



MOVEMBER

[mo]re than a run

2024

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START DATE 02ND SEPTEMBER, 2024

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WELCOME!



Welcome to our 2024 "More Than a Run" training plans! We're excited to have you on board. These plans are designed to help you build the fitness, endurance, and confidence needed to tackle your chosen distance in November, all while supporting the Movember Foundation for men's health.

Crafted by qualified coaches from Run Vault Performance, our plans are easy to follow, progressively structured, and tailored to guide you every step of the way. While these plans are downloadable and self-paced, we encourage you to reach out whenever you need guidance, support, or have questions.

We're here for you! We'd also love to follow your journey, so connect with us on social media and keep us updated on your progress. We can't wait to see you at a "More Than a Run" event across the country this November!

Happy running!

[Run Vault Performance](#) - [Got The Runs](#) - [TH7 Body Labs](#)

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S U P P O R T E D B Y



C O A C H E D B Y





DISCLAIMER

Disclaimer: You hereby advise that you have consulted your physician or other healthcare provider before starting the [mo]re than a run training programs with Run Vault Performance.

I understand that there is a risk of injury associated with participating and using the Run Vault Performance program and any of its products and services.

I hereby assume full responsibility for any and all injuries, losses and damages that I incur while participating in this program and while attending, exercising or participating in any activity with Run Vault Performance. I hereby waive all claims against Run Vault Performance, its instructors, or partners of individually or otherwise, for any and all injuries, claims or damages that I might incur.

If I experience pain or discomfort whilst undertaking exercise with Run Vault Performance I will cease activity and consult with my physician or other health care provider before continuing further exercise and activity and act on their advice.

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S U P P O R T E D B Y



C O A C H E D B Y



Movember 10
For the one in ten men around the
world living with an anxiety disorder.

**I AM
RUNNING
THE MOVEMBER 10**



[mo]re
than a run

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10KM TRAINING PLAN: WK 1-4

Training start date 11th August 2024 - Running Sessions Explained [HERE](#)

Weekly Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Base and Routine Week	Week 1	Strength or Crosstrain	20min Easy Base Run	Rest or Crosstrain	Strides	Rest	Light easy jog or Crosstrain	4km Long Run
Base and Routine Week	Week 2	Strength or Crosstrain	20min Easy Base Run	Rest or Crosstrain	Strides	Rest	Light easy jog or Crosstrain	4km Long Run
Build Strength Week	Week 3	Strength or Crosstrain	25min Easy Base Run	Rest or Crosstrain	Strength Intervals	Rest	Light easy jog or Crosstrain	5km Long Run
Build Strength Week	Week 4	Strength or Crosstrain	30min Easy Base Run	Rest or Crosstrain	Vo2Max Intervals	Rest	Light easy jog or Crosstrain	6km Long Run



10KM TRAINING PLAN: WK 5-8

Training start date 11th August 2024 - Running Sessions Explained [HERE](#)

Weekly Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Build Strength Week	Week 5	Strength or Crosstrain	35min Easy Base Run	Rest or Crosstrain	Endurance Intervals	Rest	Light easy jog or Crosstrain	7km Long Run
Reset and Recover Week	Week 6	Strength or Crosstrain	20min Easy Base Run	Rest or Crosstrain	Hill Strength Session	Rest	5KM RACE PARK RUN	Light easy jog or Crosstrain
Build Endurance Week	Week 7	Strength or Crosstrain	25min Easy Base Run	Rest or Crosstrain	Strength Intervals	Rest	Light easy jog or Crosstrain	5km Long Run
Build Endurance Week	Week 8	Strength or Crosstrain	35min Easy Base Run	Rest or Crosstrain	Vo2Max Intervals	Rest	Light easy jog or Crosstrain	8km Long Run



10KM TRAINING PLAN: WK 9-12

Training start date 11th August 2024 - Running Sessions Explained [HERE](#)

