



2013 Medibank Training guide 12km run (advanced)



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2013



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Training information

12KM RUN ADVANCED

Pace guide

Flat Out (Sprint Pace)

8-9 in the rate of perceived exertion (RPE) scale. Your Heart rate should reach 90/100% of your max HR. You should run at full speed as long as it feels safe on joints and lower extremities. Make sure your strike remains relaxed and smooth.

On the Double (Fast Pace)

7 in RPE. Faster than your marathon pace but it should feel in the border line between comfortable and not so comfortable.

Steady as it Goes (Marathon Pace)

6-7 in the perceived exertion scale. This is the pace you plan to run in the marathon. To calculate your marathon pace divide 42.195 by your goal time. E.g. if your target time is 2.5 hours, your average speed should be approx 17km/hr

Piece of cake (Easy Pace)

4-5 in the RPE and talk test. Slower than your marathon pace. Will make up the majority of your training mileage.



Rate of Perceived Exertion (RPE)

Your resting heart rate is the rate that your heart beats when you are at rest and is a great measure of your fitness during an exercise program.

As your fitness improves your heart becomes a stronger and a more effective pump, sending more blood around your body with each beat.

The best way to measure your resting heart rate is to take it when you wake up in the morning – before you get up or have any stimulants like coffee.

Once you have worked out your resting heart rate, compare it with your level of breathing on the table below to measure your Rate of Perceived Exertion (RPE).

| RPE | BREATHING | HEART |
|-----|---|------------------------|
| 0 | Normal | Resting |
| 1 | Light increase. Anything other than sleeping, watching TV, riding in a car, etc. | Slightly above resting |
| 2-3 | Breathing increasing, but still comfortable. Feels like you can maintain for hours. Easy to breathe and carry a conversation. | 50% |
| 4-6 | More difficult to hold conversation. Feels like you can exercise for hours. Breathing heavily. | 65-70% |
| 7-8 | Harder. Can talk, but don't want to. On the verge of becoming uncomfortable. Short of breath. | 70-80% |
| 9 | Difficulty breathing, unable to converse. Very difficult to maintain exercise intensity. | 80-90% |
| 10 | Extremely laboured. Feels almost impossible to keep going completely out of breath, unable to talk. | 100% |



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Hill/Incline training

Hill running will make you a stronger, faster and healthier runner. Benefits are relatively quick and you can expect significant improvement in your muscle power and speed in as little as six weeks.

Training on hills or on a treadmill incline in the gym improves leg-muscle strength, quickens and lengthens your stride and boosts your cardiovascular system.

Perth's City to Surf route has a few challenging hills, so incline training is essential. Remember this form of training can be performed on any surface outdoors on a hill or indoor on a treadmill.

Interval training

Interval training involves alternating short bursts of increased activity with active recovery.

It allows you to enjoy the benefits of aerobic activities without having to endure those burning muscles. In its most basic form, interval training might involve walking for two minutes, running for two, and alternating this pattern throughout the duration of a workout.

The main aim is to improve speed and cardiovascular fitness. Also, during your long runs, interval training helps break up your program into bite size chunks and keep you motivated. Interval Training can be performed outdoors or indoors at a gym on a treadmill, cross trainer or stationary bike.

High-intensity interval training (HIIT)

An enhanced form of interval training - HIIT or sprint interval training - is a program alternating periods of short high-intense exercise with less-intense recovery periods. HIIT sessions usually vary from 4-20 minutes, but playing sports with competitive bursts of energy can also be part of your HIIT.

Just as with the more structured workouts, the effort you put into the exercise is the key to how much you get out of the workout. However, remember it is important to pace yourself with any interval training. Know your limits. While HIIT is most effectively conducted outdoors you can also utilise HIIT safely indoors on a spin bike.

Strength and conditioning

Strength and conditioning training uses your own body weight, machine or free weights to improve muscular strength by gradually increasing resistance. Put simply, 'strength' can be defined as the application of high force against a heavy resistance whereas 'conditioning' is the repeated application of force against a resistance.

