



SAINT CLAIR
FAMILY ESTATE

VINEYARD HALF

PACING YOURSELF

3 key tips to develop
your running

SMILE WHILE YOU RUN

Because running
should be enjoyable



GET READY

Follow Team CP's training guide to be
awesome on raceday

Your Training Programme

10week Run 21km



www.teamcp.co.nz 10-week training programme - Run 21km

This is a generic programme and will get you there but if you want to make the most of your training time, complete the event in style, or nail a new pb then you need come train with us

Weeks/Hard or Recover week	Mid Week (Important session)	Mid Week (Good to do session)	Weekend (Important session)	Weekend (Bonus session)
Week 1	Run 30min Run 4min/Walk 1min x6 Stretch 5min Bodyweight Strength 5mins	Run 30min Run 4min/Walk 1min x8 Stretch 5min Bodyweight Strength 5mins	Run 6km Warm Up - Start slow and build into it Stretch 5min - when you are finished	Walk 30mins
Week 2	Run 40min Run 4min/Walk 1min x8 Stretch 5min Bodyweight Strength 5mins	Run 40min Run 4min/Walk 1min x8 Stretch 5min Bodyweight Strength 5mins	Run 8km Warm Up - Start slow and build into it Stretch 5min	Walk 40mins
Week 3 Recovery/Catch your breath week	Run 30min Run 4min/Walk 1min x6 Stretch 5min Bodyweight Strength 5mins	Run 30min Run 4min/Walk 1min x8 Stretch 5min Bodyweight Strength 5mins	Run 6km Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 4	Run 50min Run 4min/Walk 1min x10 Stretch 5min Bodyweight Strength 5mins	Run 30min Stretch 5min Bodyweight Strength 5mins	Run 10km Warm Up - Start slow and build into it Stretch 5min	Walk 40mins
Week 5	Run 50min Run 4min/Walk 1min x10 Stretch 5min Bodyweight Strength 5mins	Run 35min Stretch 5min Bodyweight Strength 5mins	Run 12km Warm Up - Start slow and build into it Stretch 5min	Walk 50mins
Week 6 Recovery/Catch your breath week	Run 30min Stretch 5min Bodyweight Strength 5mins	Run 30min Stretch 5min Bodyweight Strength 5mins	Run 8km Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 7	Run 60min Stretch 5min Bodyweight Strength 5mins	Run 40min Stretch 5min Bodyweight Strength 5mins	Run 14km Warm Up - Start slow and build into it Stretch 5min	Walk 50mins
Week 8	Run 75min Stretch 5min Bodyweight Strength 5mins	Run 40min - Speed session Run fast 1min/Walk 1min x5 Stretch 5min Bodyweight Strength 5mins	Run 16km Warm Up - Start slow and build into it Stretch 5min	Walk 60mins
Week 9 Recovery/Catch your breath week	Run 40min Stretch 5min Bodyweight Strength 5mins	Run 30min - Speed session Run fast 1min/Walk 30sec x5 Stretch 5min Bodyweight Strength 5mins	Run 8km Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 10 Taper Week	Run 30min - Speed session Run fast 1min/Walk 30sec x5 Stretch 5min Bodyweight Strength 5mins	Run 20min Stretch 5min Less is more this week - time to be fresh and ready to go	Rest - Pre event prep. Make sure that you have all your gear sorted and you are all set for a great day out.	Vineyard Half 21km

Key Notes

- If you get the two important sessions each week done then you have done well and will keep improving.
- Bonus session - do this if you are feeling good and time allows.
- Your intensity should be steady - You are breathing heavier but you can hold a conversation.
- Aim to start at the intensity that you can sustain for the whole session.
- Adapt the length of your walk break depending on your current fitness level.
- The walk breaks are for you to ensure that you manage the intensity and to remind yourself of good tall posture.
- Posture - aim to stand tall while you are running this will help you run better and ensure that you look good!
- Bodyweight Strength Circuit: 5 reps of each exercise: Press ups, lunges, squat. This short strength workout will help you move better and decrease the chance of injuries. Contact Team CP or your local PT/physio if you would like help with this..
- The programme works over a 3-week cycle with endurance building up each week, with a shorter recovery week to bounce back physically and mentally
- The key to training for an event is consistency
- Ensure you listen to your body and rest early if you are tired or getting sick
- Stay safe while out running - wear bright or reflective gear
- If this is the first exercise that you have done for a while consult your health professional to make sure that you are ready for it.
- Keep it FUN! Run with friends and family



"Team CP is great at helping me keep my eyes on the goal. They keep me motivated, supportive but most importantly makes training fun!! "

Millie Smith

Your Training Programme

16week Run 21km



www.teamcp.co.nz 16-week training programme - Run 21km

This is a generic programme and will get you there but if you want to make the most of your training time, complete the event in style, or nail a new pb then you need come train with us

