



BEGINNER TRAINING PLAN

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CORPORATE CHALLENGE BEGINNER TRAINING PLAN

Congratulations on signing up for the Corporate Challenge!

The Corporate Challenge is a challenging yet fun event, and to help you on your Corporate Challenge journey we've created a beginner training plan just for you!

Simply completing the Corporate Challenge is a major achievement and this beginners plan will help you achieve that by providing a 8-week structured step-by-step plan, whilst helping you to avoid some common training pitfalls and creating a fitter, healthier you!

Before we start the training plan, it is vital that you are in good condition to start a running training plan. Therefore, before commencing any form of exercise you should have a check-up with your General Practitioner and seek their approval that it is safe to continue with a structured exercise program.

THE TRAINING PLAN

Our training plan follows a structured approach; it takes you step-by-step through a 8-week program in a safe, controlled manner. The plan will take you from someone with no, or very little, fitness through to being able to finish the Corporate Challenge safely. If you try to do too much too soon, you could easily end up with injuries, ending your the journey before it even starts! Therefore, small steps are required.

The first few weeks are a gentle introduction to the training; it breaks you in slowly whilst starting to introduce the habit of exercising. The plan recommends running on certain days of the week, but this is only a guide, you should fit the plan around your lifestyle as best you can. It is best if you can stick to certain days of the week, the days that suit you, so it forms a pattern or routine, then your family and friends know you usually train on a certain day and can support you through you're the training journey.

The plan is time based, not distance based (you don't have to worry about measuring a running or cycling route or getting a fancy GPS watch) and as the weeks progress, the time you exercise increases. Again, this is a measured approach; don't be tempted to jump forward a few weeks as this could spell disaster if injury strikes.

However, do not be afraid to repeat a week or go back if you're not progressing as quickly as you might have hoped or family/work commitments get in the way. This is part of life and is not a problem. This journey is meant to be fun and exhilarating, not strict and controlling, so don't worry if you are unable to follow the plan exactly, it is not the end of the world.

Before setting you off on your journey, please take a moment to have a look at the RPE (Rating of Perceived Exertion) scale at Appendix 1 as it describes the intensity levels used during the plan.

Now all that is left to do is to wish you luck on your Corporate Challenge journey!

WEEKS 1 – 4

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST DAY	BIKE 30 mins RPE 3 to 4	FUNCTIONAL TRAINING Session 1 (appendix 2)	RUN 15 mins RPE 3 to 4	REST DAY	BIKE 35 mins RPE 3 to 4	RUN 20 mins RPE 3 to 4
2	REST DAY	BIKE 35 mins RPE 3 to 4	FUNCTIONAL TRAINING Session 2 (appendix 2)	RUN 20 mins RPE 3 to 4	REST DAY	BIKE 40 mins RPE 3 to 4	RUN 25 mins RPE 3 to 4
3	REST DAY	BIKE 40 mins RPE 3 to 4	FUNCTIONAL TRAINING Session 3 (appendix 2)	RUN 25 mins RPE 3 to 4	REST DAY	BIKE 45 mins RPE 3 to 4	RUN 30 mins RPE 3 to 4
4	REST DAY	BIKE 45 mins RPE 3 to 4	CANOE SESSION* hire a canoe and practise basic paddling skills	RUN 30 mins RPE 3 to 4	REST DAY	BIKE 10 mins RPE 4 10 mins RPE 6 10 mins RPE 4	RUN 35 mins RPE 3 to 4

WEEKS 5 – 8

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	REST DAY	BIKE 45 MINS RPE 3 TO 4	FUNCTIONAL TRAINING Session 1 (appendix 2)	RUN 60 mins RPE 3 to 4	REST DAY	RUN 10mins RPE 4 10mins RPE 5 10mins RPE 6 10mins RPE 4 10mins RPE 3	RUN 20 mins RPE 3 to 4
6	REST DAY	BIKE 70 MINS RPE 3 TO 4	CANOE SESSION* hire a canoe and practise basic paddling skills	RUN 60 mins RPE 3 to 4	REST DAY	BIKE 40 mins RPE 3 to 4	LONG HIKE 2 hour hike in the hills
7	REST DAY	BIKE 45 MINS RPE 3 TO 4	FUNCTIONAL TRAINING Session 2 (appendix 2)	RUN 35 mins RPE 3 to 4	REST DAY	BIKE 45 mins RPE 3 to 4	BIKE 30 mins RPE 3 to 4
8	REST DAY	BIKE 45 MINS RPE 3 TO 4	REST DAY	RUN 30 mins RPE 3 to 4	REST DAY	2 DAY CORPORATE CHALLENGE	

APPENDIX 1

RPE (Rating of Perceived Exertion)

The RPE scale is a common method for determining exercise intensity levels. In this training plan we will be using RPE to describe the intensity of the training sessions. The scale of perceived exertion is how hard you feel your body is working, therefore is quite a subjective measure.