Alternate with your running to build strength in your large muscle groups in your legs, gluteals and core, which are crucial to increasing your performance on race day. Remember you can do body weight training anytime, anywhere. No excuses!

Circuit training

Circuit training is a form of body conditioning or resistance training using high-intensity aerobics and exercise sets. It targets strength building and muscular endurance. An exercise circuit is one completion of all prescribed exercises in the program, usually in rotation. This process is then repeated as per your program. Although often performed in a gym environment, circuit training can be adapted for outdoor programs. Design your own circuit - use park benches, stairs, monkey bars and sprint between trees to get your heart pumping!

Core training

The body's core, the area that encompasses the trunk, abs and pelvis, is vital for stabilisation and balance. This is where your centre of gravity is so it is vital that the area of your body is strong. Core exercises work the muscles in your abdomen, hips, lower back and pelvis so that they work together to support your spine and keep your body stable.

Core exercises are most effective when all the muscle groups are working together. It is important to start slowly and work up to a more intense workout. Watch your form and technique to avoid injury and to achieve the greatest results.

Stretching

Incorporating stretching into your training program during your warm up and cool down will help prevent muscle soreness between training sessions. Stretching increases flexibility and freedom of movement, reduces muscle tension and reduces the risk of muscle and tendon injuries.

When stretching, hold the stretch for 10-20 seconds and repeat the stretch 2-3 times, stretch to the point of tension - never pain. Stretch the major muscle groups for running - hamstrings, quadriceps, calf, groin and gluteal.

Regardless which distance you run or walk on race day, take some time to get your body and muscles ready before the race and stretch it out at the end. Your legs will be grateful the next day.

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Week 1

12KM RUN (ADVANCED) Training Guide

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|-------------------------------------|---------------|---------------------------|--------|-------------------|---------------|
| 4k run | HIIT x 2 | 4.5k run | Hill/Incline Training x 2 | - | 4k run | 6k run |
| Piece of cake | Steady as it goes/ On the Double | Piece of cake | Piece of cake | REST | Steady as it goes | On the Double |

Goal

- Establish a regular routine
- Introduce gentle hill training
- Focus on aerobic fitness

Motivational quote

“One of the important keys to success is having the discipline to do what you know you should do even when you don’t feel like it”

Jono Baulch Personal Trainer - Jetts Currambine

Training

HIIT

Warm up for 8-10 min. Run for 10 min at fast pace . Slow down and cool down for the remaining 5min. Remember you should feel refreshed after this workout. You are working at 70-80% of your max HR so you shouldn't feel exhausted after any sub-maximal interval training

Hill/Incline Training

Warm up for 2-3k, find a hill that is 50-100m long . Run up at fast pace and then jog back down. Cool down for a couple of minutes and repeat two times. Cool down by running a couple of Kilometers at easy pace.

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Recipe

Vietnamese Salad

(Serves 4)

Ingredients

Cucumber, peeled seeds removed and “Julienned” or grated finely
2 carrots, peeled and “Julienned” or grated finely
1 cup bean shoots, well rinsed
1 spring onion, finely sliced
20 Vietnamese mint leaves
½ bunch mint, leaves picked
½ bunch of coriander, roughly chopped

Dressing

1 tbs fish sauce
1 tbs lemon juice
2 tsp sugar
2 tsp water
1 clove garlic, crushed
1 small red chilli thinly sliced (Buy fresh chillies and store any extras in the freezer)
Blend dressing ingredients and set aside whilst making salad. Combine all ingredients with dressing and top with fried shallots to serve.

Method

Blend dressing ingredients and set aside whilst making salad. Combine all ingredients with dressing and top with fried shallots to serve.

Note

For Vegetarian version, substitute fish sauce for light soy sauce.

