

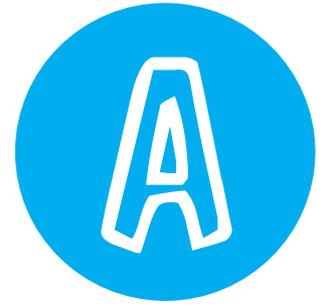


2016  
NTCITY2SURF  
CONOCO PHILLIPS  
TRAINING GUIDE **ADVANCED**

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# 2016 NTCITY2SURF CONOCOPHILLIPS TRAINING GUIDE



## TRAINING TO IMPROVE YOUR 12K TIME

Are you experienced over the 12km distance and want to go one better? This training program is for you.

As an advanced runner, you should be running five to six times a week, with training averaging 40-50 km. You probably also should have run a half dozen or more races at distances between 5km and the Half-Marathon. With that as background, the advanced program is the more sophisticated schedule you will need to improve.

Use this as a guide, and make changes where necessary; if it has been a while, you may wish to combine it with the beginner training guide as you ease back into running.

This advanced programme counts down from Week 1 to Week 12 (race week) for a 12km race. Explanations of the terms used in the training chart appear below.

**This training schedule is only a guide. Feel free to make minor modifications to suit your personal schedule. Always consult your doctor before attempting a new exercise program.**

## GLOSSARY OF TERMS

**Runs:** The runs on Mondays, Tuesdays and Thursdays are designed to be done at a comfortable pace. If you can't carry on a conversation with your training partner, you're running too fast. For those who use heart monitors would be running between 65 to 75 percent of maximum.

**Tempo Runs:** A tempo run is a continuous run with a build-up in the middle to near, but not exceeding, race pace. A tempo run of 30 to 40 minutes would begin with 10-15 minutes easy running, build to 10-20 minutes near the middle, then 5-10 minutes easy toward the end. The pace build-up should be gradual, with peak speed coming about two-thirds into the workout lasting a few minutes.

**5km Race or Time Trial:** Ensure that you have an accurate course to judge yourself by. Ideally, measure a flat course near home, and run at a faster pace than you might anticipate

**Stretch & Strengthen:** Make sure you don't overlook stretching - particularly on days when you plan to run fast. Strength training is important also; push-ups, pull-ups, use of free weights or working out with various machines at a gym will keep you strong. Runners generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron. Mondays and Thursdays would be good days to combine stretching and strengthening with your easy run, however, you can schedule Stretch & Strengthen on any day that is convenient for your lifestyle and schedule.

**Cross-Training ('Cross'):** This could be swimming, or cycling, walking, other forms of aerobic training or some combination that could include strength training. Cross-training days should be considered easy days that allow you to recover from the running you do

## RUNNING PACE BREAKDOWN

**Easy Pace** – Run at a pace where you can still talk and your breathing is slightly heavy.

**Strong Pace** – The pace you can currently run 12km. Breathing is heavy but you can hold this pace for a 12km race.

**Goal 12KM Race Pace** – The pace that you are training to be able to maintain for each kilometre of your upcoming 12km race.

**Hard Pace** – The pace that you can currently run all kilometres of a 4km. Breathing is starting to become laboured but sustainable for longer distances.

**Very Hard Pace** - Pace that can only

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5KM RUN + STRENGTH	4KM EASY	25 MIN TEMPO RUN	3KM RUN + STRENGTH	REST	45 MIN CROSS	6KM RUN

## Training Tip

### Warm up

A warm-up activity serves two major purposes – to enhance performance and prevent injury. Consequently, a warm-up is both physical and mental.

**You could:** Jog easy for 10 to 15 minutes, then throw in a few 50-metre accelerations to get your heart rate up, so you'll be ready to go at race pace when the gun goes off. If you're not warmed up, your muscles aren't as viscous, your body won't rid itself of waste product as effectively, and you'll have to run your first to second kilometres slower.

## Goal

### Consistency

To help you get into a routine, commit time to each and every session – No excuses!

## Tough at the Top

### Keeping cool

Training in the Top End is hot; to keep performance up, you need to keep your core temperature down.

- **Happy feet** – during hotter months, try to run in the mornings; the pavement is a lot cooler before a day of baking NT sun ...
- **Drink Water** - The best, easiest way to cool body temperature. Sip cool water at points along your run or carry a small water bottle with you.
- **Dump water on your head and face** – for a refreshed and cool feeling.
- **Wear clothing that breathes** - Fabric that wicks away sweat allows your skin to cool your body. Look for synthetic fabrics, such as polyesters, micro-fibers, and ultra-thin wool.

