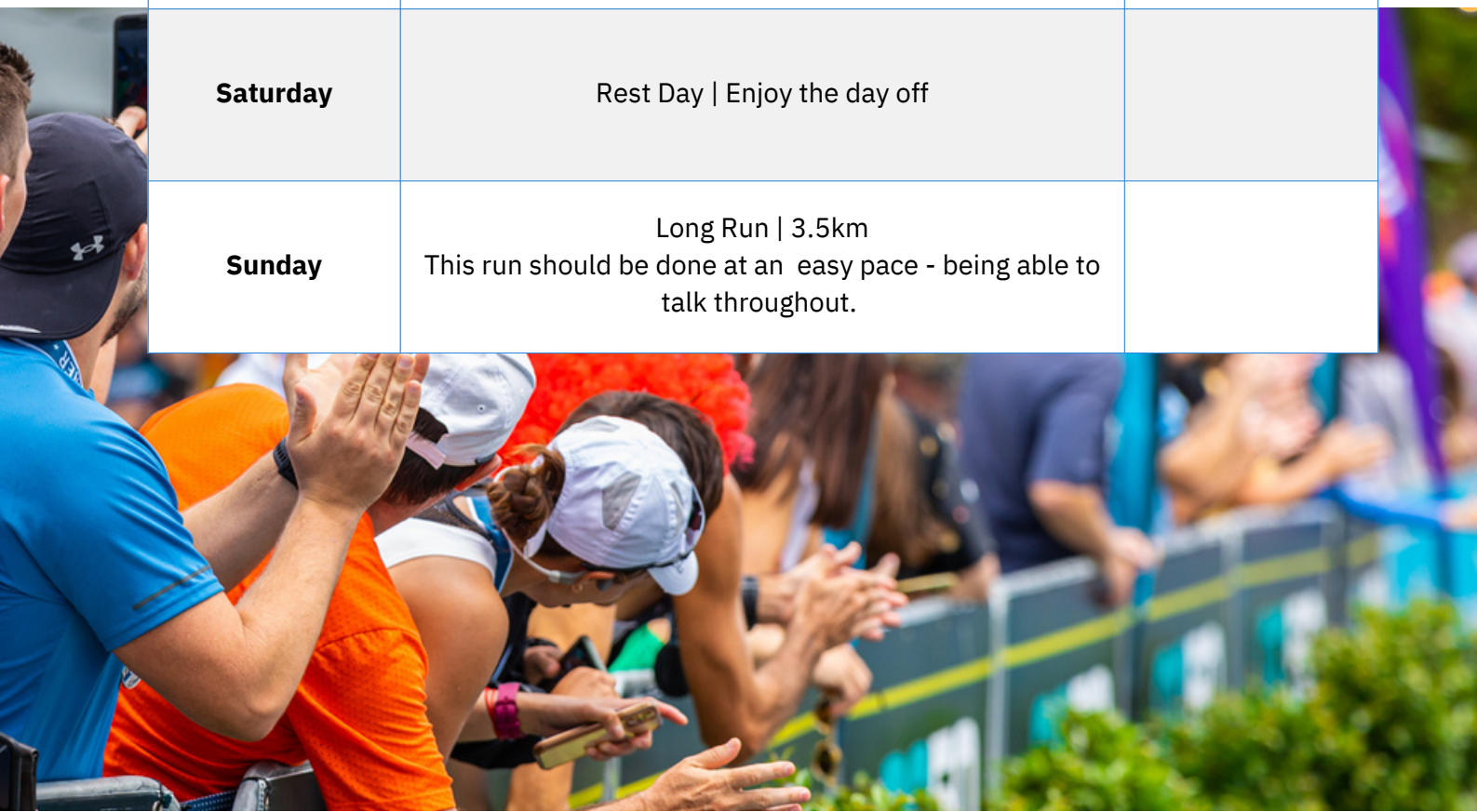
# WEEK 6

Day	Training	Completed / Comments
<b>Monday 16 October</b>	Rest Day   Enjoy the day off	
<b>Tuesday</b>	Walk or Easy Run 20:00 minutes	
<b>Wednesday</b>	Rest Day   Enjoy the day off	
<b>Thursday</b>	Run: Fartlek Session 4 x (2 min effort + 1 min easy) 4 x (1 min effort + 1 min easy)	
<b>Friday</b>	Rest Day   Enjoy the day off	
<b>Saturday</b>	Rest Day   Enjoy the day off	
<b>Sunday</b>	Long Run   3.5km This run should be done at an easy pace - being able to talk throughout.	