Training tip

Plan your training now! This will guarantee your success. Marathon training works best if you start easy and build gradually so this is the right time to establish a goal and stick to it!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|-------------------------------------|-------------------|-------------------------------------|--------|---------------|---------------|
| 4k run | HIIT x 3 | 4.5k run | Hill training x 3 | - | 5k run | 7k long run |
| Piece of cake | Steady as it goes/ On the Double | Steady as it goes | Piece of cake/ Steady as it goes | REST | Piece of cake | Piece of cake |

Goal

- Establish a regular routine
- Focus on technique when running hills
- Focus on aerobic fitness
- Add an additional session

Motivational quote

"Don't be afraid to stand for what you believe in, even if it means standing alone"

Elly Bevan, Club Manager - Jetts Currambine

Recipe

Simple Berry Bircher

(Serves 1)

Ingredients

1/2 cup untoasted low-fat muesli
170g tub of 5am Honey & Cinnamon yoghurt
1/2 cup frozen mixed berries

Method

Combine muesli and yoghurt in a small bowl, top with frozen berries, cover and leave overnight in the fridge.

Training

HIIT

Warm up for 8-10min. Run 30sec at sprint pace. Slow down and recover at easy pace for 3-4min and repeat x 3. This workout is more intense than the sub-maximal interval training so you should be working at 85-95% of you Max HR. You should feel a bit tired after this workout but not exhausted in order to prevent injuries.

Hill/Incline Training

Warm up for 2-3k, find a hill that is 50-100m long . Run up at race pace and then jog back down. Cool down for a couple of minutes and repeat 3 times. Cool down by running a couple of Kilometers at easy pace.

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Training tip

One mistake you want to avoid is running your long runs too fast. Try to do these runs always slower than marathon pace or close to marathon pace... never faster. If you run this long runs faster than you should you are actually putting too much stress on joints and muscles...

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|-------------------------------------|---------------|-----------------|--------|---------------|-------------------|
| 4k run | HIIT 30 min | 5k run | 4k run. Incline | - | 6k run | 8k long run |
| Piece of cake | Steady as it goes/ On the Double | Piece of cake | Piece of cake | REST | Piece of cake | Steady as it goes |

Goal

- Increase intensity and distance
- Define race pace

Motivational quote

“The best revenge is massive success”

Jono Baulch, Personal Trainer - Jetts Currambine

Training

Hill Training

It is recommendable when possible, to run part of the 12k course prior to race day. This will allow you get used to the hills and hard bits of the race.

HIIT

Warm up for 8-10 min. Run for 15 min at fast pace . Slow down and cool down for the remaining 5min.

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Recipe

Vietnamese Pho Soup

(Serves 2)

This healthy, fresh soup is packed with flavour and its bright, leafy ingredients present beautifully.

Ingredients

150g chicken breast fillet
100g of dry rice noodles
15g sliced dried shitake mushrooms – soaked in 1 cup boiling water for 5 minutes
600ml chicken stock
2 tsp fish sauce
2 tsp soy sauce
3 bunches baby bok choy- leaves separated and cut in half
1½ cup bean shoots
2 small red chilli – thinly sliced
1 tbs lemon juice
1 Tbs thinly sliced chives
12 mint leaves
4 sprigs of coriander
2 tsp fried shallots (in Asian section of supermarket)

Method

Place chicken fillet in the freezer for 30 minutes before slicing very thinly. Bring stock and sauces to the boil and simmer for 5 minutes. Meanwhile, cook pasta according to packet directions. Add mushrooms and most of the soaking water, return to the boil and add chicken pieces and cook for 2 minutes, add bok choy and cook for another minute. Chicken should be white without any pink flesh. Place drained noodles in a soup bowl, add bean shoots, chicken, bok choy, mushrooms and ladle over the stock. Add chilli, lemon juice, herbs and shallots to serve.

Training tip

Before charging a hill, do a shoulders check. Are they creeping up to your neck?

