

NAMIBIA DESERT CHALLENGE

5K TRAINING PLAN TO HELP YOU REACH THE FINISH LINE



12 WEEK BEGINNER 5K TRAINING PLAN

PACE GUIDE

SLOW Very relaxed and easy pace.

NORMAL Comfortable even pace, you're still able to chat with training partners at this speed.

The 5km road race is not to be taken lightly and is both a stern test of your fitness and your commitment to training. Covering 5km under your own steam is a fantastic achievement.

Try to create a training routine e.g. go running at lunchtime or after work

Please feel free to join gym related sessions during your rest days, this could include spinning, circuits, yoga or pilates. However, please try not to over train as running days are key to completing the 5km run.

WEEK / DAY	MY TRAINING	PACE	NOTES
WEEK 01	MONDAY	Rest	—
	TUESDAY	15 min, easy run	Slow Try finding a local park or sports field to run in
	WEDNESDAY	Rest	—
	THURSDAY	15 min, easy run	Slow
	FRIDAY	Rest	—
	SATURDAY	Rest	—
	SUNDAY	15 min, easy run	Slow Try finding a sports field or park to run in
WEEK 02	MONDAY	Rest	—
	TUESDAY	10 min, easy run	Slow
	WEDNESDAY	Rest	—
	THURSDAY	15 min, easy run	Slow
	FRIDAY	Rest	—
	SATURDAY	15 min, easy run	Slow
	SUNDAY	Rest	—
WEEK 03	MONDAY	Rest	—
	TUESDAY	15 min, easy run	Slow
	WEDNESDAY	Rest	—
	THURSDAY	10 min, easy run	Slow
	FRIDAY	Rest	—
	SATURDAY	20 min, easy run	Slow
	SUNDAY	Rest	—
WEEK 04	MONDAY	Rest	—
	TUESDAY	15 min, easy run	Slow Relaxed controlled pace
	WEDNESDAY	Rest	—
	THURSDAY	15 min, easy run	Slow Relaxed controlled pace
	FRIDAY	Rest	—
	SATURDAY	Rest	—
	SUNDAY	20 min, easy run	Normal Relaxed controlled pace

WEEK / DAY		MY TRAINING	PACE	NOTES
WEEK 05	MONDAY	Rest	—	
	TUESDAY	20 min, easy run	Slow	
	WEDNESDAY	Rest	—	
	THURSDAY	15 min, easy run	Slow	
	FRIDAY	Rest	—	
	SATURDAY	Rest	—	
	SUNDAY	20 min easy run	Normal	Try finding a multi-terrain route with a few undulations
WEEK 06	MONDAY	Rest	—	
	TUESDAY	15 min, easy run	Slow	
	WEDNESDAY	Rest	—	
	THURSDAY	15 min, easy run	Normal	
	FRIDAY	Rest	—	
	SATURDAY	Rest	—	
	SUNDAY	25 min, easy run	Normal	Relaxed controlled pace
WEEK 07	MONDAY	Rest	—	
	TUESDAY	15 min, easy run	Normal	
	WEDNESDAY	Rest	—	
	THURSDAY	15 min, easy run	Slow	
	FRIDAY	Rest	—	
	SATURDAY	Rest	—	
	SUNDAY	25 min, easy run	Normal	
WEEK 08	MONDAY	Rest	—	
	TUESDAY	15 min, easy run	Normal	
	WEDNESDAY	Rest	—	
	THURSDAY	20 min, easy run	Slow	Relaxed controlled pace
	FRIDAY	Rest	—	
	SATURDAY	Rest	—	
	SUNDAY	25 min, easy run	Normal	Try finding a multi-terrain route with a few undulations
WEEK 09	MONDAY	Rest	—	
	TUESDAY	15 min, run	Normal	
	WEDNESDAY	Rest	—	
	THURSDAY	20 min, easy run	Normal	
	FRIDAY	Rest	—	
	SATURDAY	Rest	—	
	SUNDAY	20 min, easy run	Normal	
WEEK 10	MONDAY	Rest	—	
	TUESDAY	20 min, run	Normal	
	WEDNESDAY	Rest	—	
	THURSDAY	15 min, steady run	Normal	
	FRIDAY	Rest	—	
	SATURDAY	Rest	—	
	SUNDAY	25 min, easy run	Normal	Relaxed and controlled pace