## Recipe

### Full-of-greens frittata

#### Ingredients

- 250g baby spinach leaves
- 2 teaspoons olive oil
- 1 garlic clove, crushed
- 250g zucchini, coarsely grated
- 1 teaspoon finely grated lemon rind
- 4 eggs
- 4 egg whites
- 100g reduced-fat fresh ricotta
- 2 tablespoons finely grated parmesan
- 1/4 cup chopped fresh chives
- 100g skinless roasted red capsicum, finely chopped

#### Method

##### Step 1

Preheat oven to 180oC. Grease and line a 20cm (base measurement) round cake pan. Place spinach in a heatproof bowl. Cover with boiling water. Stand for 30 seconds. Refresh. Drain, squeezing excess liquid. Coarsely chop.

##### Step 2

Heat oil in a frying pan over medium-high heat. Stir garlic for 30 seconds or until aromatic. Stir in zucchini and lemon rind for 2 minutes or until zucchini is bright green. Cool.

##### Step 3

Whisk eggs, egg whites, ricotta and parmesan in a bowl. Stir in zucchini mixture, spinach and two-thirds of chives. Pour into pan. Bake for 25-30 minutes or until set.

##### Step 4

Combine the capsicum and remaining chives in a bowl. Serve with the frittata.

**Be not afraid of going slowly; be only afraid of standing still.**  
– Chinese proverb

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5KM RUN + STRENGTH	5KM EASY	20 MIN TEMPO RUN	4KM RUN + STRENGTH	REST	45 MIN CROSS	7KM RUN

## Training Tip

### Record your progress

Keep a training log. The one thing that can help you in achieving your goals will be monitoring your training and progress in a running log – it's very, very useful.

## Goal

### Up the ante

This week, focus on increasing your intensity and distance.

Consider the postage stamp:  
its usefulness consists in the ability  
to stick to one thing till it gets there.

– Josh Billings

## Recipe

### Tofu, walnut & asparagus stir-fry

#### Ingredients

2 tablespoons dry sherry  
1 tablespoon tamari (wheat-free soy sauce)  
2 teaspoons honey  
Olive oil spray  
60g walnuts  
1 red onion, halved, cut into thin wedges  
2 garlic cloves, thinly sliced  
2 long fresh red chillies, seeded, thinly sliced  
250g broccoli, trimmed, cut into florets  
2 bunches asparagus, woody ends trimmed, cut into 4cm lengths  
2 tablespoons water  
200g firm tofu, cut into 1cm-thick slices  
2 cups steamed brown rice, to serve  
Fresh coriander leaves, to serve

#### Method

##### Step 1

Place the sherry, tamari and honey in a small bowl and stir to combine.

##### Step 2

Heat a wok over high heat and spray with oil. Stir-fry the walnuts for 1-2 minutes or until golden. Transfer to a bowl.

##### Step 3

Spray the wok with oil. Stir-fry the onion for 2 minutes or until it softens slightly. Add the garlic and chilli and stir-fry for 1 minute or until aromatic. Add the broccoli, asparagus and water, and stir-fry for 2-3 minutes. Add sherry mixture, walnuts and tofu and stir-fry for 1-2 minutes or until the vegetables are bright green and tender crisp.

##### Step 4

Divide brown rice among serving bowls. Top with stir-fry mixture and sprinkle with coriander leaves.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5KM RUN + STRENGTH	6KM EASY	6 X 400M @5KM PACE	5KM RUN + STRENGTH	REST	45 MIN CROSS	8KM RUN

## Training Tip

### The basics

Eat your fruit and vegetables. Get plenty of sleep. Stay hydrated. We know – you’ve heard all this stuff before, so we won’t nag too much. But remember that the simplest, most basic advice often makes the biggest contribution to improved consistency.

**You could:** Stay hydrated throughout the day and during your runs. Drinking regularly isn’t going to make you a faster or stronger runner, but not drinking will make you slower and weaker.

## Goal

### Find your race pace

This week, try and define what you think your race pace will be.

## Tough at the Top

Thirst is not a reliable indicator of hydration – your fluid needs are influenced by factors including exercise intensity, body size and sweat rate.

Dehydration develops quickly so be alert for signs and act quickly to cool down and rehydrate.