Weekly Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Build Endurance Week	Week 9	Strength or Crosstrain	45min Easy Base Run	Rest or Crosstrain	Endurance Intervals	Rest	Light easy jog or Crosstrain	10km Long Run
Reset and Recover Week	Week 10	Strength or Crosstrain	30min Easy Base Run	Rest or Crosstrain	Hill Strength Session	Rest	Rest or Crosstrain	5km Long Run
Build Endurance Week	Week 11	Strength or Crosstrain	40min Easy Base Run	Rest or Crosstrain	Strength Intervals	Rest	Light easy jog or Crosstrain	8km Long Run
Build Endurance Week	Week 12	Strength or Crosstrain	50min Easy Base Run	Rest or Crosstrain	Vo2Max Intervals	Rest	Light easy jog or Crosstrain	10km Long Run



10KM TRAINING PLAN: WK 13-16

Training start date 11th August 2024 - Running Sessions Explained [HERE](#)

Weekly Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Build Endurance Week	Week 13	Strength or Crosstrain	60min Easy Base Run	Rest or Crosstrain	Endurance Intervals	Rest	Light easy jog or Crosstrain	12km Long Run
Taper Week	Week 14	Strength or Crosstrain	25min Easy Base Run	Rest or Crosstrain	Hill Strength Session	Rest	Light easy jog or Crosstrain	8km Long Run
Taper Week	Week 15	Strength or Crosstrain	25min Easy Base Run	Rest or Crosstrain	Strides	Rest	Rest	6km Long Run
Event Week	Week 16	Strength or Crosstrain	35min Easy Run with strides	Rest	25min Easy Run	Rest	[MO]RE THAN A RUN 10KM	rest



November 30


Australia: For the 30% rise in the number of Australian men dying by suicide over the last decade.

New Zealand: For the more than 30% of New Zealanders who have personally experienced mental distress.

**I AM
RUNNING
THE MOVEMBER 30**



[mo]re
than a run

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30.11.2024

30KM TRAINING PLAN: WK 1-4

Training start date 11th August 2024 - Running Sessions Explained [HERE](#)

Weekly Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Base and Routine Week	Week 1	Strength or Crosstrain	30min Easy Base Run	Rest or Crosstrain	Strides	Rest	Light easy jog or Crosstrain	6km Long Run
Base and Routine Week	Week 2	Strength or Crosstrain	30min Easy Base Run	Rest or Crosstrain	Strides	Rest	Light easy jog or Crosstrain	6km Long Run
Build Strength Week	Week 3	Strength or Crosstrain	30min Easy Base Run	Rest or Crosstrain	Strength Intervals	Rest	Light easy jog or Crosstrain	9km Long Run
Build Strength Week	Week 4	Strength or Crosstrain	45min Easy Base Run	Rest or Crosstrain	Vo2Max Intervals	Rest	Light easy jog or Crosstrain	12km Long Run



30KM TRAINING PLAN: WK 5-8

Training start date 11th August 2024 - Running Sessions Explained [HERE](#)

Weekly Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Build Strength Week	Week 5	Strength or Crosstrain	45min Easy Base Run	Rest or Crosstrain	Endurance Intervals	Rest	30min Easy Run	12km Long Run
Reset and Recover Week	Week 6	Strength or Crosstrain	30min Easy Base Run	Rest or Crosstrain	Hill Strength Session	Rest	Rest or Crosstrain	8km Long Run
Build Endurance Week	Week 7	Strength or Crosstrain	45min Easy Base Run	Rest or Crosstrain	Strength Intervals	Rest	Rest or Crosstrain	10KM RACE
Build Endurance Week	Week 8	Strength or Crosstrain	60min Easy Base Run	Rest or Crosstrain	Vo2Max Intervals	Rest	12km with Tempo	16km Long Run



30KM TRAINING PLAN: WK 9-12

Training start date 11th August 2024 - Running Sessions Explained [HERE](#)

