

# COASTAL ASCENT

TRAINING PROGRAM  
11KM - BEGINNER

2020



  
**THE COASTAL  
ASCENT**  
TRAIL RUN

COASTAL ASCENT

# TRAINING PROGRAM

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## 11KM BEGINNER

**Congratulations on committing to the 2020 Coastal Ascent Trail run.**

RUNLAB have put together 8 week training programs for all abilities for the 11km and 25km events within the Coastal Ascent.

RUNLAB trains runners in multiple locations and the training programs have been prepared by Elite Runner and RUNLAB Founder, Vlad Shatrov. Vlad has combined his experience of training clients through his on ground interval running groups (*MYRUNGROUP*), functional in gym strength classes (*RUNSTRONG*) alongside his intimate knowledge of the Coastal Ascent courses to create these programs.

Vlad is one of Australia's best distance runners both on the road and the trails.

To stay updated on the Coastal Ascent, be sure to follow both the Official [Facebook](#) and [Instagram](#) pages.

You can also follow RUNLAB on [Facebook](#) and [Instagram](#), as well as Vlad's [Facebook](#) and [Instagram](#) pages.

**Good luck over the next 8 weeks and see you at the start on Sunday 16 February!**



COASTAL ASCENT

# TRAINING PROGRAM

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## GET THE MOST OUT OF YOUR PROGRAM

**First off, check out these important tips to help you get the most out of your training**

### **Fit to train?**

You should always consider seeking professional medical advice prior to commencing any training program. Talk to your doctor to make sure it's right for you before you begin.

### **Levels**

Ensure you select the training program which is best suited to your abilities.

## BEGINNER

- ✓ Suitable for a runner looking to participate in their first trail running event. Don't forget, you have plenty of time to complete the course on event day, and can complete it even if walking large sections! This is your chance to take on a significant challenge.
- ✓ You are wanting to increase your weekly training and can commit to 3-4 training sessions per week.





## COASTAL ASCENT

# TRAINING PROGRAM

## GET THE MOST OUT OF YOUR PROGRAM (cont.)

### Overall program structure

**The program runs for 8 weeks with scheduled session types tailored to how far or close we are to event day (Sunday 16 February 2020).**

The core of all the training programs is the 'Long Run'. This is placed on the weekend as this is generally when most people have the time to complete this run.

We place an importance on hill sessions throughout the 8 weeks to help make you into a more sufficient runner, and we also schedule in dedicated time for strengthening exercises and running drills. There is plenty of opportunity to get comfortable with your target race pace too!

Whilst the weekly volumes steadily build, peaking 3 weeks out from event day, the types of sessions change too.

We start with an emphasis on strength work by running hill repetitions. The Coastal Ascent is a challenging course, so you must prepare for it adequately.

Towards the middle and later stages of the program, 'Speed and Tempo' sessions are increased. Hill repeats are an important part of your training because running hills will strengthen your quadriceps muscles. Also, there is less impact running up a hill than running fast on the flat.



## TRAINING PROGRAM

### GET THE MOST OUT OF YOUR PROGRAM (cont.)

#### Training Advice

Use these tips on a weekly basis to help you alongside your program. 8 weeks is a significant period of time, and you may find obstacles along the way. Got a training question? Jump on and ask Vlad on the [Facebook Training Group](#).

#### Use the program as a guide

The training program is a 'guide' only, and as such, the pace and heart rate data is based on an average guide for each dedicated program. You may need to adjust this data to suit you. If in doubt, you can ask Vlad on the [Facebook Training Group](#).

#### Adjusting the program

Don't ever feel that you can't modify the program if it doesn't work for you – it's flexible. For example, long runs are scheduled for a Sunday when most people have the time to complete them, however, you can always choose to undertake it on a Saturday instead. When adjusting, always take into account your current fitness levels and training history, and look to add variety to your active rest days with as cross training, swimming or gym sessions.

#### Be your own coach

Your training program is like your own little coach. The best thing is that it specifies each week and beyond, and details the type of sessions you should be doing. This means if you miss a session due to family or work commitments, you can adjust it slightly to suit you so that you complete all the recommended sessions.



## SESSIONS



### General Aerobic

General aerobic is a standard moderate effort run, slightly slower or equal in pace to a 'Long Run' – but just not as long in distance. The aim is to enhance overall aerobic conditioning.