# WEEK 7

Day	Training	Completed / Comments
<b>Monday 23 October</b>	Rest Day   Enjoy the day off	
<b>Tuesday</b>	Walk or Easy Run 25:00 minutes	
<b>Wednesday</b>	Rest Day   Enjoy the day off	
<b>Thursday</b>	Run: Tempo Run 3 x 6 min efforts (3 min rest between efforts)	
<b>Friday</b>	Rest Day   Enjoy the day off	
<b>Saturday</b>	Rest Day   Enjoy the day off	
<b>Sunday</b>	Long Run   3.5km 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!**

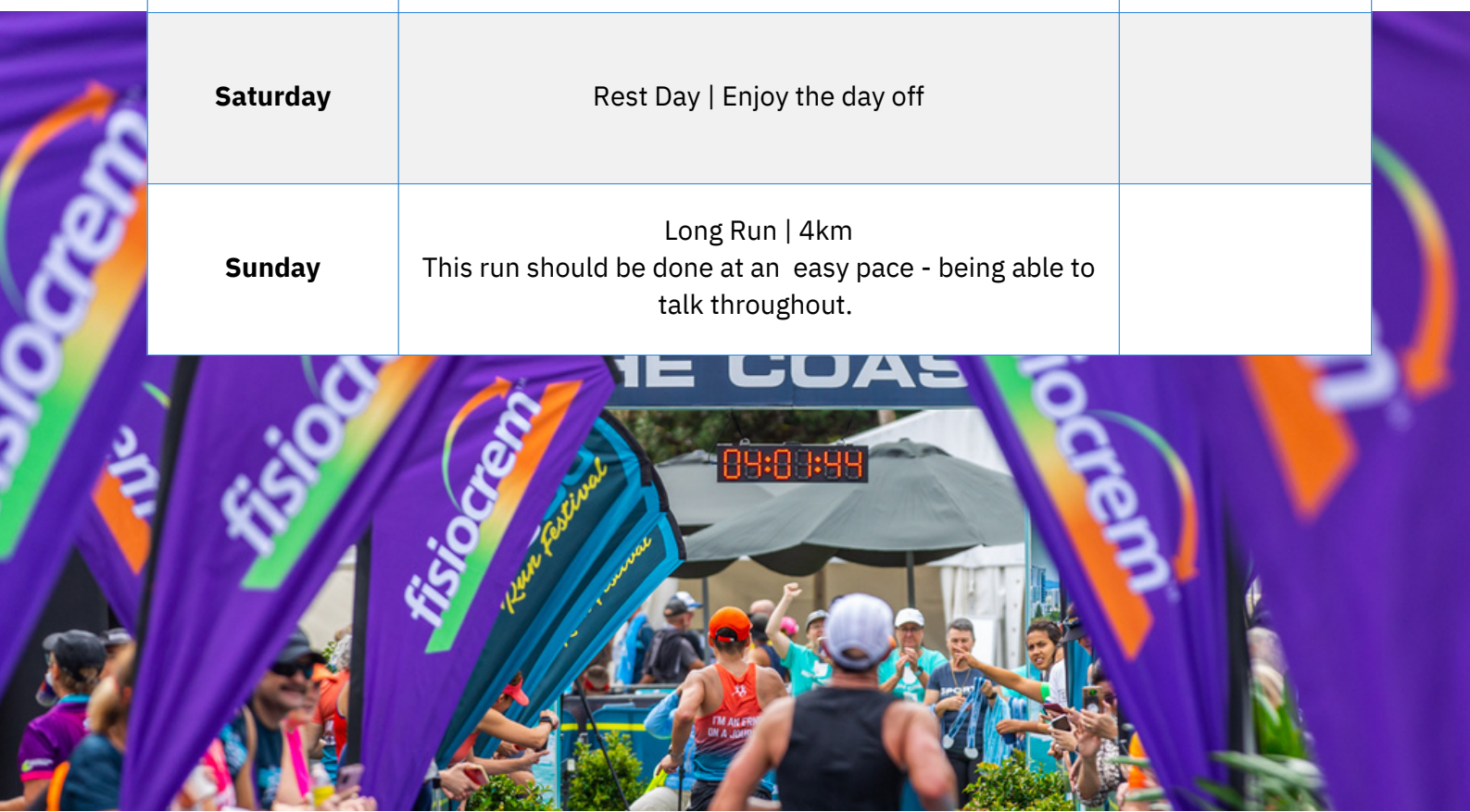
**50g  
Carbohydrates**

**NO GELS  
Required!**