Weekly Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Build Endurance Week	Week 9	Strength or Crosstrain	75min Easy Base Run	Rest or Crosstrain	Endurance Intervals	Rest	10km Easy Run	18km Long Run
Reset and Recover Week	Week 10	Strength or Crosstrain	30min Easy Base Run	Rest or Crosstrain	Hill Strength Session	Rest	5km Easy Run	10km Long Run
Build Endurance Week	Week 11	Strength or Crosstrain	60min Easy Base Run	Rest or Crosstrain	Strength Intervals	Rest	8km Easy Run	22km Long Run
Build Endurance Week	Week 12	Strength or Crosstrain	60min Easy Base Run	Rest or Crosstrain	Vo2Max Intervals	Rest	12km Easy with Tempo	16km Long Run



30KM TRAINING PLAN: WK 13-16

Training start date 11th August 2024 - Running Sessions Explained [HERE](#)

Weekly Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Build Endurance Week	Week 13	Strength or Crosstrain	75min Easy Base Run	Rest or Crosstrain	Endurance Intervals	Rest	8km	26km Long Run
Taper Week	Week 14	Strength or Crosstrain	45min Easy Base Run	Rest or Crosstrain	Hill Strength Session	Rest	Light easy jog or Crosstrain	16km Long Run
Taper Week	Week 15	Strength or Crosstrain	30min Easy Base Run	Rest or Crosstrain	Strides	Rest	Rest	14km Long Run
Event Week	Week 16	Strength or Crosstrain	30min Easy Run with strides	Rest	30min Easy Run	Rest	[MO]RE THAN A RUN 30KM	Rest




Movember 60
For the 60 men we lose to suicide
each hour, every hour around the
world.

I AM RUNNING THE MOVEMBER 60



[mo]re
than a run

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30.11.2024

60KM TRAINING PLAN: WK 1-4

Training start date 11th August 2024 - Running Sessions Explained [HERE](#)

Weekly Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Base and Routine Week	Week 1	Strength or Crosstrain	30min Easy Base Run	Rest or Crosstrain	Strides	Rest	Light easy jog or Crosstrain	10km Long Run
Base and Routine Week	Week 2	Strength or Crosstrain	30min Easy Base Run	Rest or Crosstrain	Strides	Rest	Light easy jog or Crosstrain	10km Long Run
Build Strength Week	Week 3	Strength or Crosstrain	30min Easy Base Run	Rest or Crosstrain	Strength Intervals	Rest	Light easy jog or Crosstrain	12km Long Run
Build Strength Week	Week 4	Strength or Crosstrain	45min Easy Base Run	Rest or Crosstrain	Vo2Max Intervals	Rest	Light easy jog or Crosstrain	14km Long Run



60KM TRAINING PLAN: WK 5-8

Training start date 11th August 2024 - Running Sessions Explained [HERE](#)

Weekly Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Build Strength Week	Week 5	Strength or Crosstrain	45min Easy Base Run	Rest or Crosstrain	Endurance Intervals	Rest	30min Easy Run	16km Long Run
Reset and Recover Week	Week 6	Strength or Crosstrain	30min Easy Base Run	Rest or Crosstrain	Hill Strength Session	Rest	Rest or Crosstrain	10km Long Run
Build Endurance Week	Week 7	Strength or Crosstrain	45min Easy Base Run	Rest or Crosstrain	Strength Intervals	Rest	Rest or Crosstrain	HALF MARATHON RACE
Build Endurance Week	Week 8	Strength or Crosstrain	60min Easy Base Run	Rest or Crosstrain	Vo2Max Intervals	Rest	12km with Tempo	28km Long Run



60KM TRAINING PLAN: WK 9-12

Training start date 11th August 2024 - Running Sessions Explained [HERE](#)