### Strength

Strength work features in the program up to twice a week. Strength training is often neglected but it is so important for many reasons. Performed correctly it can help address any underlying imbalances and or weaknesses which if left unattended may result in injuries. Strength has been included into the program together with cross training. We suggest up to 30 minutes of cardio-based exercise followed by strength work. Heavy weight sessions are not suggested, rather functional strength training.

The aim is to develop even and necessary strength for distance runners allowing an improved running efficiency and stronger overall body.



### Trail & Trail Specific

Trail sessions are included into the program and serve multiple purposes. Trail running involves more hills and with that you'll get strength adaption when you include these sessions. Where a trail run is scheduled there is an alternate non trail running run also scheduled, because sometimes because getting onto trails can often be intimidating or logistically difficult, so only do it if you are comfortable. Trail running also impacts the body less and can break up the routine of road running training. Ensure you have trail specific running shoes for any trail runs of length, on wet trails or technically challenging trails.










### Rest

Rest is an important component of this or any training program. It is during the rest period (the 24 to 72 hours between hard bouts of exercise) that the muscles actually regenerate and get stronger. If you're constantly fatigued, you will fail to reach your potential. We have designated rest days depending on your level. These are usually on Fridays to prepare for the weekends long run and / or Monday to recover after the weekend. If you need to take more rest days because of a sickness or a late night at the office etc. do so.



## 11KM BEGINNER : WEEK 1

WEEK 1	SESSION		DESCRIPTION
Monday <b>16 December</b>	General Aerobic - Run / Walk / Run		<b>3km in total.</b> Run 10 minutes, followed by walk for 2 minutes then run 10 minutes.
Tuesday <b>17 December</b>	Strength		<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / MAX Reps x 10-12. Pick 4 + add 4 core exercises of choice (Kettle Bell / KB Deadlifts single leg, KB Bosu Lunges, KB Goblet Squat Press, Bulgarian Lunges, Calf raises Single Leg, Single Leg Glute bridge hold, Single leg Calf raises, Wall Squat Holds or core work)
Wednesday <b>18 December</b>	Rest		
Thursday <b>19 December</b>	Trail Specific		<b>Downhill efforts:</b> Warm-up 10 minutes easy jog. Run downhill on short sections of even steady downslope trail. Focus on relaxed upper body, shorter steps and fast cadence. Complete 5 fast 30 seconds with a walk back recovery. Warm-down 10 minutes easy jog.
Friday <b>20 December</b>	General Aerobic - Run / Walk / Run		<b>3km in total.</b> Run 10 minutes, followed by walk for 2 minutes then run 10 minutes.
Saturday <b>21 December</b>	Trail		Aim to cover approximately 5km or complete 1 hour on the trails running with walking breaks and walking hills.
Sunday <b>22 December</b>	Rest		








## 11KM BEGINNER : WEEK 2

WEEK 2	SESSION		DESCRIPTION
Monday <b>23 December</b>	General Aerobic - Run / Walk / Run		<b>3km in total.</b> Run 10 minutes, followed by walk for 2 minutes then run 10 minutes.
Tuesday <b>24 December</b>	Strength		<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / MAX Reps x 10-12. Pick 4 + add 4 core exercises of choice (Kettle Bell / KB Deadlifts single leg, KB Bosu Lunges, KB Goblet Squat Press, Bulgarian Lunges, Calf raises Single Leg, Single Leg Glute bridge hold, Single leg Calf raises, Wall Squat Holds or core work)
Wednesday <b>25 December</b>	Rest		
Thursday <b>26 December</b>	Trail Specific		<b>Stair efforts:</b> Warm-up 10 minutes easy jog. Fast walk stair set (approx. 100 steps), recover down, stay tall and use your arms for drive. Complete 5 repetitions. Warm-down 10 minutes easy jog.
Friday <b>27 December</b>	General Aerobic - Run / Walk / Run		<b>3km in total.</b> Run 10 minutes, followed by walk for 2 minutes then run 10 minutes.
Saturday <b>28 December</b>	Trail		Aim to cover approximately 5km or complete 1 hour on the trails running with walking breaks and walking hills.
Sunday <b>29 December</b>	Rest		