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|-------------------------------------|---------------|---------------------------------|--------|-------------------|---------------|
| 4k run | HIIT 30 min | 5k run | 5k run Hilly/ Incline course | - | 7k run | 9k long run |
| Piece of cake | Steady as it goes/ On the Double | Piece of cake | Piece of cake | REST | Steady as it goes | Piece of cake |

Goal

- Increase intensity and distance
- Focus on aerobic fitness

Motivational quote

“Instead of focusing on the weight of your body going DOWN, focus on the weight of your Dumbbells going UP!”

Jacqueline O'Neill, Assistant Manager – Jetts Gosnells

Training

Hill Training

Warm up 8-10 min. Increase speed and run at fast pace for 2 min. Slow down to race pace and recover for 3 min. Repeat x 3. Cool down remaining 5 min

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Recipe

Baked Ricotta with Caramelised Pears & Pistachios

(Serves 2)

A yummy weekend breakfast recipe, the ricotta needs to be made the day before, or early in the morning for a late brunch. It's also a delicious dessert.

Ingredients

Oil spray
150g fresh ricotta
1 egg
2 tsp orange marmalade
2 tbs low-fat Greek yoghurt
½ tsp vanilla extract
2 tbs frozen blueberries
1 beurre bosc pear, cored, cut into eight pieces
½ cup low-fat Greek yoghurt
2 tsp chopped pistachios
2 tsp honey

Method

To make the ricotta, preheat oven to 180°C. Spray two small ovenproof dishes with oil. Process all ingredients, except for blueberries, in a food processor until smooth. Gently stir through the blueberries and spoon into prepared dishes, smoothing the top. Bake for 35 minutes. Set aside to cool for 30 minutes, then cover and chill in the fridge for 3 hours or overnight. To make caramelised pears, spray pears lightly with oil. Heat a non-stick frying pan and cook pears over medium heat for 3 minutes or until golden. Remove from heat and cover with foil to keep warm. Serve ricotta and pears with yoghurt, pistachios and honey.

Training tip

When walking downhill, instead of landing each stride on the heel, focus on the feeling of naturally gliding down hill almost in free fall landing evenly across the mid foot.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|----------------------------|---------------|---------------------------|--------|-------------------|---------------|
| 5k run | HIIT x4 | 4k run | Hill/Incline training x 4 | - | 8k run | 6k long run |
| Piece of cake | On the Double/ Flat out | Piece of cake | Steady as it goes | REST | Steady as it goes | Piece of cake |

Goal

- Increase Intensity and Distance
- Focus on aerobic fitness
- Define marathon pace

Motivational quote

"Your values determines your reality."

Danny, Personal Trainer - Jetts Applecross

Training

Interval Training

Same as in week 2. Repeat x 4

Hill/incline Training

Same as week 2. Repeat x 4

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Recipe

Asparagus, Leek & Pea Tart

(Serves 4)

Asparagus, Leek & Pea Tart is a delicious dish for lunch or dinner.

Ingredients

1 Leek - trimmed and white part thinly sliced
 1 clove of garlic - crushed
 200g Light Philadelphia spreadable cheese
 ½ cup low fat Tzatziki
 3 eggs
 ¼ tsp salt & ¼ tsp pepper
 Bunch of asparagus - woody ends trimmed and cut into 3 cm lengths
 ½ cup frozen or fresh peas
 3 Tbs chopped parsley - plus 2 Tbs to garnish
 1 Tbs chopped dill- plus 1 Tbs to garnish
 2 tsp pinenuts
 2 sheets of fat reduced puff pastry - thawed

Method

Preheat the oven to 180 C. Line a rectangular fluted quiche dish with pastry cover with baking paper and fill with baking weights, rice or beans and blind bake for 15 minutes. This partially cooks the pastry whilst the weight prevents the pastry from rising in the middle. Remove weights and set aside.