Weekly Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Build Endurance Week	Week 9	Strength or Crosstrain	75min Easy Base Run	Rest or Crosstrain	Endurance Intervals	Rest	10km Easy Run	30km Long Run
Reset and Recover Week	Week 10	Strength or Crosstrain	30min Easy Base Run	Rest or Crosstrain	Hill Strength Session	Rest	5km Easy Run	14km Long Run
Build Endurance Week	Week 11	Strength or Crosstrain	60min Easy Base Run	Rest or Crosstrain	Strength Intervals	Rest	8km Easy Run	32km Long Run
Build Endurance Week	Week 12	Strength or Crosstrain	60min Easy Base Run	Rest or Crosstrain	Vo2Max Intervals	Rest	15km Easy with Tempo	21.1km Long Run



60KM TRAINING PLAN: WK 13-16

Training start date 11th August 2024 - Running Sessions Explained [HERE](#)

Weekly Goal	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Build Endurance Week	Week 13	Strength or Crosstrain	75min Easy Base Run	Rest or Crosstrain	Endurance Intervals	Rest	8km	38km Long Run
Taper Week	Week 14	Strength or Crosstrain	45min Easy Base Run	Rest or Crosstrain	Hill Strength Session	Rest	5km Easy Run	19km Long Run
Taper Week	Week 15	Strength or Crosstrain	30min Easy Base Run	Rest or Crosstrain	Strides	Rest	Rest	14km Long Run
Event Week	Week 16	Strength or Crosstrain	30min Easy Run with strides	Rest	30min Easy Run	Rest	[MO]RE THAN A RUN 60KM	Rest



PROGRAMMED SESSION EXAMPLES

RATE OF PERCEIVED EXERTION [RPE]

RPE or Rating of Perceived Exertion is a scale used to measure the intensity of exercise based on how hard you feel your body is working. In running, it helps runners gauge their effort level without relying solely on heart rate monitors or pace.

The most common and **simplified version of training to RPE is ranging from 1 to 10**, where **1 represents very light** activity and **10 signifies maximal effort**.

Here's a breakdown of the simplified 1-10 RPE scale for running:

1. Very light - Easy walking
2. Light - Comfortable running
3. Moderate - Conversational pace
4. Somewhat hard - Noticeable effort
5. Hard - Breathing more heavily
6. Very hard - Short sentences
7. Very, very hard - Only a few words at a time
8. Extremely hard - Single words
9. Near maximal effort
10. Maximal effort - Cannot sustain for long

Using RPE can help you manage your training intensity, avoid overtraining, and ensure you are running at the right effort for your goals and fitness levels.

STRIDES SESSION

RPE GUIDE

EFFORT 7-8/10
FLOAT 2-3/10
+5KM RACE PACE

A running stride workout, also known as stride drills, is a training exercise designed to improve running form, speed, and efficiency. Strides involve running short, controlled bursts at a faster pace than usual running, focusing on good form and technique. Strides are designed to introduce some and effort based running at the start of a training block or people new to running.

Strides aren't always structured, they can be set out as a fartlek session, known as speed play.

Keep the strides between 50-100m in length or 20-45seconds in duration or use markers along your running route to change between slow and fast running

EXAMPLE SESSIONS FOR STRIDES: WARM UP WITH A 10MIN JOG AND DYNAMIC STRETCHES AND DRILLS

SESSION 1:

**6 X 30SEC STRIDES WITH
30/60SEC FLOAT RECOVERY**

5MIN EASY WALK/FLOAT RESET

**6 X 30SEC STRIDES WITH
30/60SEC FLOAT RECOVERY**

SESSION 2:

**4 X 30SEC STRIDES WITH
30/60SEC FLOAT RECOVERY**

3MIN EASY WALK/FLOAT RESET

**6 X 45SEC STRIDES WITH
30/60SEC FLOAT RECOVERY**

3MIN EASY WALK/FLOAT RESET

**4 X 30SEC STRIDES WITH
30/60SEC FLOAT RECOVER**

SESSION 3:

FARTLEK

- STRIDE BETWEEN LIGHTPOLES, PARK BENCHES.