RATING	RATING
0	Nothing at all
1	Very, very light
2	Very light
3	Fairly light
4	Somewhat hard
5	Hard
6	
7	Very hard
8	
9	
10	Very, very hard (maximal)

APPENDIX 2

FUNCTIONAL TRAINING SESSION 1

Take 10 minutes out of the day when you have a break to do these exercises (see "Exercises" below). Perform the exercises in a circuit, moving from one to the next:

- 1 – Squat (Hip Hinge) - 30-60 sec
- 2 – Front Plank - 30-60 sec
- 3 – Donkey Kicks - 30 sec left leg; 30 sec right leg
- 4 – Side Plank - 30 sec left; 30 sec right
- 5 – Hip Abductions (Lying) - 30 sec left leg; 30 sec right leg

Complete the circuit 2 times for a 10 minute workout.

You can increase the number of times through the circuit (or the time spent on each exercise) to lengthen the workout.

APPENDIX 2

FUNCTIONAL TRAINING SESSION 2

Take 10 minutes out of the day when you have a break to do these exercises (see "Exercises" below). Perform the exercises in a circuit, moving from one to the next:

- 1 – Good Mornings - 20 sec (or 8-15 reps)
- 2 – Standing Leg Abduction - 20 sec each leg (or 8-15 reps)
- 3 – Front Plank - 30-60 sec
- 4 – Donkey Kicks - 20 sec each leg (or 8-15 reps)
- 5 – Glute Bridge - 20 sec (or 8-15 reps)

Complete the circuit 2 times for a 10 minute workout.

You can increase the number of times through the circuit (or the time spent on each exercise) to lengthen the workout.

APPENDIX 2

FUNCTIONAL TRAINING SESSION 3

Take 10 minutes out of the day when you have a break to do these exercises (see "Exercises" below). Perform the exercises in a circuit, moving from one to the next:

- 1 – Prisoner Lunge - 30-60 sec
- 2 – Front Plank - 30-60 sec
- 3 – Clamshell - 30 sec left leg; 30 sec right leg
- 4 – Side Plank - 30 sec left; 30 sec right
- 5 – Mountain Climbers - 30 sec in total

Complete the circuit 2 times for a 10 minute workout.

You can increase the number of times through the circuit (or the time spent on each exercise) to lengthen the workout.

APPENDIX 2

EXERCISES

SQUAT (HIP HINGE) - 30-60 sec

- The purpose of this exercise/drill is to better coordinate the muscles in your posterior chain with a prime emphasis on the glutes (butt). Start with feet shoulder width apart.
- Put your shoulder blades “in your back pockets” so you are standing tall. You need to keep your back flat and straight throughout this exercise. You might find it helpful to hold a stick behind you (e.g. yardstick or broomstick) so that it connects your tailbone, back and middle of your head. Otherwise, stand with both arms down to the side.
- Keeping your back flat, push your hips backwards as you bend slightly at the knees. Here, you are “hinging” from the hips as you go into a half squat. Keep your weight over your heels. It’s okay to lean forward as long as you maintain a straight back.
- If you can (while maintaining that flat back), squat deeper and/or raise your arms over your head. Hold this position for 15-30 seconds.
- Squeeze the glutes and return to a standing position.
- Do 1-3 times. The key is to initiate the movement by hinging at the hips with a flat back. You should feel your glutes working (not the quads).
- This basic movement forms the foundation for the good morning exercise and squat exercises.

APPENDIX 2

EXERCISES

FRONT PLANK - 30-60 sec

- Lie in prone position (face down).
- Place toes on ground in dorsiflexed position.
- Place elbows under shoulders.
- Squeeze the quads.
- Squeeze the glutes.
- And raise into a plank.
- Keep back flat. Do not let butt rise or sink.
- Stay flat.
- Hold for 30 seconds to 3 minutes, breaking up with rest as needed.

APPENDIX 2

EXERCISES

DONKEY KICKS - 30 sec left leg; 30 sec right leg

- Get on the floor on hands and knees. Keep back straight as with the plank.
- Keeping back flat and still, squeeze the glute to move one leg back up behind you, keeping your knee bent, and raise your leg until it is in line with your body and your flexed foot is parallel to the ceiling.
- Note: the movement should be initiated from the glute (butt), NOT the lower back. If you feel the lower back working instead, start with smaller movements until you can increase the range of extension using only the glute.
- Perform 1-5 sets of 8-12 reps per leg. Or, perform 1-5 sets of 20-40 second intervals (doing as many reps as possible during those intervals).