Signs of Dehydration:

- Increased thirst
- Dry or sticky mouth
- Light-headedness or headache
- Fatigue
- Impaired mental focus
- Low urine output
- Inability to produce tears
- Dry skin

## Recipe

### Broccoli Cannelloni

#### Ingredients

- 2 teaspoons olive oil
- 1 small red onion, finely chopped
- 2 garlic cloves, crushed
- 2 x 420g cans No-Added-Salt diced tomatoes
- 2 tablespoons shredded fresh basil
- 350g broccoli, cut into florets
- 20g (1/4 cup) finely grated parmesan
- 2 tablespoons chopped fresh chives
- 1 teaspoon finely grated lemon rind
- 40g (1/4 cup) pine nuts, toasted
- 1/4 teaspoon dried chilli flakes
- 450g fresh low-fat ricotta
- 4 fresh lasagne sheets, halved crossways

#### Method Notes

##### Step 1

Preheat oven to 180C. Heat oil in a saucepan over medium heat. Stir the onion for 5 minutes or until soft, Stir in garlic for 1 minute. Stir in tomatoes, Cook for 10 minutes or until thick. Stir in basil.

##### Step 2

Meanwhile, steam the broccoli over a saucepan of simmering water for 3-5 minutes until tender crisp. Refresh under cold water. Drain.

##### Step 3

Process broccoli in a food processor until coarsely chopped. Transfer to a bowl. Stir in parmesan, chives, lemon rind, pine nuts, chilli flakes and 365g (1 1/2 cups) ricotta. Season with pepper.

##### Step 4

Spoon 1/4 cup of filling along centre of each lasagne sheet. Roll to enclose. Spread 160ml (2/3 cup) sauce in a greased 1.5L (6-cup) baking dish. Add cannelloni. Top with remaining sauce. Season with pepper. Top with remaining ricotta. Bake for 25 minutes or until tender. Top with remaining rhubarb mixture. Serve.

**Sports do not build character. They reveal it.**

– Heywood Broun

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5KM RUN + STRENGTH	6KM EASY	25 MIN TEMPO RUN	5KM RUN + STRENGTH	REST	45 MIN CROSS	8KM RUN

## Training Tip

### Better running & walking technique

Running economically will help you run faster and longer. That means using as little energy as possible with each stride by ironing out flaws.

**You could:** Run as though you're on top of clouds. This will make you run taller, becoming less of a slow-footed heel-striker and more of a fast mid-foot runner. Keep your elbows close to reduce tension and shoulders relaxed to encourage better breathing.

## Goal

### Hill Climb

Try and find a hill to train on, make it tough!

You can try the one next to Darwin High School or give those stairs at the waterfront near Deckchair Cinema a go. Hughes Avenue near the Waterfront or Cullen Bay are great for gradual incline over several hundred meters.

## Tough at the Top

For a nutritious afternoon snack, dodge the vending machine and try a 200g pot of greek or natural yoghurt with a fruit salad.

**If you do not know where you are going,  
every road will get you nowhere.**

– Henry Kissinger

## Recipe

### Rhubarb porridge

#### Ingredients

6 stalks rhubarb, trimmed, cut into 3cm pieces  
1/4 cup caster sugar  
1 teaspoon vanilla bean paste  
1 1/2 cups reduced-fat milk  
1 1/2 cups traditional rolled oats  
Pinch of salt  
1 1/2 tablespoons brown sugar

#### Method

##### Step 1

Combine rhubarb, caster sugar, vanilla paste and 1 tablespoon cold water in a saucepan over medium heat. Cook, stirring, for 3 minutes or until sugar dissolves. Bring to the boil. Reduce heat to low. Simmer for 5 to 6 minutes or until rhubarb is tender. Remove from heat.

##### Step 2

Meanwhile, bring milk and 1 1/2 cups cold water to the boil in a saucepan over high heat. Stir in oats and salt. Bring to the boil. Reduce heat to medium. Cook, stirring with a wooden spoon, for 5 minutes or until porridge thickens (porridge will coat spoon when ready). Remove from heat. Cover and stand for 5 minutes (porridge will cool and thicken slightly on standing). Stir in brown sugar.

##### Step 3

Stir 3/4 rhubarb mixture through porridge. Spoon into bowls. Top with remaining rhubarb mixture. Serve.

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5KM RUN + STRENGTH	8KM EASY	7 X 400M @5KM PACE	6KM RUN + STRENGTH	REST	45 MIN CROSS	11 KM RUN

## Training Tip

### Fuel injection

Nutritional therapists suggest the optimum pre-run meal should contain 200-300g of carbohydrate for energy and be low in gut-shifting fibre.