OR

- ANY MARKER ALONG YOUR PATH.

**KEEP THE TIME BETWEEN 20-45
SECONDS IN DURATION FOR EACH SET.**

COOL DOWN WITH A 10MIN JOG AND STATIC STRETCHES

STRENGTH INTERVALS

RPE GUIDE

EFFORT 8-9/10
FLOAT 2-3/10
+5KM RACE PACE

These sessions focus on building strength and explosive power through a mix of slow and fast running in short intervals. You'll work both your low aerobic and high anaerobic systems, engaging fast-twitch muscles and enhancing muscle strength and bone density.

Ideal for those aiming to improve rapid response in races, chase down opponents, or push hard at the finish line, these sessions also serve as a great introduction to interval training.

They can help boost anaerobic capacity for better athletic performance or be used as a run/walk option for beginners.

EXAMPLES FOR STRENGTH BASED INTERVALS: WARM UP WITH A 10MIN JOG AND DYNAMIC STRETCHES AND DRILLS

SESSION 1:

4 X 400M EFFORT WITH
300M FLOAT RECOVERY

6 X 200M EFFORT WITH
200M FLOAT RECOVERY

8 X 100M EFFORT WITH
100M FLOAT RECOVERY

SESSION 2:

8 X 200M EFFORT WITH
200M FLOAT RECOVERY

6 X 30SEC HIGH EFFORT WITH
60 SEC FLOAT RECOVERY

SESSION 3:

8 X 1MIN EFFORT WITH
1MIN FLOAT RECOVERY

6 X 2MIN EFFORT WITH
2MIN FLOAT RECOVERY

4 X 3MIN EFFORT WITH
3MIN FLOAT RECOVERY

COOL DOWN WITH A 10MIN JOG AND STATIC STRETCHES

VO2 MAX

This session aims to improve your VO2Max, which is the maximum volume of oxygen your body can use during exercise. A higher VO2Max means better fitness.

Enhancing your VO2Max helps you run faster for longer and improves general health by reducing cardiovascular disease risk. It is a key fitness indicator. The most accurate way to measure VO2Max is through a laboratory test, but a GPS watch with VO2Max tracking can also guide your progress.

Include these sessions in your rotation and watch your VO2Max soar!

EXAMPLES FOR VO2MAX INTERVALS: WARM UP WITH A 10MIN JOG AND DYNAMIC STRETCHES AND DRILLS

SESSION 1:

**5 X 1KM EFFORT WITH
400M FLOAT RECOVERY**

**2 X 1.5KM EFFORT WITH
400M FLOAT RECOVERY**

COOL DOWN WITH A 10MIN JOG
THEN STATIC STRETCHES

SESSION 2:

**1 X 3MIN EFFORT WITH
2MIN FLOAT RECOVERY**

**1 X 4MIN EFFORT WITH
2MIN FLOAT RECOVERY**

**2 X 5MIN EFFORT WITH
2MIN FLOAT RECOVERY**

**1 X 4MIN EFFORT WITH
2MIN FLOAT RECOVERY**

**1 X 3MIN EFFORT WITH
2MIN FLOAT RECOVERY**

RPE GUIDE

EFFORT 6-7/10

FLOAT 2-3/10

10KM RACE PACE

ENDURANCE INTERVALS

RPE GUIDE

EFFORT 5/10

FLOAT 2-3/10

1/2 MARATHON RACE PACE

We are building endurance, training your mind and body to sustain higher effort over longer periods. This involves maintaining a lower pace for an extended, uncomfortable but controlled time.

Endurance interval training triggers a lactate response when the demand for ATP and oxygen exceeds supply, resulting in a burning sensation in your muscles.

This is your lactate threshold—the fastest pace you can run without accumulating excess lactic acid. As you approach your event or race, increase the duration of your effort-based runs.

