

DCR Training Plan Notes



Introduction

The club has developed a number of generic training plans for use by members. All plans are suitable for use by members at any time, including by those wishing to achieve the distance for the first time, or those who are returning to running after a break. Additional interval training is included for members wishing to attempt a PB at the longer distances and it is also recommended that they consult a member of the DCR coaching panel for advice.

- **DCR 9 week 5K Training Plan (3 runs per week)** – this plan is based on the popular zero to 5K program and requires no previous running experience
- **DCR 6 week 10K Training Plan (3 runs per week)** – this plan assumes runners can comfortably run 5K and is based on the popular 5K to 10K program
- **DCR 12 week Half Marathon Training Plan (3 runs per week)** – this plan assumes runners can comfortably run 10K. Participants with a 15K base could join in Weeks 5-7. It is recommended that participants wishing to run more than 3 times per week consult a member of the DCR coaching panel for an individually tailored plan.
- **DCR 18 week Marathon Training Plan (3 runs per week)** – this plan assumes that runners can comfortably run 10K and should have completed at least one previous half marathon. Participants with a 20K base could join in Weeks 5-7. It is recommended that participants wishing to run more than 3 times per week consult a member of the DCR coaching panel for an individually tailored plan.

Runners are encouraged to progress sequentially through the plans, becoming comfortable at each distance before progressing to the next.

Main Principles

1. Keep the joy in running. Each plan should help your training and motivation but not dictate your life. Work with the time you have available and make small adjustments depending on how you feel.
2. Every runner is different. Always listen to your body. The training plans DCR provides are informed by Runnersworld, Asics Runkeeper, Athletics Victoria, Deakin University School of Exercise and Nutrition Sciences and the experience of our DCR coaching team. The training plans are a guide which may need slight adjustments depending on your running experience, available time, and goals. The DCR coaching team is here to help you. For any queries, just approach a DCR coach that you feel comfortable with.
3. If you miss a training session, don't try to play catch up by adding additional training sessions to your schedule. Just skip the session and keep following your plan.
4. Remember that rest is an essential part of your training
5. All sessions should allow for an adequate warming up period to prepare muscles for the training run ahead of them. Warmups should include dynamic stretching, breathing exercises and run through drills. Drills provide practice for good form which will then transition across to good running form.
6. All sessions should be followed by an appropriate cooldown period to allow for strained muscles to release lactate and recover from the run. This should include a 10-15 minute period of very gentle jogging or walking as well as some static stretches to release muscles.

7. Use the training plan, particularly the longer runs, to fine tune your hydration and fuelling strategies. For advice on fuelling, check out [this website](#).
8. Please listen to your body. If you have a “niggle”, pay attention to it. Don’t just try to run through it. A niggle is likely to be a muscle, tendon, or ligament in a pre-injury state – waiting to become injured. Seek a professional opinion through your preferred practitioner as early as possible to maintain an injury free body.

How the plans have been built

1. Each plan is built around the three main DCR sessions each week: Tuesday, Thursday, and Sunday. The actual running days can be adjusted to suit your available time.
2. The rest days scheduled each week are important for recovery. Depending on your level of experience, cross training activities such as swimming, cycling, walking, Pilates, yoga or weights sessions can be scheduled on some non-running days.
3. In addition, DCR recommends adding some strength exercises to your plan. You do not need a gym to do strength exercises, just use body weight. You can add these exercises to your running or non-running days. For ideas, look [here](#) , [here](#) and [here](#).
4. For first-time Half Marathoners and Marathoners, DCR recommends following the full training plan
5. The Half Marathon and Marathon plans each have about 2-3 weeks of building distance, followed by one week of reduced distance to recover for the next build. Each building block will slowly create an overload. The reduced week will help recovery, after which you will see a “super compensation” which will make you stronger for the next building block. During each building block, the distance of endurance runs increases by about 10% each week.

Explanation of Plan Components

1. **Speed sessions** – focus is on speed over various interval distances with various recovery periods between intervals. Mostly run at about 5K to 10K speed. Running at different speeds will improve your running dynamics and running physiology. Check [this website](#) for more information. These sessions should feel reasonably hard. You will be puffed but satisfied at the end. You will use more power during these sessions, which means you are more prone to injuries. Remember to always complete a good warm up before taking part in speed sessions. Check [this website](#) for more information. DCR Tuesday evening runs are ideal for this session and the DCR website is a good point of reference for the speed sessions that are conducted.
2. **Recovery sessions** – easy short-medium distance runs that should not feel hard. Main objective is to loosen up the legs. DCR Thursday evening runs are ideal for this session.
3. **Endurance sessions** – consistent pace (45-60 seconds below anticipated Half Marathon or Marathon pace). Time on feet is essential but it does not need to be fast. You should be able to hold a conversation comfortably. By running slowly, you will teach your body to use fat as fuel. DCR Sunday morning runs are ideal for this session.