**You could:** Try a bowl of porridge with honey and berries, or the delicious recipe provided. And wash it down with a flat white. In studies at two Minnesota universities runners saw a 4% increase in VO<sub>2</sub> max and a 3% increase in lactate threshold after caffeine – which translates into a 36-second cut in 12k time.

## Goal

### Increase Intensity ... and Pick your Kit

This week you focus on increasing the intensity of your work out. It might seem silly, but you can also work out what you're going to wear on race day and take it for a trial run before the big day! The last thing you need mid race are those new shoes giving you blisters, or the tag of that cool new singlet you purchased giving you grief!

**Obsessed is a word lazy people use to describe the dedicated.**

– Unknown

## Recipe

### Vegetable couscous with spiced lamb

#### Ingredients:

3 teaspoons McCormick Middle Eastern spices (Harissa)  
2 (about 400g) lamb eye of loin (backstrap)  
2 teaspoons olive oil  
290g (1 1/2 cups) couscous  
1 tablespoon coarsely grated lemon rind  
310ml (1 1/4 cups) salt-reduced chicken stock  
60ml (1/4 cup) fresh lemon juice  
340g chargrilled capsicum, cut into thin strips  
1 x 280g btl artichoke hearts, drained, halved  
1/2 cup chopped fresh continental parsley  
130g (1/2 cup) Greek-style natural yoghurt

#### Method

##### Step 1

Place spice mix on a plate. Add the lamb and turn to coat. Heat the oil in a non-stick frying pan over medium-high heat. Add the lamb and reduce heat to medium. Cook for 3-4 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover loosely with foil and set aside for 5 minutes to rest. Thickly slice across the grain.

##### Step 2

Meanwhile, place the couscous and lemon rind in a medium heatproof bowl. Bring the stock to the boil in a small saucepan. Pour the stock and lemon juice over the couscous. Cover and set aside for 3-4 minutes or until all the liquid is absorbed. Use a fork to separate the grains. Add the capsicum, artichoke and parsley and stir until well combined.

##### Step 3

Divide the couscous mixture among serving plates. Top with lamb and a dollop of yoghurt to serve.

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5KM RUN + STRENGTH	8KM EASY	30 MIN TEMPO RUN	6KM RUN + STRENGTH	REST	60 MIN CROSS	11KM RUN

## Training Tip

### Managing injuries

Respond immediately to injuries and illnesses. Few, if any, running injuries respond positively to continual hard training.

## Goal

### Race pace revision

Revisit the race pace you set in week three. Assess if you can go faster!

## Tough at the Top

### Keeping Comfy

The scourge of the Territory athlete is chafing, caused by repetitive rubbing against the skin. To make your running as comfortable as possible, keep in mind the following ...

- **Dress right** - Wear proper-fitting, moisture-wicking clothes, such as those made with synthetic materials and smooth seams
- **Stay dry** - Sweaty/wet skin can make chafing worse. Consider applying apply talcum powder to areas that get the sweatiest; this can help wick moisture away from the skin.
- **Lubricate** - Apply petroleum jelly (or similar product) to hot spots! Lubricants help reduce friction to the skin.

Even if you're on the right track, you'll get run over if you just sit there.

- Will Rogers

## Recipe

### Herb-stuffed chicken and potato bake

#### Ingredients:

4 large (about 720g) chicken thigh cutlets, skin on, excess fat trimmed  
1/3 cup chopped fresh continental parsley  
2 garlic cloves, crushed  
1 lemon, rind finely grated, cut into wedges  
2 tablespoons chopped fresh dill  
1 teaspoon smoked paprika  
2 teaspoons olive oil  
Olive oil spray  
200g green round beans, steamed, to serve

#### Potato bake

310g sweet potato (kumara), peeled, cut into 2cm pieces  
500g Red Delight potatoes, cut into 2cm pieces  
3 shallots, trimmed, finely chopped  
65g (1/4 cup) sour cream  
250ml (1 cup) milk  
40g (1/2 cup) coarsely grated cheddar

#### Method

##### Step 1

Preheat oven to 180°C. Line a roasting pan with non-stick baking paper.

##### Step 2

To make the potato bake, place the sweet potato and potato in a steamer over a saucepan of simmering water and cook, covered, for 4-5 minutes or until almost tender. Transfer to a baking dish. Top with shallot. Combine sour cream and milk in a jug. Pour over the potato mixture. Top with cheddar. Bake for 50-55 minutes or until golden.

