

8 week intermediate running guide

4km run



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1						
<p>Do a strength and flexibility workout.</p> <p>Strength and flexibility exercises are vital to help increase lean body mass, decrease fat mass and increase the rate of energy you consume. Engaging in weight training activity or using your body weight for resistance are great ways to improve strength. Flexibility or stretching exercise training is important to help reduce muscle soreness and injury, and promote recovery.</p>	<p>Walk for 30-45 minutes at a moderate pace and stretch.</p> <p>Walk for 30 to 45 minutes at a moderate pace. Your breathing should be noticeable but you should still be able to carry a conversation.</p>	<p>Work on your strength and flexibility.</p> <p>The purpose of strength and flexibility training is to strengthen your muscles and joints to make you a better runner and reduce the risk of injury. A suggested program is provided in the Strength and Flexibility Training Guide.</p>	<p>Complete a 2km jog/run and stretch.</p> <p>After you've warmed up, go for a 2km jog/run. Alternate between pushing yourself (running) and recovery (jogging) every 30 seconds. Make note of your overall time so you can calculate your pace and measure your progress from week to week.</p>	<p>Rest and recover.</p> <p>Rest days are a vital part of your training program as they allow your body to recuperate, recover and improve after training sessions.</p>	<p>Work on your strength and flexibility.</p> <p>Increasing your strength and flexibility will improve your running efficiency, meaning you will be able to run faster and farther using less energy. Check out the Strength and Flexibility Training Guide for tips on form.</p>	<p>Rest and recover.</p> <p>Rest days can (and should) involve some activity. Take a walk or go for a swim to get your blood flowing.</p>
Week 2						
<p>Do a strength and flexibility workout.</p> <p>Strength and flexibility exercises are vital to help increase lean body mass, decrease fat mass and increase the rate of energy you consume. Engaging in weight training activity or using your body weight for resistance are great ways to improve strength. Flexibility or stretching exercise training is important to help reduce muscle soreness and injury, and promote recovery.</p>	<p>Walk for 30-45 minutes at a moderate pace and stretch.</p> <p>Walk for 30 to 45 minutes at a moderate pace. Try to increase your speed from last week.</p>	<p>Work on your strength and flexibility.</p> <p>Follow the Strength and Flexibility Training Guide. Remember that strength training is important for preventing muscle imbalances that occur when one muscle is stronger than its opposing muscle.</p>	<p>Complete a 3km jog/run and stretch.</p> <p>After you've warmed up, go for a 3km jog/run. Alternate between pushing yourself (running) and recovery (jogging) every 30 seconds.</p>	<p>Rest and recover.</p> <p>Rest days are a great opportunity to work on your flexibility. Try a yoga or Pilates class or do some stretching at home.</p>	<p>Work on your strength and flexibility.</p> <p>Really focus on the static stretches as you follow the Strength and Flexibility Training Guide.</p>	<p>Rest and recover.</p> <p>A walk on the beach is a great way to strengthen leg muscles and unwind after a long day.</p>
Week 3						
<p>Do a strength and flexibility workout or jog/run 3km.</p> <p>Do a strength and flexibility session or go for a 3km jog/run and stretch.</p>	<p>Walk for 30-45 minutes at a brisk pace and stretch.</p> <p>Walk for 30 to 45 minutes at a brisk pace. You should need to breathe deeply every few words but still be able to carry a conversation.</p>	<p>Work on your strength and flexibility.</p> <p>Strength training is one of the best ways to increase your speed.</p>	<p>Complete a 2km run and stretch.</p> <p>Go for a 2km run. Focus on improving your pace by running more and jogging less.</p>	<p>Rest and recover.</p> <p>You need sleep to heal from the mental and physical stress of training. Try going to bed a little earlier tonight.</p>	<p>Work on your strength and flexibility.</p> <p>Try to incorporate some light weights into your strength and flexibility session to make it more challenging.</p>	<p>Rest and recover.</p> <p>If you are prone to muscle soreness, book in for a sports massage on your rest day. Massage therapy improves circulation to affected areas while easing pain and aiding recovery.</p>
Week 4						
<p>Do a strength and flexibility workout or go for a 2km run and stretch.</p> <p>Do a strength and flexibility session or go for a 2km run and stretch.</p>	<p>Go for a 20 minute jog and stretch.</p> <p>Jog for 20 minutes. Try to maintain a comfortable, consistent pace the entire time.</p>	<p>Work on your strength and flexibility.</p> <p>Make today's strength and flexibility session more challenging by doing an additional 2 repetitions of each exercise.</p>	<p>Complete a 2km run and stretch.</p> <p>Go for a 2km run. Try to beat your time from last week.</p>	<p>Work on your strength and flexibility.</p> <p>Supplementing running with strengthening exercises will not only aid in injury prevention but will make you a stronger, faster, and more efficient runner.</p>	<p>Complete a 3km run and stretch.</p> <p>Go for a 3km run. Try to maintain the same pace as your 2km run over the longer distance.</p>	<p>Rest and recover.</p> <p>Rest day activities should enable your whole body to recover. Yoga and Pilates are great for improving flexibility and can also help calm your mind and body.</p>