Heat a sprayed non stick fry pan over low medium heat and cook leeks for 8-10 minutes or until wilted. Add garlic and cook for a few minutes more. Whisk together cream cheese, yoghurt, eggs, salt & pepper until just combined, stir through fresh herbs and pour ¾ of the cheese mixture into the tart case. Scatter over leeks, asparagus and peas and dollop on the remaining cheese mixture and scatter the pine nuts over. Bake for 30-40 minutes or until filling has set.

To serve, cool slightly, scatter over the remaining fresh herbs and serve with a salad.

Training tip

Becoming familiar with the course so that there are no surprises will put your mind at ease, which will help you relax and perform better.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|-------------------------------------|---------------|---------------------------|--------|-------------------|---------------|
| 5k run | HIIT 35 mins | 5k run | Hill/incline Training x 4 | - | 6k run | 10k long run |
| Piece of cake | Steady as it goes/ On the Double | Piece of cake | Piece of cake | REST | Steady as it goes | Piece of cake |

Goal

- Increase intensity gradually
- Introduce tougher hill and interval workouts

Motivational quote

"All men have fears but the brave men put down their fears and go forward."

Michael, Personal Trainer - Jetts Applecross

Training

HIIT

Warm up 8-10 min. Increase speed and run at fast pace for 2 min. Slow down to race pace and recover for 3 min. Repeat x 4. Cool down remaining 5 min.

Hill/incline Training

Same as week 5.

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Recipe

Sticky Date Pancakes

(Serves 4)

Wind up your weekend workouts and treat yourself with these delicious sticky date pancakes.

Ingredients

75g dates- chopped
 ¼ cup boiling water
 ½ cup wholemeal flour
 ¼ cup plain flour
 1 tsp bicarb soda
 1 tsp ground cinnamon
 ½ tsp ground ginger
 1 tbs Golden Syrup
 2 egg whites
 ¾ cup buttermilk
 ¼ -½ cup skim milk
 4 tbs low fat Greek style yoghurt
 1 banana- sliced
 1 tbs Golden Syrup
 30g walnuts- chopped

Method

Place dates and boiling water in a small bowl and stand for 10 minutes. Sift flours, bicarb soda, cinnamon & ginger into a large bowl.

Mix together Golden Syrup, egg whites, buttermilk & skim milk until just combined. Add wet mix and date mixture to flours and mix well. Heat a small sprayed non stick fry pan over medium heat.

Add ⅓ cupfuls of mixture and cook for 2 minutes or until bubbles appear, turn and cook other side. To serve top with yoghurt, banana, walnuts and drizzle with Golden Syrup.

Training tip

Set your running goals for yourself so that you can monitor your progress on a weekly or monthly basis. As you are able to see your progress, your enthusiasm for will soar.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--------------------------------|---------------|-----------------|--------|-------------------|---------------|
| 5k run | HIIT x3 | 6k run | 6k Hill/incline | - | 9k run | 8k long run |
| Piece of cake | Steady as it goes/ Flat out | Piece of cake | Piece of cake | REST | Steady as it goes | Piece of cake |

Goal

- Increase intensity gradually
- Introduce tougher hill and interval workouts

Motivational quote

"If I'd known I was gonna live so long I'd have taken better care of myself."

Marco, Personal Trainer - Jetts Applecross

Training

HIIT

Warm up for 8-10min. Run 40 sec at sprint pace. Slow down and recover at easy pace for 3-4min and repeat x 3

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Recipe

Chocolate mandarin cake

(Serves 12)

Let the tangy flavours of ripe mandarins do the talking in this delicious dessert. Dairy free and gluten free, this is a crowd pleaser.

Ingredients

300g mandarins
200g dates, soaked in ½ cup boiling water
2 eggs
¾ cup raw caster sugar
1 cup of rice flour
1 tsp baking powder
½ tsp bicarb soda
⅓ cup cocoa powder

Method

Place whole mandarins in a saucepan, cover with cold water and bring to the boil. Drain and repeat this time reducing to a simmer once boiled and cook for an hour. Drain and cool.