**NO GUT  
Distress**

# WEEK 8

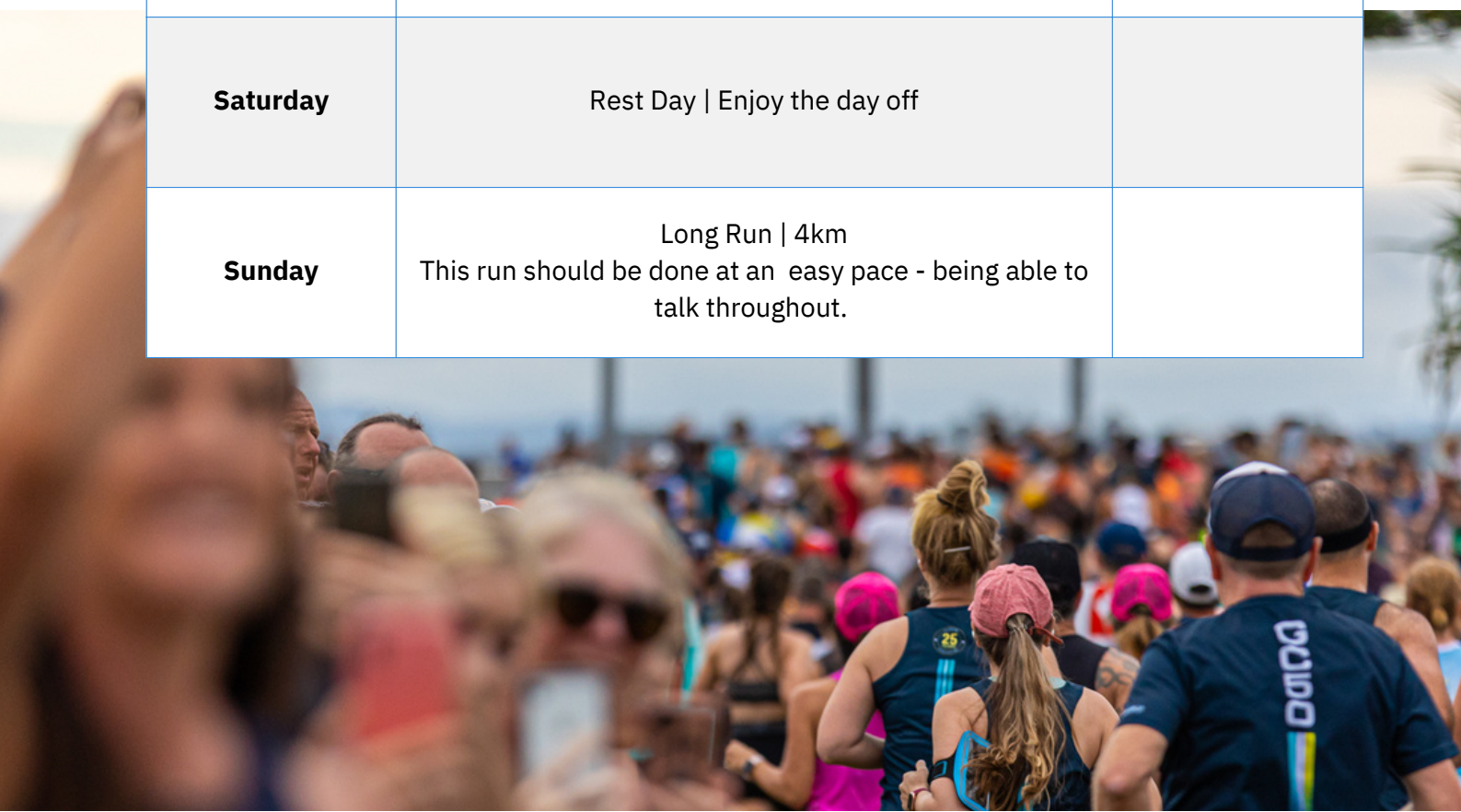
Day	Training	Completed / Comments
<b>Monday 30 October</b>	Rest Day   Enjoy the day off	
<b>Tuesday</b>	Walk or Easy Run 25:00 minutes	
<b>Wednesday</b>	Rest Day   Enjoy the day off	
<b>Thursday</b>	Run: Fartlek Session 3 x (3 min effort, 1 min easy) 3 x (2 min effort, 1 min easy)	
<b>Friday</b>	Rest Day   Enjoy the day off	
<b>Saturday</b>	Rest Day   Enjoy the day off	
<b>Sunday</b>	Long Run   4km This run should be done at an easy pace - being able to talk throughout.	