WEEK / DAY		MY TRAINING	PACE	NOTES
WEEK 11	MONDAY	Rest	—	
	TUESDAY	15 min, steady run	Slow	
	WEDNESDAY	Rest	—	
	THURSDAY	15 min, easy run	Normal	
	FRIDAY	Rest	—	
	SATURDAY	Rest	—	
	SUNDAY	20 min, easy run	Normal	
WEEK 12	MONDAY	Rest	—	Race week, relaxed and comfortable
	TUESDAY	20 min, easy run	Normal	Relaxed controlled pace
	WEDNESDAY	Rest	—	
	THURSDAY	15 min, easy run	Slow	
	FRIDAY	Rest	—	
	SATURDAY	Rest	—	
	SUNDAY	5 km race. Easy warm and gentle stretches	Normal	

FINAL PREPARATIONS

You've been pounding the streets, gradually increasing your mileage in the rare sunshine! Now that the training is almost over, we're recommending a number of last minute tips for the Namibia Marathon - some you'll have heard before, but maybe there's something here that'll make all the difference in the final weeks or on the day... Good luck!

PROTECT YOUR IMMUNE SYSTEM

Look after yourself in the final weeks to ensure that you don't catch a cold at the last minute. Eat healthily and get plenty of sleep.

STRESS-FREE

Avoid any unnecessary stress in the final week, and don't tire yourself out with activities such as gardening, partying or shopping. Relax, get lots of sleep and chill out.

GOALS

Set yourself achievable goals for the marathon - getting round without walking, etc.

ENERGY FOOD

Eat more carbohydrates than usual in the last 3 days before the marathon. Food such as pasta, rice, potatoes and fruit should make up approximately 70% of your diet, although you should avoid making any radical changes to your diet.

TOENAILS

Cut your toenails a couple of days before the race. If they're too long when you run, they are likely to end up bruised, black or hanging off. Don't cut them too short or too close to the race as this can also be very painful.

WEAR TRIED AND TESTED KIT

Run in something comfortable that you have worn during training. This includes everything from your running shoes and socks to your underwear and top. New kit may cause chafing, blisters or general discomfort.

PACK YOUR BAG

Get your kit ready the day before to avoid rushing around on the morning of the marathon. Pack clothes for different weather conditions and take all of your running essentials - race number, Vaseline, energy bars/gels, drink, sun cream, change of clothes, tissues, safety pins, plasters, timing chip.

PRE-RACE DINNER

Eat a large meal the night before that is high in carbohydrates and low in fibre. Choose food that you've eaten before a long run in the past. Now is not the time to be trying out new recipes!

DRINK UP

Drink plenty of fluids over the next few weeks and in particular the day before the marathon to ensure that you are properly hydrated.

SLEEP PATTERNS

Don't worry if you don't sleep very well the night before - most people don't! A combination of nerves and anticipation will keep you awake. As long as you rest in bed for 8 hours, you'll be fine.

WAKE UP

Remember to set 2 separate alarms to minimise the chance of sleeping in.

MARATHON BREAKFAST

Make sure you eat something on the morning of the marathon, even if it is too early for you to feel hungry. Eat a light meal consisting of foods that you have eaten previously before a long run. Drink some water or a sports drink, whichever you use consistently. Again, stick with what you know.

PREVENT CHAFING

Apply Vaseline to any areas where it is common to suffer chafing problems - under the arms, bra band, toes, etc. Be careful not to apply too much to the toes as this can make them slippery which could cause blisters. If you suffer from 'jogger's nipple', use plasters or surgical tape to prevent soreness and bleeding.

MEETING PLACES

Make sure you have arranged where to meet up with friends and family afterwards. You'll be too tired to spend time wandering around looking!

KEEP WARM AT THE START

Take something disposable to wear while waiting for the race to start, such as an old t-shirt or bin liner with holes cut out for your head and arms.

PACE YOURSELF

The first few miles are very crowded. Many people tire themselves out by dodging in and out of runners because they're behind on race plans. Maintain a slow, even pace, relax and enjoy the occasion.

STAY FOCUSED

Use mile markers as a reminder to review the way you are running - assess how you are feeling, your posture, breathing and pace.

RE-FUEL IMMEDIATELY

Drink plenty of fluid and eat something as soon as you can after crossing the finish line. You might not feel like eating but the sooner you do, the quicker your body will start to recover. Choose something easy to digest, such as a banana or sweets.

GIVE YOURSELF CREDIT

Make a conscious effort to congratulate or reward yourself after the event - the training has taken over your life for so long and completing a marathon is a fantastic achievement.



IN NAM
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CHALLENGE **17**