##### Step 3

Meanwhile, run your fingers under the skin of each cutlet to create a large pocket. Combine parsley, garlic, lemon rind, dill, paprika and oil in a bowl. Spoon one-quarter of parsley mixture under the skin of each cutlet. Place in prepared pan. Spray with oil. Season with salt and pepper. Bake for 35-40 minutes or until golden and cooked through.

##### Step 4

Serve chicken with potato bake, beans and lemon wedges.

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5KM RUN + STRENGTH	10KM EASY	9 X 400M @5KM PACE	6KM RUN + STRENGTH	REST	60 MIN CROSS	13 KM RUN

## Training Tip

### Pay attention to your shoes

Some things should be obvious, and this is one of them. But it's worth repeating, if it keeps even one of you from getting injured. Most shoes wear out after 400-600 kilometres. You often can't see the wear, but your knees, hips, back and Achilles tendons will feel it.

**You could:** Give your old, worn-out shoes to a local charity shop, and get yourself to a specialist running shop (AMART) for a new pair.

## Goal

### Recharge the Batteries

Have you been cheeky and run on rest days? Give it a rest, literally, sleep in!

## Recipe

### Thai-style salad

#### Ingredients:

- 1/2 carrot, peeled, cut into matchsticks
- 1/2 red onion, thinly sliced
- 1 tablespoon fresh ginger, cut into matchsticks
- 1 Lebanese cucumber, seeded, cut into matchsticks
- 1 long fresh red chilli, seeded, chopped
- 1/4 cup fresh coriander leaves

#### Step 1

Combine the carrot, onion, ginger, cucumber, chilli and coriander in a bowl.

Live each day as if your life had just begun.

– Goethe

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5KM RUN + STRENGTH	10KM EASY	40 MIN TEMPO RUN	6KM RUN + STRENGTH	REST	60 MIN CROSS	13KM RUN

## Training Tip

### Cross Training: Pool your efforts

Aqua-running is the best cross-training choice for runners. It's a full-body workout. Studies show runners who aqua-run improve their hip extensions for longer strides and faster race times.

**You could:** Adopt a sweeping, pendulum-like motion from hips to toes. Keep your arms straight and take short strides for 3x5 widths of the pool.

## Goal

### Refine your technique

Have you been focusing at all on technique? Visit the Athletics Track for some advice on the most effective running techniques.

No one ever drowned in sweat.

- Unknown

## Recipe

### Seared tuna, green bean & roasted tomato salad

#### Ingredients:

1 x 250g punnet cherry tomatoes, halved  
1 red onion, halved, cut into thin wedges  
Olive oil spray  
400g chat (small coliban) potatoes, halved  
250g green beans, topped  
4 (about 150g each) tuna steaks  
2 tablespoons fresh lemon juice  
1 tablespoon wholegrain mustard  
2 teaspoons olive oil  
Pinch of caster sugar  
100g baby rocket leaves

#### Method

##### Step 1

Preheat oven to 200°C. Line a baking tray with non-stick baking paper. Place tomato and onion on the tray and spray with olive oil spray. Season with pepper. Roast for 10 minutes or until just tender.

##### Step 2

Meanwhile, place the potato in a steamer basket over a saucepan of simmering water. Cook, covered, for 10 minutes. Add the beans and cook, covered, for a further 2 minutes or until the beans are bright green and tender crisp and the potato is tender. Refresh under cold running water. Drain.

##### Step 3

Preheat a barbecue grill or chargrill on high. Spray both sides of the tuna with olive oil spray. Cook on grill for 1-2 minutes each side for medium or until cooked to your liking. Transfer to a plate. Set aside for 2-3 minutes to rest.

##### Step 4

Whisk together lemon juice, mustard, oil and sugar in a jug. Season with pepper. Place tomato mixture, potato mixture and rocket in a bowl and gently toss until just combined. Divide among serving plates. Drizzle over the dressing and top with tuna. Serve immediately.

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5KM RUN + STRENGTH	10KM	10 X 400M @5KM PACE	6KM RUN + STRENGTH	REST	REST	14 KM RUN

## Training Tip

### Stretching your training further

Stretch whenever you have a minute. Whenever you boil a kettle, do neck stretches or put your foot onto the worktop and stretch your legs. If you find yourself in a queue, do some more neck stretches or work those arms!

## Goal

### Race Pace Review

Revisit the race pace you reassessed in week 6. Have you done the training to go harder on race day? Make this week count!