Preheat oven to 180C and spray and line the base with baking paper of a 20cm spring form tin.

Sift together flour, baking powder, bicarb and cocoa. Blend together mandarins, dates and date soaking water. Add eggs, sugar and blend till light and creamy and then add flour mix and almond meal and blend till combined.

Pour into prepared tin and bake for 45- 50 minutes. Leave in tin to cool and decorate with orange zest and icing sugar and serve with low fat Greek yoghurt.

Training tip

Be flexible with your training workouts when you feel you have to. Always remember that the steady build up is what is really important about your training.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|---------------------------------|---------------|-------------------------------------|--------|---------------|---------------|
| 6k run | 6k run Hilly/ Incline course | 5k run | HIIT x 40min | - | 7k run | 11k long run |
| Piece of cake | Steady as it goes | Piece of cake | Steady as it goes/ On the Double | REST | Piece of cake | Piece of cake |

Goal

- Increase intensity gradually
- Introduce tougher hill and interval workouts

Motivational quote

“You don’t score, till you score!”

Chris Loveridge, Club Manager - Jetts Success

Training

HIIT

Warm up for 8-10 min. Run for 20 min at fast pace. Slow down and cool down for the remaining 5min running at race pace

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Recipe

Cucumber & Corn Salsa

(Serves 2)

A zesty and refreshing summer salsa.

Ingredients

2 small lebanese cucumbers, cut in quarters lengthwise & seeds removed
125g tin corn kernels
1 Tbs peanuts, chopped
1 Tbs fish sauce
1 tsp Palm Sugar syrup (alternatively, you can use caster sugar)
1 tsp sambal oelek (minced chilli)
1 Tbs lime juice or lemon juice
1 spring onion, thinly sliced
¼ cup fresh coriander, chopped
50g baby spinach leaves

Method

Mix all ingredients together and serve.

Training tip

Cotton socks will only lead to blisters; invest in socks designed for walking.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|-------------------------------------|---------------|-------------------------------------|--------|-------------------|---------------|
| 4k run | HIIT x 4 | 5k run | Hill Training x 5 | - | 8k run | 12k long run |
| Piece of cake | Piece of cake/ Steady as it goes | Piece of cake | Piece of cake/ Steady as it goes | REST | Steady as it goes | Piece of cake |

Goal

- Increase intensity gradually
- Introduce tougher hill and interval workouts

Motivational quote

“There are no unrealistic goals, only unrealistic deadlines.”

Dylan Fitzpatrick, Club Manger - Jetts Fremantle

Training

HIIT

Same as week 7. Repeat x 4

Hill/Incline Training:

Same as week 6. Repeat x 5. Race Pace up hill. Easy Pace when recovering coming down

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Recipe

Silverbeet, chickpea and ricotta rolls

(Serves 4)

Flaky pastry, fresh silverbeet and tasty chickpeas blend beautifully in this easy dish – a healthier alternative to sausage rolls.

Ingredients

| | |
|--|----------------------------|
| 1 red onion, chopped | 400g tin chickpeas, rinsed |
| 2 cloves garlic, crushed | 2 tbs pumpkin seeds |
| 2 tsp dried mint | ¼ cup parsley, chopped |
| 1 bunch silverbeet, washed, stems removed and both leaves & stem chopped | 1 tbs lemon |
| 2 eggs beaten | salt & pepper to taste |
| 200g ricotta cheese, crumbled | 8 sheets filo pastry |
| 50g goat's feta, crumbled | 1 oil spray |
| 1/2 tsp nutmeg | 1 tsp poppy seeds |
| | ¼ tsp paprika |
| | 1 tsp sesame seeds |

Method

Preheat oven to 180 C. Heat a non stick fry pan over medium heat, spray with oil and add onion and cook for a few minutes.