EXAMPLES FOR THRESHOLD INTERVALS: WARM UP WITH A 10MIN JOG AND DYNAMIC STRETCHES AND DRILLS

SESSION 1:

**5 X 2KM EFFORT WITH
500M FLOAT RECOVERY**

SESSION 2:

**1 X 10MIN EFFORT WITH
5MIN FLOAT RECOVERY**

**1 X 20MIN EFFORT WITH
5MIN FLOAT RECOVERY**

**1 X 15MIN EFFORT WITH
3MIN FLOAT RECOVERY**

SESSION 3:

**2 X 8MIN EFFORT WITH
3MIN FLOAT RECOVERY**

**1 X 16MIN EFFORT WITH
5MIN FLOAT RECOVERY**

**1 X 8MIN EFFORT WITH
3MIN FLOAT RECOVERY**

COOL DOWN WITH A 10MIN JOG THEN STATIC STRETCHES

HILLS STRENGTH

RPE GUIDE

EFFORT 6-8/10
FLOAT 2-3/10

Running on inclines and declines builds strength, power, and endurance while adding variety and reducing injury risk compared to flat training.

Training on varied terrain prepares you for real race conditions. Focus on form and technique to maximize efficiency and performance.

When running uphill, stand tall and drive with a strong arm swing. Use the downhill to condition your body, maintaining power and efficiency on both inclines and declines.

EXAMPLES FOR HILL STRENGTH SESSIONS: WARM UP WITH A 10MIN JOG AND DYNAMIC STRETCHES AND DRILLS

SESSION 1:

**8 X 200M HILL EFFORT WITH
FLOAT DOWN RECOVERY**

SESSION 2:

**4 X 200M HILL EFFORT WITH
FLOAT RETURN**

**500M EASY RECOVERY JOG ON
FLAT**

**REPEAT ABOVE X 3
12 REPS TOTAL**

SESSION 3:

**5MIN CONTINUOUS
INCLINE/DECLINE EFFORT**

**500M EASY RECOVERY JOG ON
FLAT**

REPEAT ABOVE X 3

COOL DOWN WITH A 10MIN JOG THEN STATIC STRETCHES

RPE GUIDE

TEMPO 5/10
EASY 3/10

EASY RUN WITH TEMPO

A tempo run is a sustained effort run at a pace just below your lactate threshold. This pace is typically comfortably hard, meaning it's challenging but manageable for a prolonged period, usually around 20 to 40 minutes.

The goal of a tempo run is to improve your metabolic fitness, helping your body become more efficient at clearing lactic acid from your muscles, which allows you to run faster for longer periods.

These runs are also used as race simulation, becoming comfortable when uncomfortable. As you near your event it is recommended, add in some tempo running within some of your long runs to allow the body to adapt to a more uncomfortable load.

These runs serve as race simulations, helping you become comfortable with discomfort. As your event approaches, incorporate tempo running into some of your long runs to help your body adapt to higher levels of effort.

EXAMPLES FOR TEMPO SESSIONS: WARM UP WITH DYNAMIC STRETCHES AND DRILLS

SESSION 1:

4KM EASY
6KM TEMPO
2KM EASY

TOTAL 12KM

SESSION 2:

2KM EASY
10KM TEMPO
3KM EASY

TOTAL 15KM

SESSION 3:

1KM EASY
3KM TEMPO
1KM EASY
8KM TEMPO
2KM EASY

TOTAL 15KM

COOL DOWN WITH STATIC STRETCHES

EASY RUN AND LONG RUNS

Long runs as well as easy, base and recovery runs should make up the bulk of your running week. These are prescribed as 'easy long' runs. The type of run that's enjoyable and you look forward to. For endurance athletes, this is your bread and butter to training and is your road to a successful relationship in the marathon + distances. Running these sessions too hard in training will only prolong your recovery and risk injury.

Run at a pace with controlled breathing and can easily hold a conversation.

Keep your output easy, or follow the guide below.