**The secret of success is consistency of purpose.**

– Benjamin Disraeli

## Recipe

### Spinach & red lentil soup

#### Ingredients:

- 2 teaspoons olive oil
- 1 small brown onion, halved, finely chopped
- 2 garlic cloves, crushed
- 1 tablespoon tomato paste
- 1.25L (5 cups) vegetable stock
- 420g (2 cups) red lentils, rinsed
- 1 bunch English spinach, ends trimmed, washed, dried, coarsely chopped
- 2 tablespoons fresh lemon juice
- Freshly ground black pepper
- 4 white bread rolls, to serve

#### Method Notes

##### Step 1

Heat the oil in a medium saucepan over medium heat. Add the onion and cook, stirring, for 5 minutes or until soft. Add the garlic and tomato paste and cook, stirring, for 30 seconds or until aromatic.

##### Step 2

Add the stock and lentils to the pan. Bring to the boil. Reduce heat to low and cook, partially covered, stirring occasionally, for 15 minutes or until lentils are very soft.

##### Step 3

Add spinach to lentil mixture and cook for 1-2 minutes or until spinach wilts. Stir in lemon juice. Taste and season with pepper. Ladle soup among bowls and serve with bread rolls.

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5KM RUN + STRENGTH	5KM EASY	5KM RACE OR TIME TRIAL	6KM RUN EASY	REST	60 MIN CROSS	14KM RUN

## Training Tip

### Listen to your body

**You could:** Forget that old nonsense 'no pain, no gain' – your body's pain mechanism is there for a good reason. If you're feeling more than the usual stiff muscles, make sure you pay attention and respond to what it's trying to tell you! It's not a bad idea to squeeze in a physio visit or see a masseuse if you've pulled up exceptionally sore. As you increase your program and training, expect a bit of stiffness.

## Goal

### Mix it up

Change up your cross training. Make sure you keep it fresh by trying something new. How about rock climbing?

Running is the greatest metaphor for life, because you get out of it what you put into it.  
–Oprah Winfrey

## Recipe

### Chargrilled salmon with asparagus in lime vinaigrette

#### Ingredients:

500g chat potatoes, halved  
4 x 175g salmon fillets (with skin on)  
Olive oil spray  
250g asparagus, woody ends trimmed, halved lengthways, cut into 3cm lengths  
Grated zest and juice of 1/2 lime  
2 tablespoons drained capers, chopped  
1 small garlic clove, crushed  
2 tablespoons extra virgin olive oil  
1 tablespoon finely chopped flat-leaf parsley  
1 tablespoon finely chopped tarragon (see note)

#### Method Notes

##### Step 1

Cook potatoes in boiling salted water for 10-15 minutes. Drain, then return to the pan and keep warm.

##### Step 2

Heat a chargrill pan or barbecue to medium-high. Spray fish with oil and season. Cook fish skin-side down for 3-4 minutes until crisp. Turn and cook for 2-3 minutes until a little rare in centre.

##### Step 3

Meanwhile, cook asparagus in boiling salted water for 1-2 minutes until just tender. Drain, rinse in cold water, then toss with remaining ingredients. Season.

##### Step 4

Place fish on plates, top with the asparagus mix and serve with potatoes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5KM RUN + STRENGTH	12KM	50 MIN TEMPO RUN	6KM RUN + STRENGTH	REST	60 MIN CROSS	15 KM RUN

## Training Tip

### Breathe easy

There are lots of theories on the best way to breathe during running yet recent research shows that once exercise intensity increases, the most efficient way to breathe is to do what you normally do.

**You could:** So essentially, breathe in and out in the way that comes naturally – through the mouth, not the nose. This allows you to get more oxygen into your lungs to fuel your muscles.

## Goal

### Electro-fy your training with some Electrolytes

Trial some Electrolytes during training this week to see what products work for you. Whether it's a powder, pre-mixed energy drink or a gel, you might need something mid-race for a bit of a boost, but you'll want to trial it before you get to race day to avoid any adverse reactions.

**It is not the mountain we conquer,  
but ourselves.**

– Sir Edmund Hillary

## Recipe

### Low-fat sesame chicken with lime and pepper wedges

#### Ingredients:

2 large (1kg) sweet potatoes, scrubbed, cut into wedges  
Canola oil cooking spray  
1 teaspoon finely grated lime rind  
1/3 cup sesame seeds  
500g chicken tenderloins  
1 tablespoon rice bran oil  
1/4 cup Lee Kum Kee reduced-salt soy sauce  
2 tablespoons lime juice  
1/4 teaspoon wasabi paste  
100g baby salad leaves

#### Method Notes

##### Step 1

Preheat oven to 200°C/180°C fan-forced. Lightly grease a large baking tray. Place sweet potato on prepared tray. Season with salt and pepper. Spray with oil. Bake for 40 minutes or until golden and crisp. Remove from oven. Sprinkle evenly with lime rind.