Date/Weeks to go/ Hard or Recover week	Mid Week (Important session)	Mid Week (Good to do session)	Weekend (Important session)	Weekend (Bonus session)
Week 1	Run 25min Run 4min/Walk 1min x5 Stretch 5min Bodyweight Strength 5mins	Run 25min Run 4min/Walk 1min x8 Stretch 5min Bodyweight Strength 5mins	Run 5km Warm Up - Start slow and build into it Stretch 5min - when you are finished	Walk 30mins
Week 2	Run 30min Run 4min/Walk 1min x6 Stretch 5min Bodyweight Strength 5mins	Run 30min Run 4min/Walk 1min x8 Stretch 5min Bodyweight Strength 5mins	Run 6km Warm Up - Start slow and build into it Stretch 5min	Walk 30mins
Week 3 Recovery/Catch your breath week	Run 25min Run 4min/Walk 1min x5 Stretch 5min Bodyweight Strength 5mins	Run 25min Run 4min/Walk 1min x8 Stretch 5min Bodyweight Strength 5mins	Run 5km Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 4	Run 30min Run 4min/Walk 1min x6 Stretch 5min Bodyweight Strength 5mins	Run 30min Stretch 5min Bodyweight Strength 5mins	Run 7km Warm Up - Start slow and build into it Stretch 5min	Walk 40mins
Week 5	Run 35min Run 4min/Walk 1min x7 Stretch 5min Bodyweight Strength 5mins	Run 35min Stretch 5min Bodyweight Strength 5mins	Run 8km Warm Up - Start slow and build into it Stretch 5min	Walk 40mins
Week 6 Recovery/Catch your breath week	Run 30min Stretch 5min Bodyweight Strength 5mins	Run 30min Stretch 5min Bodyweight Strength 5mins	Run 6km Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 7	Run 35min Stretch 5min Bodyweight Strength 5mins	Run 35min Stretch 5min Bodyweight Strength 5mins	Run 9km Warm Up - Start slow and build into it Stretch 5min	Walk 50mins or Run 30min
Week 8	Run 40min Stretch 5min Bodyweight Strength 5mins	Run 40min - Speed session Run fast 1min/Walk 1min x5 Stretch 5min Bodyweight Strength 5mins	Run 10km Warm Up - Start slow and build into it Stretch 5min	Walk 50mins or Run 30min
Week 9 Recovery/Catch your breath week	Run 40min Stretch 5min Bodyweight Strength 5mins	Run 30min - Speed session Run fast 1min/Walk 30sec x5 Stretch 5min Bodyweight Strength 5mins	Run 6km Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 10	Run 45min Stretch 5min Bodyweight Strength 5mins	Walk 40min Stretch 5min Bodyweight Strength 5mins	Walk 12km Warm Up - Start slow and build into it Stretch 5min	Walk 60mins or Run 30min
Week 11	Run 50min Stretch 5min Bodyweight Strength 5mins	Run 35min Stretch 5min Bodyweight Strength 5mins	Run 14km Warm Up - Start slow and build into it Stretch 5min	Walk 60mins or Run 30min
Week 12 Recovery/Catch your breath week	Run 30min Stretch 5min Bodyweight Strength 5mins	Run 30min Stretch 5min Bodyweight Strength 5mins	Run 8km Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 13	Run 60min Stretch 5min Bodyweight Strength 5mins	Run 40min Stretch 5min Bodyweight Strength 5mins	Run 16km Warm Up - Start slow and build into it Stretch 5min	Walk 60mins or Run 30min
Week 14	Run 75min Stretch 5min Bodyweight Strength 5mins	Run 40min - Speed session Run fast 1 min/Walk 1min x5 Stretch 5min Bodyweight Strength 5mins	Run 18km Warm Up - Start slow and build into it Stretch 5min	Walk 60mins or Run 30min
Week 15 Recovery/Catch your breath week	Run 30min Stretch 5min Bodyweight Strength 5mins	Run 30min - Speed session Run fast 1 min/Walk 30sec x5 Stretch 5min Bodyweight Strength 5mins	Run 8km Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 16 Taper Week	Run 30min - Speed session Run fast 1min/Walk 30sec x5 Stretch 5min Bodyweight Strength 5mins	Run 20min Stretch 5min Bodyweight Strength 5mins Less is more this week - time to be fresh and ready to go	Rest - Pre event prep. Make sure that you have all your gear sorted and you are all set for a great day out.	Vineyard Half 21km



"Working with Team CP has enriched my life and I have completed so much more than I ever thought was achievable"

Wendy Quinn

Pacing yourself



Knowing and adjusting your pace will help you perform better.

If you're new to running, it is easy to get caught in the trap of running the same loop, at the same pace.

It's like a runners Groundhog Day.

