

4KM BEGINNERS GUIDE

SUNDAY **6** OCTOBER

PERTHRUNNINGFESTIVAL.COM.AU



WEEK 1

4KM BEGINNERS GUIDE



RECOMMENDED GROUP SESSIONS

All Step into Life Venues – Bassendean, Caversham, Ellenbrook, Canningvale, Willetton, South Perth, East Vic Park, Piara Waters. Click [HERE](#) to find a time that best suits you...

MONDAY	WEDNESDAY	FRIDAY
For a total of 20 mins, aim to jog at whatever pace you can manage for 45-60 secs and then steady pace walk for 75 secs. While walking take big deep breaths and don't pump your arms too much	Strength training with a good focus on abdominal, back and leg exercises	Repeat session 1 but try to work on doing 60 secs for every jog and still the 75 secs steady pace walk.



WARMING UP!!!

So many people underestimate the importance of a proper warm up before their workout. Warming up before you exercise can be the difference between having a successful workout where your body works at its best, or a workout that doesn't go as well as you want.

When you start exercising, a number of changes happen in your body. Your heart and breathing rate increases, blood flow to your muscles increases, and nervous system activity also increases.

This is especially important before a high intensity workout to help prevent fatigue, reduce the risk of injury and to help you get the most out of your training. Try round 1 and round 2 of the below workout to get your warmed up... AND GO!!

	ROUND 1	ROUND 2
Skipping	50	50
Ab Bikes	50	
High Knees	50	50
Butt Kicks		50
Mountain Climbers	50	50
Star Jumps	20	

WEEK 2

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MONDAY	WEDNESDAY	FRIDAY
Repeat the 20 min session 1 with the 60 sec jogs and 75 sec walks but for this session, the walks must be a faster walk. So really focus in on your deep, full breathing while walking.	Mix it up with a super circuit or HIIT session – the great mix of strength with a bit of cardio will get your heart pumping. **Just be mindful that if this style of training is brand new to you, to not push it 100%. It takes time for your body to adjust to this training – so give it that time! Work on an effort level of 75%.	Time to step up that 20 min session! It's time to try jogging for 90 secs and then recover for 90 secs. You can do this! With that extra recovery, you can do the extra jog time. Just keep your jog pace super steady!



WEEK 3

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MONDAY	WEDNESDAY	FRIDAY
<p>Take on the block! Find a block near your house that is approx. 2kms or may take approx. 30 mins to walk. You are to run 2 laps of the block alternating jogging and walking at each intersection. If you don't have too many intersections then you may choose to count light poles OR jog for white cars in driveways, walk for black cars</p>	<p>Strength training with a good focus on abdominal, back and leg exercises **IMPORTANT** If you are feeling any ongoing (from week 1-3) niggles with your muscles, joints etc. you must have them looked at. Your training plan may need to be adjusted to suit you and any 'back to exercises' responses your body is experiencing</p>	<p>Repeat the block challenge! Can you do it a little stronger today? Stay tall and relax in those jogs.</p>



WEEK 4

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MONDAY	WEDNESDAY	FRIDAY
<p>Find yourself a running track or an oval with a junior footy field marked out (approx. perimeter of 300-400m, use big steps to mark out distances)</p> <p>Jog 200m – Walk 100m Jog 400m – Walk 200m Jog 600m – Walk 200m Jog 400m – Walk 200m Jog 200m – Walk 100m Rest 2.5mins Jog 800m – Walk 400m</p>	<p>It's cross training time! Go for a ride along the river for 30 mins or so, play a game of volleyball with friends – whatever it is, you should get your heart pumping, but it also gets you smiling!</p>	<p>Get on down to that running track or oval again, this is our big session for the week! You can do it and celebrate afterwards!</p> <p>Jog 200m – Walk 100m Jog 400m – Walk 100m Jog 600m – Walk 200m Jog 400m – Walk 100m Jog 200m – Walk 100m Rest 3 mins Jog 800m – Walk 400m Jog 400m – walk 200m Jog 200m – walk 100m</p>