Add garlic and mint and cook a few minutes more, add silverbeet stems and cook for 5 minutes. Add leaves and cook until wilted. Remove from heat and combine with beaten eggs in a large bowl. Add cheeses, chickpeas, pumpkin seeds and parsley, nutmeg and lemon juice season with salt & pepper and mix well.

Lay 2 sheets of filo on a flat surface and place ¼ of the mixture at one end of the pastry. Roll up, tucking sides in and place on a baking tray lined with baking paper, seam side down. Repeat 3 times to make four rolls. Spray with oil and sprinkle two rolls with poppy seeds & paprika and the other row with sesame seeds. Bake for 35-40 minutes or until golden.

Training tip

Increasing mileage or speed in an effort to improve performance is risky. You could crash and burn, either while training or in the race itself. You may become injured; you may become over – trained. You can limit your risks by making only small shifts.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--------------------------------|---------------|---------------------------|--------|-------------------|---------------|
| 5k run | HIIT x 3 | 5k run | Hill/Incline Training x 5 | - | 6k run | 8k long run |
| Piece of cake | Steady as it goes/ Flat Out | Piece of cake | Piece of cake | REST | Steady as it goes | Piece of cake |

Goal

- Increase intensity gradually
- Introduce tougher hill and interval workouts

Motivational quote

“This isn’t sweat, it’s liquid awesome”

Chris Cayford, Personal Trainer - Jetts Clarkson

Training

HIIT

Warm up for 8-10 min. Run 50sec at sprint pace (very fast). Slow down to race pace for 4 min. Repeat x 3

Hill/Incline Training

Same as week 9

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Recipe

Slow cooked beef and winter vegetable stew

(Serves 4)

Save a chilly day to shut yourself inside, fire up the slow cooker and savour this tasty one pot winter warmer.

Ingredients

| | |
|--|--|
| 1 can oil spray | 4 kipfler potatoes, cut into quarters |
| 500g blade steak, diced into 3cm cubes | 2 bay leaves |
| 1 red onion, chopped | 2 tsp Worcestershire sauce |
| 1 celery stick finely chopped | 1 tbs BBQ sauce |
| 2 cloves of garlic, crushed | 1½ cups beef stock |
| 1 tsp dried thyme | 8 brussels sprouts, ends trimmed & cut into quarters |
| 1 carrot, cut into chunks | 2 tbs chopped fresh flat leaf parsley |
| 1 turnip, cut into chunks | |
| 1 parsnip, cut into chunks | |

Salt & cracked black pepper to taste

Method

Heat an oil sprayed non stick fry pan over high heat and cook meat in batches until browned and add to slow cooker.

Add onion to pan and cook over low to medium heat for about 5 minutes or until softened.

Add garlic, celery and thyme and continue to cook for a few minutes then add to slow cooker. Deglaze pan with beef stock, making sure to scrape all the browned bits stuck on the pan and add to slow cooker with chunks (except brussels sprouts), bay leaves, sauces and salt & pepper.

Cover and cook for 6 hours.

Training tip

Runners sometimes find it difficult doing the long runs, particularly on hot days. You should stop frequently to walk, even if not forced to do so. Walk, grab something to drink, then resume running again. It will make the miles seem much easier plus you’ll train yourself to go further.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--------------------------------|---------------|---------------------------------|--------|-------------------|---------------|
| 6k run | HIIT x 30min | 5k run | 6k run Hilly/ Incline course | - | 5k run | 6k long run |
| Piece of cake | Steady as it goes/ Flat Out | Piece of cake | Piece of cake | REST | Steady as it goes | Piece of cake |

Goal

- Increase intensity
- Perfect your technique

Motivational quote

“Success means something different to every person, respect that.”

Callum, Personal Trainer, Jetts Canning Vale

Training

HIIT:

Warm up for 8-10min. Increase speed and take your run to a fast pace run for about 10min. Slow down and cool down for the remaining 8-10 minutes.