At first everything is great because any amount of running will make you a better runner. But as you progress further and further, new measures must be taken to make those next jumps! So having some strategies to break yourself out of the continuous, same pace is important.

Tip 1. Be Aware of Your Pace!

This means knowing how far you're running and how fast you are doing it. There are tons of running apps like Strava (and many more) that track your run and give you information on your pacing.

Knowing what your current capacity is will help inform you on making future moves down the road.

Tip 2. Vary Your Terrain.

By switching up where you run and on what surfaces you run (trails, road, grass, etc) can help vary your pace as well!

And just running a new route or loop will sometimes sharpen your focus and make you run faster just because it's exciting!

Tip 3. Perform Intervals.

Interval running is always a wonderful tool for pace practice as well as learning new paces.

As I said earlier, running the same loop every day with the same pace is not going to make you faster! Try breaking that loop into segments and running them HARD! Rest a little bit, and repeat!

Don't become that runner that has been running the same thing all the time.

Get out. Explore. Push your limits. Find new norms!
Go forth and crush thy run!



GETTING IT RIGHT

YOUR TRAINING

Nutrition

During your training make sure that you practice your race day nutrition. Get used to gels, sports drinks and foods so there are no surprises come race day.

Race day nutrition includes your meal the night before, your pre-race meal, during race energy food/fluid, and post-race food. Contact CP if you would like specific Nutrition advice.

Hydration

The first thing that is going to slow you down on any run or walk is dehydration. So anything longer than an hour make sure that you have some water with you. On key weekend runs or the event consider taking some sports drink or gels.

Tracking your progress

Keep a track of what you do, review it every week or two and reflect on how far you have come. Using apps like strava is a good way of doing this.

Listen to your body

Go as you feel - remember this training plan is a guide to your training and there are a number of other factors that affect the stress that your body is under, such as work, friends and quality of sleep. Therefore if you are feeling tired start your session and if you still feel bad after 15 minutes either cut your session short or turn around and go home. However if you start feeling better carry on with your session as planned

Warming down

All times include the time to warm up but not your warm down - allow 3-5 minutes of easy exercise at the end of your session to warm down.

Get into the habit of stretching at the end of your session as part of your warm down. This is not included in the session time so please allow this. Lack of stretching can lead to a lack of power, poor technique and an increase chance of injury.



Where to train?

The run is on a trail that is mainly flat with some short hills to climb up and over next to the river. It is off-road and can be uneven underfoot so the key thing is that you don't do all of your running on the road or treadmill. Challenge yourself and get out and explore but make sure that you always keep yourself safe while out training.

Bodyweight Strength Circuit

A short bodyweight strength workout will help you move better and decrease the chance of injuries.

We recommend working with your local Physio or PT to ensure you do the do the right exercises for you but here is an example to get you started.

5 minute workout - including 5-10 of each exercise with good technique: Squats, press ups, and lunges.

Goal setting

Make a habit of writing a goal for yourself each week, achieving these will keep you on track and give you focus.

"There is more to running & walking than just putting on your shoes on and heading out the door."

Technique

"There is more to running or walking than just putting your shoes on and heading out the door."

How you move will have a big influence on your efficiency as well as speed, therefore how much you enjoy your training and the event.

If you are thinking about how you are moving (the technique of it) rather than how far you have to go to the end you will probably be going well.

SMILE WHILE YOU RUN

From a very young age we participate in the movement of running. It generally comes naturally and is something we do with little thought about how we execute the motion.

As we develop and progress through life, we continue running the way we always have, often unaware of our style and technique. We simply lace up the shoes and head out the door for any number of reasons; the benefit of the exercise, to clear the head, to get fit, to train for an event, plus many others.

Generally we just run, complete our session then carry on with our day. Some running days can be better than others and our enthusiasm can differ according to how we felt during and after our run.

Imagine though if you treated running more as a skill and gave yourself the opportunity to learn more about how and why you run the way you do, why some muscles tire more quickly than others, why although you are fitter it isn't feeling any easier or you're not getting any faster.

To help answer these frustrations, consider having your technique assessed to learn how to be more efficient when running, reduce the risk of injury and allow yourself to feel as comfortable as you can when pounding the pavement or trails, so you enjoy the experience even more.



An assessment with a Team CP Coach will take approx. 45mins and will analyze your posture, form and technique. You will receive advice and tips unique to your style and goals to help you enjoy a more positive running experience each time you head out the door.

So as you look ahead to the events you have entered, or want to participate in, add "Running Technique Assessment" to your list of personal development activities.

It is amazing what a few small adjustments can do to enhance your overall running experience.

See www.teamcp.co.nz for more details on running technique sessions



“Team CP run group is an awesome way to get a great run session in. Fast, fun, friendly and always challenges me at my own level.”

Rachel Baker