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Week 5						
<p>Do a strength and flexibility workout or go for a 3km run and stretch.</p> <p>Do a strength and flexibility session or go for a 3km run and stretch.</p>	<p>Go for a 20 minute jog and stretch.</p> <p>Jog for 20 minutes. Try to go farther than you did last week.</p>	<p>Work on your strength and flexibility.</p> <p>Ready to take your strength and flexibility training up a notch? Try the progressions outlined in the Strength and Flexibility Training Guide.</p>	<p>Complete a 3km run and stretch.</p> <p>Go for a 3km run. Try to beat your time from last week.</p>	<p>Work on your strength and flexibility.</p> <p>Really focus on doing the exercises correctly. Check out the Strength and Flexibility Training Guide for tips on form.</p>	<p>Complete a 4km run and stretch.</p> <p>Go for a 4km run. Focus on maintaining a consistent pace over the longer distance.</p>	<p>Rest and recover.</p> <p>Rest days should enhance and complement intense workouts. Don't go too hard when you should be recovering or you could be at risk of injury or fatigue.</p>
Week 6						
<p>Do a strength and flexibility workout or go for a 3km run and stretch.</p> <p>Do a strength and flexibility session or go for a 3km run and stretch.</p>	<p>Go for a 20 minute jog and stretch.</p> <p>Jog for 20 minutes. Try to go farther than you did last week.</p>	<p>Work on your strength and flexibility.</p> <p>As your runs are getting longer, remember that strength training can minimise aches and joint discomfort from pounding the pavement.</p>	<p>Complete a 3km run and stretch.</p> <p>Go for a 3km run. This distance should be getting easier as you build fitness, so really push yourself on your pace.</p>	<p>Work on your strength and flexibility.</p> <p>Ready to take your strength and flexibility training up a notch? Try the progressions outlined in the Strength and Flexibility Training Guide.</p>	<p>Complete a 4km run and stretch.</p> <p>Go for a 4km run. Focus on beating your time from last week.</p>	<p>Rest and recover.</p> <p>Resting doesn't mean being inactive. You should aim to move as much as possible every day but some days should be less intense than others.</p>
Week 7						
<p>Do a strength and flexibility workout or go for a 3km run and stretch.</p> <p>Do a strength and flexibility session or go for a 3km run and stretch.</p>	<p>Go for a 20 minute jog and stretch.</p> <p>Jog for 20 minutes. Really push yourself to increase your distance from last week.</p>	<p>Work on your strength and flexibility.</p> <p>Many of the strength exercises target your core, which will help you avoid back pain while making you faster.</p>	<p>Complete a 4km run and stretch.</p> <p>Go for a 4km run. Race day is fast approaching, so really push yourself today.</p>	<p>Work on your strength and flexibility.</p> <p>Really focus on the static stretches as you follow the Strength and Flexibility Training Guide.</p>	<p>Complete a 5km run and stretch.</p> <p>Go for a 5km run. This is your longest run to-date, so focus on maintaining a consistent pace through the very end.</p>	<p>Rest and recover.</p> <p>Go for a walk or bike ride to get your blood moving.</p>
Week 8						
<p>Attend your HBF Fitness session or do a strength and flexibility workout.</p> <p>Do the strength and flexibility exercises.</p>	<p>Go for a 20 minute jog and stretch.</p> <p>Jog for 20 minutes and then spend some extra time stretching to ensure your muscles are ready for race day.</p>	<p>Work on your strength and flexibility.</p> <p>Remember that strength and flexibility training plays an important role in preventing injury - which is particularly important in the final lead up to race day.</p>	<p>Go for a 20 minute jog/ run and stretch.</p> <p>Alternate between pushing yourself (running) and recovery (jogging) for 20 minutes.</p>	<p>Work on your strength and flexibility.</p> <p>Race day is just around the corner, so be sure to spend some extra time on the static stretches.</p>	<p>Rest and recover.</p> <p>Minimise your time on your feet while you get ready for tomorrow - lay out your gear, plan how you're getting to the start line and hydrate!</p>	<p>Race day.</p> <p>Today's the day! Good luck with your 4km run. Remember to stretch, stay hydrated and have fun.</p>