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# 11KM BEGINNER : WEEK 3








WEEK 3	SESSION		DESCRIPTION
Monday <b>30 December</b>	General Aerobic - Run / Walk / Run		<b>3km in total.</b> Run 10 minutes, followed by walk for 2 minutes then run 10 minutes.
Tuesday <b>31 December</b>	Strength		<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / MAX Reps x 10-12. Pick 4 + add 4 core exercises of choice (Kettle Bell / KB Deadlifts single leg, KB Bosu Lunges, KB Goblet Squat Press, Bulgarian Lunges, Calf raises Single Leg, Single Leg Glute bridge hold, Single leg Calf raises, Wall Squat Holds or core work)
Wednesday <b>1 January</b>	Rest		
Thursday <b>2 January</b>	Trail Specific		<b>Downhill efforts:</b> Warm-up 10 minutes easy jog. Run downhill on short sections of even steady downslope trail. Focus on relaxed upper body, shorter steps and fast cadence. Complete 7 fast 30 seconds with a walk back recovery. Warm-down 10 minutes easy jog.
Friday <b>3 January</b>	General Aerobic - Run / Walk / Run		<b>3km in total.</b> Run 10 minutes, followed by walk for 2 minutes then run 10 minutes.
Saturday <b>4 January</b>	Trail		Aim to cover approximately 7km or complete 1 hour on the trails running with walking breaks and walking hills.
Sunday <b>5 January</b>	Rest		

# 11KM BEGINNER : WEEK 4 (RECOVERY WEEK)

WEEK 4	SESSION		DESCRIPTION
Monday <b>6 January</b>	General Aerobic - Run / Walk / Run		<b>3km in total.</b> Run 10 minutes, followed by walk for 2 minutes then run 10 minutes.
Tuesday <b>7 January</b>	Strength		<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / MAX Reps x 10-12. Pick 4 + add 4 core exercises of choice (Kettle Bell / KB Deadlifts single leg, KB Bosu Lunges, KB Goblet Squat Press, Bulgarian Lunges, Calf raises Single Leg, Single Leg Glute bridge hold, Single leg Calf raises, Wall Squat Holds or core work)
Wednesday <b>8 January</b>	Rest		
Thursday <b>9 January</b>	Trail Specific		<b>Stair efforts:</b> Warm-up 10 min easy jog. Fast walk stair set (approx. 100 steps), recover down, stay tall use arms for drive. Complete 7 repetitions. Warm-down 10 min easy jog.
Friday <b>10 January</b>	General Aerobic - Run / Walk / Run		<b>3km in total.</b> Run 10 minutes, followed by walk for 2 minutes then run 10 minutes.
Saturday <b>11 January</b>	Trail		Aim to cover approximately 7km or complete 1 hour on the trails running with walking breaks and walking hills.
Sunday <b>12 January</b>	Rest		





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# 11KM BEGINNER : WEEK 5

WEEK 5	SESSION		DESCRIPTION
Monday <b>13 January</b>	Trail Specific		Warm-up easy 10 minutes. Run 4 short run throughs (effort of 100m metres getting progressively faster) with a short break. Run/walk 3 steep hill efforts of 5 minutes approx. Walk back to recover. Warm-down 10 minutes easy jog.
Tuesday <b>14 January</b>	Strength		<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / MAX Reps x 10-12. Pick 4 + add 4 core exercises of choice (Kettle Bell / KB Deadlifts single leg, KB Bosu Lunges, KB Goblet Squat Press, Bulgarian Lunges, Calf raises Single Leg, Single Leg Glute bridge hold, Single leg Calf raises, Wall Squat Holds or core work)
Wednesday <b>15 January</b>	Rest		
Thursday <b>16 January</b>	Trail Specific		<b>Downhill efforts:</b> Warm-up 10 minutes easy jog. Run downhill on short sections of even steady downslope trail. Focus on relaxed upper body, shorter steps and fast cadence. Complete 5 fast 30 seconds with a walk back recovery. Warm-down 10 minutes easy jog.
Friday <b>17 January</b>	General Aerobic - Run / Walk / Run		<b>3km in total.</b> Run 10 minutes, followed by walk for 2 minutes then run 10 minutes.
Saturday <b>18 January</b>	Trail		Aim to cover approximately 7km or complete 1 hour on the trails running with walking breaks and walking hills.
Sunday <b>19 January</b>	Rest		