##### Step 2

Place sesame seeds on a large plate. Season chicken with salt and pepper. Coat chicken evenly in sesame seeds.

##### Step 3

Heat oil in a large non-stick frying pan over medium heat. Cook chicken, in two batches, for 3 to 4 minutes each side or until golden and cooked through. Transfer to a plate lined with paper towel.

##### Step 4

Whisk soy sauce, lime juice and wasabi together in a small bowl. Place salad leaves in a large bowl. Drizzle over dressing. Toss to combine. Serve chicken with sweet potato wedges and salad leaves.

# ADVANCED WEEK

2016  
NTCITY2SURF  
CONOCOPHILLIPS  
TRAINING GUIDE

1 2 3 4 5 6 7 8 9 10 11 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5KM RUN + STRENGTH	5KM RUN	5 X 400M @ 5KM PACE	3-4KM RUN	REST	REST	RACE DAY 12KM

## Training Tip

### Finally... enjoy yourself

Forget about PBs, paces and targets, relax into your stride with a smile and enjoy that 'runner's high'!

You'll probably know and love those endorphins by now, but just a reminder: running triggers masses of happy-making endorphins, as well as keeping you fit and trim, relieving stress, helping you achieve amazing feats of speed, endurance and determination... and of course, getting you from A to B!

## Goal

### Tapering

It's an easy week, so make sure it's easy by winding down your training correctly! Good luck for race day. We'll be cheering for you at the finish line with a cold drink!

## Tough at the Top

### Get Race Ready

Your warm up starts hours before you cross the starting line! While it might be early, get up about two hours before your race. It takes our body a few hours to become fully awake and alert, you will have time to fuel your body and get your body primed for race kickoff. The main goal of the warm up is to get blood and oxygen flowing to the muscles preparing you for race demands and making you less prone to injury.

### Dynamic movements:

- High knees
- Skipping
- Neck/shoulder/ankle rolls
- Soccer kicks
- Trunk rotations
- Light jog

### Stretches:

- Quads
- Hamstrings
- Calves
- Hip flexors
- Glutes
- Chest
- Shoulders

## Race Day Recipe

The big day is here, and meals need to be low in dense carbs because you don't want anything to be bouncing around in your stomach while you run. They are low in fibre and fat to prevent any delay in 'digestion' before the event.

Whatever you eat before or during the race, make sure you've tried it before the run. Your stomach might react strangely and the event is not the time to experiment!

### Sample breakfast options:

Bowl of cereal  
Glass of skimmed milk  
1 banana

OR

2 slices of bread with jam  
1 banana

Small bowl of basmati rice  
Tomato pasta

OR

1 peanut butter bagel  
Glass of orange juice

### Mid-Race Munchies:

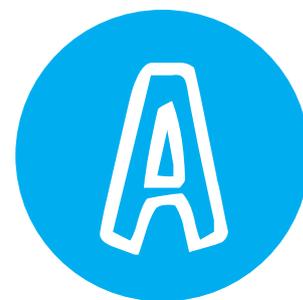
This won't be for everyone, but just in case you get a rumbling belly during your event.

