

# Carman's

## WOMEN'S FUN RUN 2017

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Australia



## 10 Week Fitness Program

**Congratulations for signing up for the Carman's women's fun run 21km. Finishing off the year with a half marathon is one way to wrap 2017 up in style!**

This 21km program is aimed at runners who have covered at least the 10km distance and have been running for 12 months + It should be noted however that it's a fairly generic plan and everyone is different, so please amend accordingly, and most importantly, listen to your body.

21km distance is a pretty long way to run and recovery will be just as important as the training and race itself. Aim to have a remedial massage each week from weeks 5 through to 10, or fortnightly in the lead up. Kit yourself out with some good quality compression also, and make sure you are fueling your body well with great foods (if you are following my Rock Your Body meal plan, increase portion size to reflect your long run days).

The days are a rough guide of how the week will look, but please adjust to suit your own schedule, allowing for the rest days as in the plan. For example, if a Sunday is a better day for you to long run, then change the days around, sticking to the same layout, just moving the days back one day.

There are 4 running days, one of which is a super short run combined with a short HIIT session, and 2 x HIIT training days built into the plan, using workout App PT in My Pocket, or a HIIT Factory session if you have one close by. You may already be in a gym or do group training, so switch in for these or utilise the workouts in my Rock Your Body transformation plan.



# 10 Week Fitness Program

These sessions will help build core strength and general fitness and will really assist on getting you to your goal quicker. A lot of half marathon plans will have 5 days of running in there, however one of your 30 minute HIIT days will be your secret weapon in achieving your best time over the distance! PB time!

Best of luck with training and enjoy the experience! The training is a very special part of a half marathon journey. There will be days where you simply don't want to do it, but on those days... just lace up, get out there and see how you feel once you are moving. I doubt you will stop.

## WEEKLY PLAN OVERVIEW:

- MONDAY** PT IN MY POCKET WORKOUT OR EQUIVALENT
- TUESDAY** EASY RUN, YOU SHOULD RUN COMFORTABLE, ABLE TO HOLD A CONVERSATION IF RUNNING WITH SOMEONE
- WEDNESDAY** SHORT HIIT + SHORT EASY RUN – USE PT IN MY POCKET OR EQUIVALENT
- THURSDAY** 25 MINUTE HIIT MUM INTERVAL SET – AIM TO INCREASE DISTANCE EACH WEEK, start adding a slow recovery run as the weeks progress to get some extra KM in your legs
- FRIDAY** UPPER & CORE DAY, TRY PT IN MY POCKET TRIM TUMMY TEN, TEN FOR THE TOP OR A DUMBELL UPPER STRENGTH SESSION
- SATURDAY** DISTANCE THRESHOLD DAY – RUN AS LONG AS YOU CAN WITHOUT STOPPING, REST OR WALK IT OUT AND GO AGAIN WHEN READY. NOTE YOUR DISTANCE AS YOU PROGRESS.
- SUNDAY** REST DAY

\*interval run set plan outlined. This doesn't change each week, instead you aim to get faster on the hard efforts, and jog the recoveries over walking them, increasing distance covered in the 25 minutes each week.