Heart Rate? A general rule is running at no more than 80% of your max heart rate (220 less age). Another and more accurate way to measure this is by conducting a Lactate Threshold Heart Rate (LTHR) test.

For runners this can be as simple as a 5k race or time trial or a 30 minute hard run and measure the heart rate average for the last 20 minutes.

TEST YOUR ZONES BY FOLLOWING THIS PLAN

Fueling is crucial for runs over 90 minutes. Prepare with proper hydration and nutrition before the run, and consume fluids and calorie-rich aids during the run to maintain performance. Practice drinking and eating while running to sustain your energy and output.

STRENGTH & CROSS TRAINING

Strength and Cross-training for a running involves engaging in different types of exercise other than running to improve overall fitness and reduce the risk of injury.

These activities can include swimming, cycling, strength training, yoga, or other forms of cardiovascular and resistance workouts.

Strength and cross-training helps build strength, flexibility, and endurance, enhances muscle balance, and allows the body to recover from the repetitive impact of running.

EXAMPLE FOR CARDIO CROSS TRAIN SESSION:

ANY NON RUNNING CARDIO ACTIVITY THAT WILL WORK YOUR AEROBIC ZONE CONSISTENTLY FOR UP TO 60MIN.

CONSIDER BREAKING UP THE SESSION INTO THIRDS

15-15-15 APPROACH

20-20-20 APPROACH

3 MACHINES 15/20 MINUTES EACH

USE THE MIDDLE SECTION FOR A SMALL INTERVAL WORKOUT

E.G. 1MIN EFFORT 1MIN EASY

EXAMPLE FOR STRENGTH CROSS TRAIN SESSION:

ANY RESISTANCE-BASED STRENGTH ACTIVITY CAN ENHANCE RUNNING PERFORMANCE BY BUILDING LEAN MUSCLE, INCREASING BONE DENSITY, AND REDUCING INJURY RISK. CONSIDER THESE OPTIONS:

- **GROUP FITNESS CLASSES LIKE HIIT OR METCON**
- **STRENGTH TRAINING AT A COMMERCIAL GYM OR WITH A PERSONAL TRAINER**
- **HOME STRENGTH CIRCUITS USING RESISTANCE BANDS, KETTLEBELLS, OR DUMBBELLS**

E.G. 1MIN EFFORT 1MIN EASY



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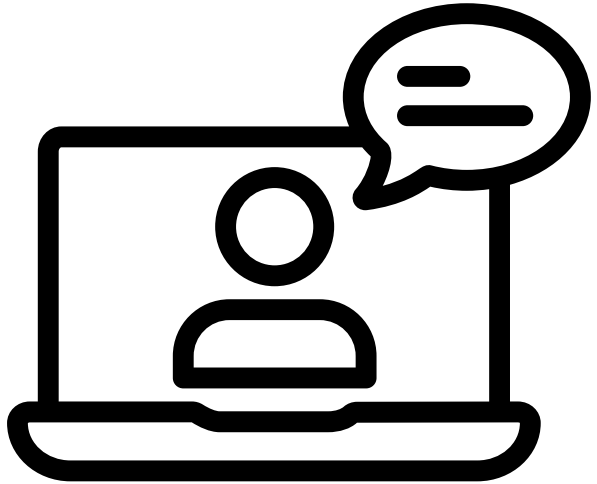
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RUN CLUBS IN BRISBANE TO TRAIN WITH:

RUNNING SESSION TYPES EXPLAINED:

MOVEMBER



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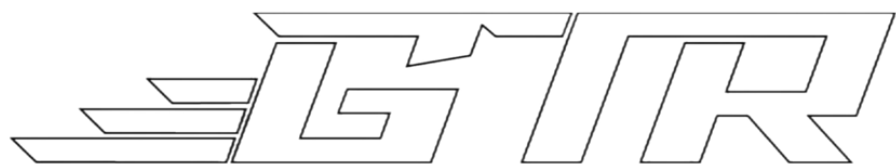


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