# WEEK 9

Day	Training	Completed / Comments
<b>Monday 6 November</b>	Rest Day   Enjoy the day off	
<b>Tuesday</b>	Walk or Easy Run 25:00 minutes	
<b>Wednesday</b>	Rest Day   Enjoy the day off	
<b>Thursday</b>	Run: Tempo Run 3 x 7 min efforts (3 min rest between efforts)	
<b>Friday</b>	Rest Day   Enjoy the day off	
<b>Saturday</b>	Rest Day   Enjoy the day off	
<b>Sunday</b>	Long Run   4km This run should be done at an easy pace - being able to talk throughout.	



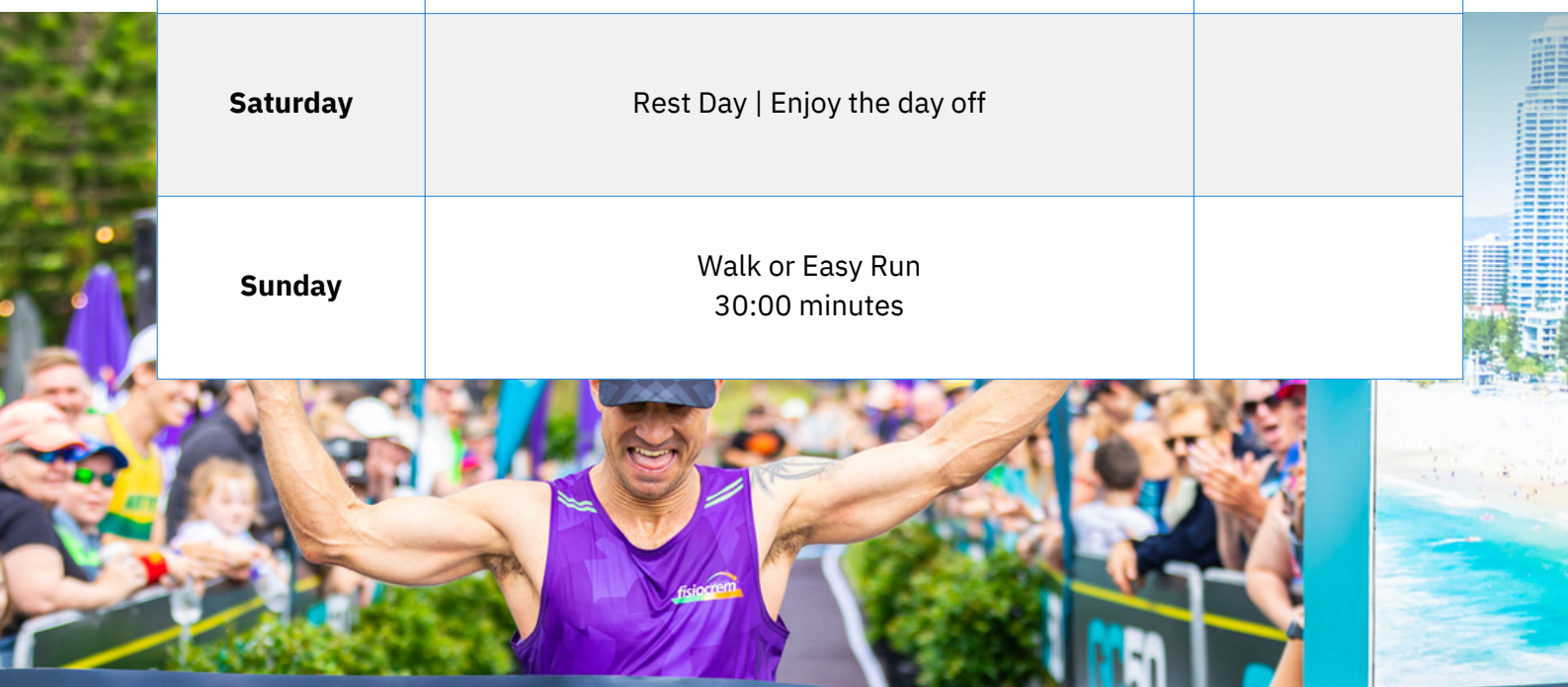
# WEEK 10

Day	Training	Completed / Comments
<b>Monday 13 November</b>	Rest Day   Enjoy the day off	
<b>Tuesday</b>	Walk or Easy Run 30:00 minutes	
<b>Wednesday</b>	Rest Day   Enjoy the day off	
<b>Thursday</b>	Run: Fartlek Session 3 x (3 min effort, 1 min easy) 4 x (2 min effort, 1 min easy)	
<b>Friday</b>	Rest Day   Enjoy the day off	
<b>Saturday</b>	Rest Day   Enjoy the day off	
<b>Sunday</b>	Long Run   4.5km This run should be done at an easy pace - being able to talk throughout.	