WEEK 5

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MONDAY	WEDNESDAY	FRIDAY
<p>Time for a change of location! Find a beautiful place to run e.g. along the river, through a park/ bushland with reasonable paths. 3 x 5 mins jogs with 2.5-3 mins walk between each</p> <p>Remember it's not about doing these runs fast, it's about good and steady – can breathe well, smile and enjoy your surroundings.</p>	<p>Strength training with a good focus on abdominal, back and leg exercises</p> <p>**IF YOU ARE FEELING GREAT THIS WEEK**</p> <p>You may want to add in an extra session. A great addition would be a yoga/Pilates style session. Some extra strengthening of the glutes and core with a good dash of mobility and flexibility training included.</p>	<p>Back to that super sweet location of session 1 this week and repeat that session exactly.</p>



WEEK 6

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MONDAY	WEDNESDAY	FRIDAY
Time for another cheeky pyramid session at your running track/oval Jog 800m – Walk 400m Jog 1km – Walk 400m Jog 1.2km – Walk 400m Jog 800m – Walk 400m	Find that super sweet location again, or even a new one! Here's goes team – let's get our longer runs going! Jog 6 mins/approx. 1km – Walk 1 mins Jog 8 mins/approx. 1.2km – Walk 1.5 mins Jog 10 mins/approx. 1.5km – Walk 2 mins If you get further than the distances listed – WOW!	Fun training that gets your heart pumping! Not 100% effort required and not brand new to you! It could be a swim, a bike ride, dancing.



HOW DO I STAY HYDRATED?

Fluids and electrolytes play a vital role in your body as they regulate how fuel sources are transported, body temperature, and other vital functions. Dehydration can have a severe impact on your ability to perform exercise, and various studies have shown massive performance reductions when dehydrated in both cold and hot environments.

The best test of whether you are hydrated or not is to check the colour of your urine; you should be aiming for pale yellow. Any more concentrated means you are lacking fluids and are at risk for dehydration.

During exercise, individual fluid needs can differ greatly based on body size, sweat rate, and environmental factors. As a rough guide, the average person needs to replace roughly 600ml of fluid per hour of exercise (a standard drink bottle). Electrolytes help to increase the absorption of fluids into the bloodstream. They provide the electrical energy necessary for many functions in the human body and for optimal athletic performance. However, try to avoid the ones which are high in sugar.

Written by <https://aaptiv.com> – Lyndsay Tigar

WEEK 7

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MONDAY	WEDNESDAY	FRIDAY
From home, jog 6 mins away and then 6 mins back Then in another direction, jog 8 mins out and then 8 mins back (again, a super brief walk at the turning point if needed).	Mix it up again with a super circuit or HIIT session – the great mix of strength with a bit of cardio will get your heart pumping.	Jog 25 mins without walking



HOW MUCH PROTEIN DO YOU REALLY NEED?

Protein requirements change as you age, and they differ depending on body weight and gender, but McMaster says that protein should ideally make up 15–25% of your total energy intake. As a rule, if you are undergoing frequent endurance exercise, a protein intake of 1.2g per kilogram of bodyweight is enough to provide all the benefits without

overconsuming. You also can't process more than about 30g of protein at a time, with any excess also ending up stored as fat. If you want to know more about your specific protein requirements, contact an Accredited Practising Dietitian.

THE BEST SOURCES OF PROTEIN

McMaster says that animal products such as meat, chicken, fish, eggs and dairy contain all the essential amino acids your body needs. Plant-based proteins like grains, legumes, pulses and soy products are also good sources of many of the essential amino acids.

WEEK 8

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MONDAY	WEDNESDAY	FRIDAY
Jog 28 mins without walking.	Jog 20-24 mins without walking. Time of run based on how you feel. If nervous for event day, just go 20 mins. If you're pumped and feeling confident for event day, go the 24 mins.	EVENT DAY!!