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Recipe

Purple and orange carrot and lentil salad

(Serves 2)

The fresh flavours of this seasonal salad will brighten up any grey day.

Ingredients

- ¼ cup freshly squeezed orange juice
- ½ cup white wine vinegar
- 1 Tbs honey
- 400g tin lentils, well rinsed
- 1 cinnamon stick
- 2 star anise
- 1 tsp minced garlic
- 1 bunch baby purple carrots, well washed & cut into 3cm diagonal lengths
- 1 bunch orange baby carrots, well washed & cut into 3cm diagonal lengths
- 1 Tbs coriander seeds, roughly crushed
- ¼ tsp salt (optional)
- ¼ tsp cracked pepper
- 2 tsp hazelnuts, chopped
- ¼ cup fresh coriander

Method

Preheat oven to 230C.

Combine orange juice, vinegar, honey, cinnamon stick, star anise and garlic in a small saucepan and simmer for 30 minutes until reduced by about a third. Spray a non stick baking pan and add carrots, coriander seeds, salt & pepper and spray liberally with oil. Bake for 15 minutes and add reduced syrup and continue to cook for another 10 minutes.

Cool slightly, add lentils and allow to cool. Serve on a bed lettuce mix, scatter with hazelnuts, fresh coriander and serve.

Training tip

Investing in a good pair of shoes is crucial for all walkers, even more so for a beginner than for an experienced runner. Next to your enthusiasm and determination.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|-------------------------------------|-----------------------------------|----------|--------|-------------------|--------------------------|
| 5k run | HIIT x 30 min | 3-4k run hilly/ Incline course | - | - | 2-3k run | PERTH CITY TO SURF |
| Piece of cake | Steady as it goes/ On the Double | Piece of cake | REST | REST | Steady as it goes | |

Goal

- Increase intensity
- Perfect your technique

Motivational quote

"Do or do not, there is no try (Yoda)."

Alan Pryce, Personal Trainer - Jetts Clarkson

Training

HIIT

Warm up for 8-10min. Increase speed and take your run to a fast pace run for about 10min. Slow down and cool down for the remaining 8-10 minutes.

Day Before the Race

Run a couple of km to loosen up muscles and to get mentally prepared for your race. Try 100m runs at marathon pace walking or jogging between runs. Don't do any strength training on this week but keep stretching after runs.

be Magazine

Pick up your copy of **Medibank's be Magazine** or visit bemagazine.com.au for health advice and wellbeing stories to encourage, inspire and motivate you for better health everyday.

Recipe

Spinach and pumpkin barley risotto

(Serves 2)

Lighten your risotto with a pearl barley base instead of traditional Arborio rice. Loads of fresh spinach and grated pumpkin bring this colourful dish to life.

Ingredients

1 tsp olive oil
 ½ red onion, finely chopped
 ½ tsp minced garlic
 1 tsp dried Italian herbs
 ½ cup of pearl barley, rinsed
 1 cup vegetable stock
 ¼ cup frozen peas
 100g grated pumpkin
 150g baby spinach leaves
 2 tbs chopped flat, leaf parsley
 2 tsp sunflower seeds
 1 tbs grated parmesan

Method

Heat oil in a heavy-based saucepan over low-medium heat. Add onion, garlic and herbs and cook, stirring for 3 minutes or until onion has softened. Add barley and cook, stirring, for 2 minutes until well coated in mixture. Add stock to the pan and bring to a simmer.

Cook for 20-25 minutes, stirring occasionally, or until liquid is almost completely absorbed.

Add peas and pumpkin and cook for 5 minutes. Stir through spinach and cook for a further 3 minutes. Add parsley, sunflower seeds and parmesan. Season to taste and serve.

Training tip

Be aware of how windy weather can affect your walking. Slow down when walking in a strong wind. You are spending 6% more oxygen than in ordinary conditions. Running slower while against the wind will give you the same benefits as when you run fast during normal conditions.