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WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>WEEK 1</b>	PT IN MY POCKET 'BEGINNER HIIT'	5KM EASY	20 MIN PT IN MY POCKET / HIIT + 3KM EASY	HIIT MUM 25 MINUTE INTERVAL RUN SESSION	UPPER / CORE DAY OR UPPER STRENGTH	8 KM LSD	
<b>WEEK 2</b>	30 MINS PT IN MY POCKET / HIIT DAY	5KM EASY	20 MIN PT IN MY POCKET / HIIT + 3KM EASY	25 MINUTE INTERVAL RUN SESSION	UPPER / CORE DAY OR UPPER STRENGTH	9KM LSD	
<b>WEEK 3</b>	30 MINS PT IN MY POCKET / HIIT DAY	5KM EASY	20 MIN PT IN MY POCKET / HIIT + 3KM EASY	25 MINUTE INTERVAL RUN SESSION + 2KM EASY RUN AFTER	UPPER / CORE DAY OR UPPER STRENGTH	10 KM LSD	
<b>WEEK 4</b>	30 MINS PT IN MY POCKET / HIIT DAY	6KM EASY WITH LAST KM TEMPO	20 MIN PT IN MY POCKET / HIIT + 3KM EASY	25 MINUTE INTERVAL RUN SESSION + 2KM EASY RUN	UPPER / CORE DAY OR UPPER STRENGTH	12KM LSD	
<b>WEEK 5</b>	30 MINS PT IN MY POCKET / HIIT DAY	6KM EASY LAST KM TEMPO	20 MIN PT IN MY POCKET / HIIT + 3KM EASY	25 MINUTE INTERVAL RUN SESSION + 3KM EASY RUN	UPPER / CORE DAY OR UPPER STRENGTH	14KM LSD	
<b>WEEK 6</b>	30 MINS PT IN MY POCKET / HIIT DAY	6KM EASY LAST KM TEMPO	20 MIN PT IN MY POCKET / HIIT + 3KM EASY	25 MINUTE INTERVAL RUN SESSION + 3KM EASY RUN	UPPER / CORE DAY OR UPPER STRENGTH	15KM LSD	
<b>WEEK 7</b>	30 MINS PT IN MY POCKET / HIIT DAY	8KM EASY WITH 2 X TEMPO KM	20 MIN PT IN MY POCKET HIIT + 3KM EASY	25 MINUTE INTERVAL RUN SESSION + 4KM EASY RUN	UPPER / CORE DAY OR UPPER STRENGTH	17KM LSD	
<b>WEEK 8</b>	30 MINS PT IN MY POCKET / HIIT DAY	8KM EASY WITH 2 X TEMPO KM	20 MIN PT IN MY POCKET HIIT + 4KM EASY	25 MINUTE INTERVAL RUN SESSION + 3KM EASY RUN	UPPER & CORE FOCUS	19KM LSD	
<b>WEEK 9</b>	30 MINS PT IN MY POCKET / HIIT DAY	8 KM EASY WITH 3 X TEMPO KM	25 MINUTE INTERVAL RUN SESSION + 3KM EASY RUN	25 MINUTE INTERVAL RUN SESSION + 3KM EASY RUN	UPPER & CORE FOCUS	14KM LSD	
<b>WEEK 10</b>	Easy Cross training Day	7KM EASY	UPPER & CORE FOCUS	RUN 8KM WITH 3 X TEMPO PACE 1KM EFFORTS	REST DAY	EASY RUN	<b>RACE DAY. Have Fun! CONGRATS</b>

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**HIIT MUM 25 MIN INTERVAL SESSION** – This is a brilliant measuring tool to add to your weekly plan. Use a GPS watch or App to measure distance covered in your session, and aim to increase it each week, getting faster on both the efforts and the recoveries. If you are a seasoned runner, the goal is to go as hard as you can on the hard effort, and then relax into an easy pace run in the recovery efforts. It's tough, but so beneficial for building speed.

Make sure you start this session with a mobility based warm up routine including:  
leg swings, lateral leg swings, knee and ankle rotations, hip opener rotations, calf raises & lunges + a pulse raiser with some fast on the spot high knees

EASY JOG 2.5MINS

## **HARD EFFORTS**

MAX PACE 2 MINUTES

MAX PACE 90 SECONDS

MAX PACE 60 SECONDS

MAX PACE 30 SECONDS

RUN / SPRINT 15 SECONDS

## **RECOVERY EFFORTS**

WALK / JOG 2 MINUTES X 1 = 4 MINS

WALK / JOG 90 SECONDS X 2 = 6 MINS

WALK / JOG 60 SECONDS X 3 = 6 MINS

WALK / JOG 30 SECONDS X 4 = 4 MINS

WALK / JOG 15 SECONDS X 5 = 2.5 MINS

**TOTAL RUN TIME = 25 MINUTES**

**Train with The HIIT Mum and her crew at HIIT Factory**

**locations across Victoria:**

YARRAVILLE – NORTHCOTE – ESSENDON – CAROLINE SPRINGS – WERRIBEE – BAIRNSDALE

[www.thehiitfactory.com.au](http://www.thehiitfactory.com.au)