APPENDIX 2

EXERCISES

SIDE PLANK - 30 sec left; 30 sec right

- Lie on side.
- Put top foot in front of bottom foot (easier) or stack top foot on top of bottom foot (harder).
- Push up into a side plank (use top hand if needed as a brace).
- Use hand as a brace (easiest). Move hand to hips (harder). Raise hand in air (hardest).
- Hold for 30 seconds to 3 minutes per side, breaking up with rest as needed.

APPENDIX 2

EXERCISES

HIP ABDUCTIONS (LYING) - 30 sec left leg; 30 sec right leg

- Lying Hip Abductions, aka Side/Lying Leg Raises or “Jane Fonda’s”
- Lie on side. Stack top foot on top of bottom foot. Dorsiflex (bring toes to knee) and slightly pigeon toe top foot (this is the position to keep your foot in for the raises).
- Squeeze medial glute (side of hip) to raise leg as high as you can. Lower leg back down in a controlled manner. Repeat.
- Perform 1-5 sets of 8-12 reps per leg. Or, perform 1-5 sets of 20-40 second intervals (doing as many reps as possible during those intervals).

APPENDIX 2

EXERCISES

GOOD MORNINGS - 20 sec (or 8-15 reps)

- Start with feet shoulder width apart.
- Put your shoulder blades “in your back pockets” so you are standing tall.
- Keeping your back flat with knees slightly bent, push your hips backwards to “hinge” from the hips. Keep your weight over your heels and eyes looking forward (not downward). Bend as far as your range of motion allows with a straight back (stop if your back starts to round).
- Squeeze the glutes and return to a standing position.
- You want to primarily feel the glutes working (rather than the lower back). If you are feeling your lower back working, focus on squeezing the glutes to shift the workload to the butt.
- Perform 1-5 sets of 8-12 reps. Or, perform 1-5 sets of 20-40 second intervals (doing as many reps as possible during those intervals).

APPENDIX 2

EXERCISES

STANDING LEG ABDUCTION - 20 sec each leg (or 8-15 reps)

- These are a standing version of the Lying Hip Abductions (aka Side/Lying Leg Raises or “Jane Fonda’s”).
- The standing version engages more core muscles as you balance on one leg.
- Stand on one foot. Maintain tall and straight body position.
- Squeeze medial glute (side of hip) to abduct (move away from body) as far as you can. Return leg to midline in a controlled manner. Repeat.
- Perform 1-5 sets of 8-12 reps per leg. Or, perform 1-5 sets of 20-40 second intervals (doing as many reps as possible during those intervals).

APPENDIX 2

EXERCISES

GLUTE BRIDGE - 20 sec (or 8-15 reps)

- Lie on back with knees bent.
- Squeeze glutes (butt) and raise up into a bridge. Return to ground in controlled manner.
- Note: the muscles working should be the glutes (butt), NOT the quads (front of leg) or lower back. Be sure to initiate the movement by squeezing the glutes.
- Perform 1-5 sets of 8-12 reps per leg. Or, perform 1-5 sets of 20-40 second intervals (doing as many reps as possible during those intervals).

APPENDIX 2

EXERCISES

PRISONER LUNGE - 30-60 sec.

- This exercise works the abdominals, the butt and leg muscles all at once, but when you add the 'prisoner' element to it (hands behind the head), it also works the upper back, giving you so much more bang for your buck!
- Start by placing your feet shoulder width apart with your hands clasped behind your head
- Step forward with one leg, taking a slightly larger than normal step
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent
- Lower your body until your front thigh is parallel to the ground
- Push back to return to the start position

APPENDIX 2

EXERCISES

CLAM SHELL – 30 sec each leg

- The clamshell works the glute (butt) muscles, especially the Gluteus Medius.
- Lie on your side with your hips stacked.
- Bend your knees and your hips at a 45-degree angle, as if you were sitting in a chair.
- Keep your feet together as you lift your top knee as high as possible.
- Avoid rocking backward or shifting through your pelvis.
Pause for a few seconds at the top and then return to the starting position to complete one repetition.
- Complete 30 seconds on the left leg and 30 seconds on the right leg.

APPENDIX 2

EXERCISES

MOUNTAIN CLIMBERS – 30 sec

- The mountain climber is an excellent exercise for boosting your cardio whilst also building your core strength.
- Start in the press up position
- Whilst maintaining a stable core, bring one knee up to your chest
- Slowly return your leg to the start position, again whilst maintaining a stable core
- Switch legs and repeat
- 30's in total



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