## COASTAL ASCENT








# 11KM BEGINNER : WEEK 6

WEEK 6	SESSION	DESCRIPTION
Monday <b>20 January</b>	General Aerobic - Run / Walk / Run 	<b>3km in total.</b> Run 10 minutes, followed by walk for 2 minutes then run 10 minutes.
Tuesday <b>21 January</b>	Strength 	<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / MAX Reps x 10-12. Pick 4 + add 4 core exercises of choice (Kettle Bell / KB Deadlifts single leg, KB Bosu Lunges, KB Goblet Squat Press, Bulgarian Lunges, Calf raises Single Leg, Single Leg Glute bridge hold, Single leg Calf raises, Wall Squat Holds or core work)
Wednesday <b>22 January</b>	Rest 	
Thursday <b>23 January</b>	Trail Specific 	<b>Stair efforts:</b> Warm-up 10 minutes easy jog. Fast walk stair set (approx. 100 steps), recover down, stay tall use arms for drive. Complete 5 repetitions. Warm-down 10 minutes easy jog.
Friday <b>24 January</b>	General Aerobic - Run / Walk / Run 	<b>3km in total.</b> Run 10 minutes, followed by walk for 2 minutes then run 10 minutes.
Saturday <b>25 January</b>	Trail 	Aim to cover approximately 8km or complete 1 hour on the trails running with walking breaks and walking hills.
Sunday <b>26 January</b>	Rest 	










## COASTAL ASCENT

# 11KM BEGINNER : WEEK 7

WEEK 7	SESSION		DESCRIPTION
Monday <b>27 January</b>	Trail Specific		Warm-up easy 10 minutes. Run 4 short run throughs (effort of 100m metres getting progressively faster) with a short break. Run/walk 3 steep hill efforts of 5 minutes approx. Walk back to recover. Warm-down 10 minutes easy jog.
Tuesday <b>28 January</b>	Strength		<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / MAX Reps x 10-12. Pick 4 + add 4 core exercises of choice (Kettle Bell / KB Deadlifts single leg, KB Bosu Lunges, KB Goblet Squat Press, Bulgarian Lunges, Calf raises Single Leg, Single Leg Glute bridge hold, Single leg Calf raises, Wall Squat Holds or core work)
Wednesday <b>29 January</b>	Rest		
Thursday <b>30 January</b>	Trail Specific		<b>Downhill efforts:</b> Warm-up 10 minutes easy jog. Run downhill on short sections of even steady downslope trail. Focus on relaxed upper body, shorter steps and fast cadence. Complete 5 fast 30 seconds with a walk back recovery. Warm-down 10 minutes easy jog.
Friday <b>31 January</b>	General Aerobic - Run / Walk / Run		<b>3km in total.</b> Run 10 minutes, followed by walk for 2 minutes then run 10 minutes.
Saturday <b>1 February</b>	Trail		Aim to cover approximately 10km or complete 1 hour on the trails running with walking breaks and walking hills.
Sunday <b>2 February</b>	Rest		

## 11KM BEGINNER : WEEK 8


WEEK 8	SESSION	DESCRIPTION
Monday <b>3 February</b>	General Aerobic - Run / Walk / Run 	<b>3km in total.</b> Run 10 minutes, followed by walk for 2 minutes then run 10 minutes.
Tuesday <b>4 February</b>	Strength 	<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / MAX Reps x 10-12. Pick 4 + add 4 core exercises of choice (Kettle Bell / KB Deadlifts single leg, KB Bosu Lunges, KB Goblet Squat Press, Bulgarian Lunges, Calf raises Single Leg, Single Leg Glute bridge hold, Single leg Calf raises, Wall Squat Holds or core work)
Wednesday <b>5 February</b>	Rest 	
Thursday <b>6 February</b>	Trail Specific 	<b>Stair efforts:</b> Warm-up 10 minutes easy jog. Fast walk stair set (approx. 100 steps), recover down, stay tall use arms for drive. Complete 5 repetitions. Warm-down 10 minutes easy jog.
Friday <b>7 February</b>	General Aerobic - Run / Walk / Run 	<b>3km in total.</b> Run 10 minutes, followed by walk for 2 minutes then run 10 minutes.
Saturday <b>8 February</b>	Trail 	Aim to cover approximately 10km or complete 1 hour on the trails running with walking breaks and walking hills.
Sunday <b>9 February</b>	Rest 	

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# 11KM BEGINNER : RACE WEEK

## Welcome to race week!

Keep an eye on the event's [Facebook Page](#) & [Training Group](#) where we will post recommended race week training and preparation tips.

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