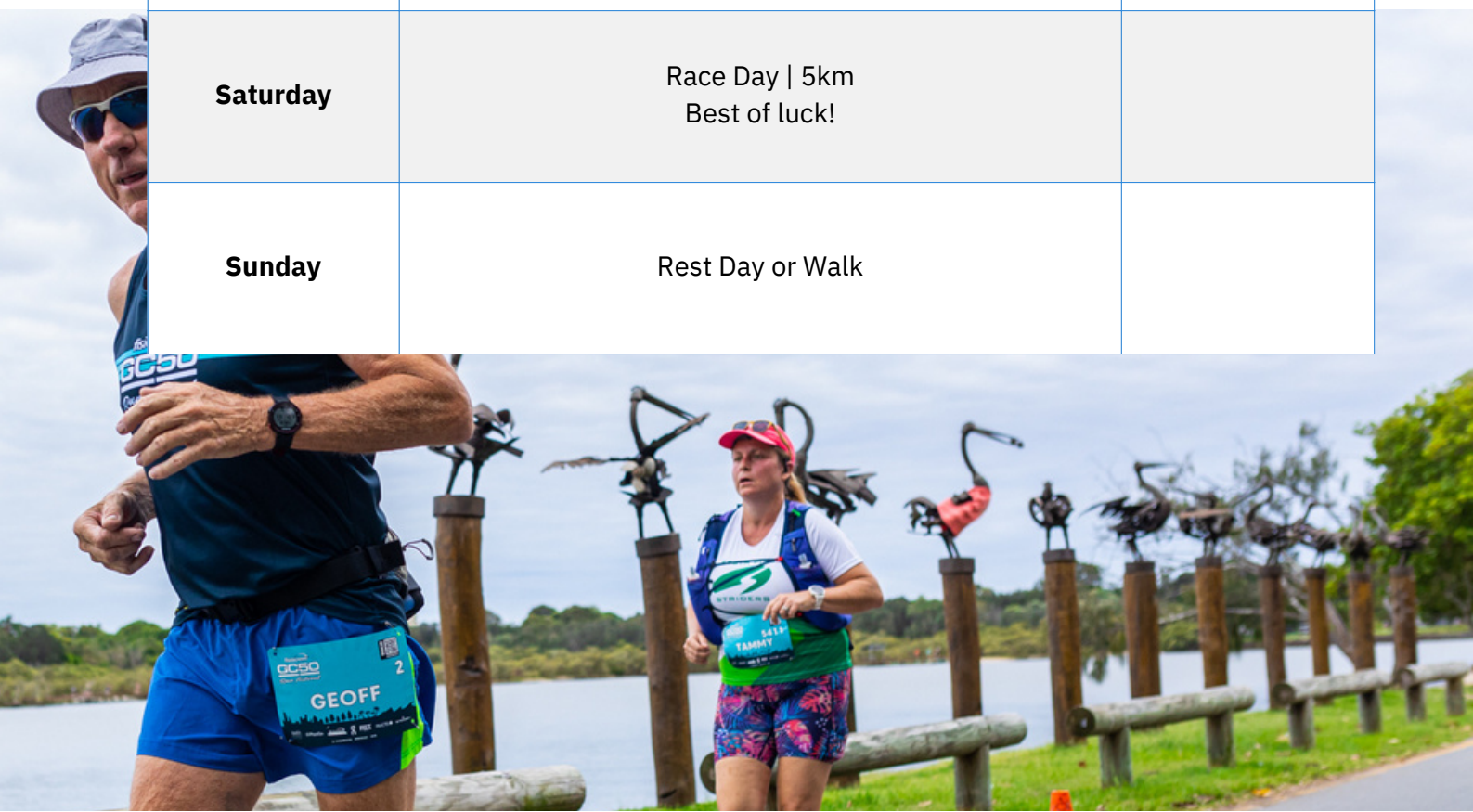
# WEEK 11

Day	Training	Completed / Comments
<b>Monday 20 November</b>	Rest Day   Enjoy the day off	
<b>Tuesday</b>	Walk or Easy Run 30:00 minutes	
<b>Wednesday</b>	Rest Day   Enjoy the day off	
<b>Thursday</b>	Run: Tempo Run 3 x 8 min efforts (2 min rest between efforts)	
<b>Friday</b>	Rest Day   Enjoy the day off	
<b>Saturday</b>	Rest Day   Enjoy the day off	
<b>Sunday</b>	Walk or Easy Run 30:00 minutes	



# WEEK 12 / RACE WEEK

Day	Training	Completed / Comments
<b>Monday 27 November</b>	Rest Day   Enjoy the day off	
<b>Tuesday</b>	Easy run or Walk 25:00 minutes	
<b>Wednesday</b>	Rest Day   Enjoy the day off	
<b>Thursday</b>	Walk 20:00 minutes	
<b>Friday</b>	Rest Day   Enjoy the day off	
<b>Saturday</b>	Race Day   5km Best of luck!	
<b>Sunday</b>	Rest Day or Walk	



# WEEK 13

Day	Training	Completed / Comments
<b>Monday</b> 4 Dec	Rest Day or Easy Walk 30:00 minutes	
<b>Tuesday</b>	Walk 20:00 minutes	
<b>Wednesday</b>	Rest Day   Enjoy the day off	
<b>Thursday</b>	Walk 20:00 minutes	
<b>Friday</b>	Rest Day   Enjoy the day off	
<b>Saturday</b>	Rest Day   Enjoy the day off	
<b>Sunday</b>	Walk 20:00 minutes	



*fisiocrem*<sup>™</sup>  
**GC50**  
*Run Festival*

BE  RUNNER

**SPORT 3**  
EXPERIENCE AWESOME