Sport drink OR Jellybeans OR Fruit slices

**Your goal should be just out of reach,  
but not out of sight.**

– Denis Waitley & Reni L Witt

# 2016 NTCITY2SURF CONOCOPHILLIPS TRAINING GUIDE

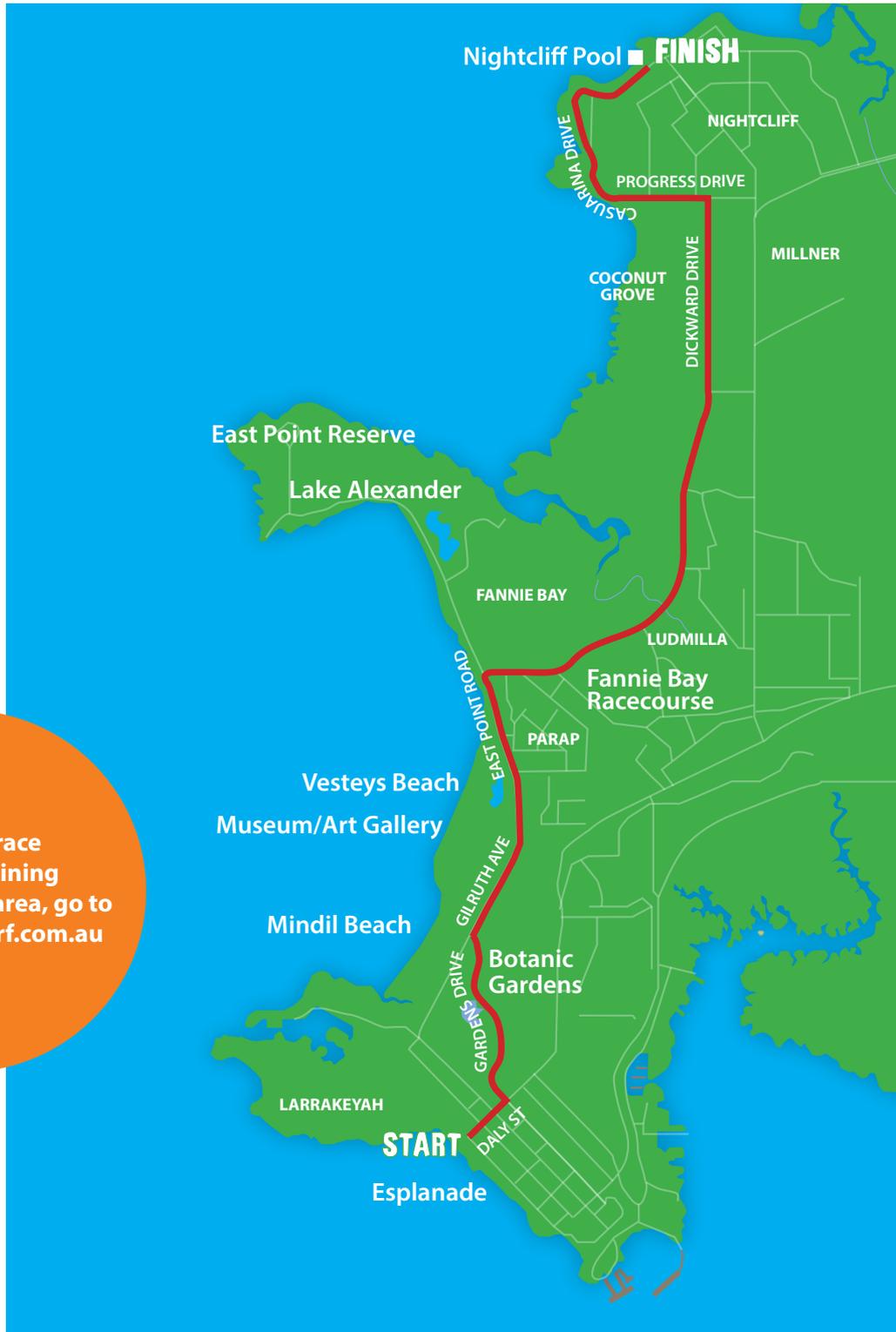


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	5KM RUN + STRENGTH	4KM EASY	25 MIN TEMPO RUN	3KM RUN + STRENGTH	REST	45 MIN CROSS	6KM RUN
2	5KM RUN + STRENGTH	5KM EASY	20 MIN TEMPO RUN	4KM RUN + STRENGTH	REST	45 MIN CROSS	7KM RUN
3	5KM RUN + STRENGTH	6KM EASY	6 X 400M @5KM PACE	5KM RUN + STRENGTH	REST	45 MIN CROSS	8KM RUN
4	5KM RUN + STRENGTH	6KM EASY	25 MIN TEMPO RUN	5KM RUN + STRENGTH	REST	45 MIN CROSS	8KM RUN
5	5KM RUN + STRENGTH	8KM EASY	7 X 400M @5KM PACE	6KM RUN + STRENGTH	REST	45 MIN CROSS	11 KM RUN
6	5KM RUN + STRENGTH	8KM EASY	30 MIN TEMPO RUN	6KM RUN + STRENGTH	REST	60 MIN CROSS	11KM RUN
7	5KM RUN + STRENGTH	10KM EASY	9 X 400M @5KM PACE	6KM RUN + STRENGTH	REST	60 MIN CROSS	13 KM RUN
8	5KM RUN + STRENGTH	10KM EASY	40 MIN TEMPO RUN	6KM RUN + STRENGTH	REST	60 MIN CROSS	13KM RUN
9	5KM RUN + STRENGTH	10KM	10 X 400M @5KM PACE	6KM RUN + STRENGTH	REST	REST	14 KM RUN
10	5KM RUN + STRENGTH	5KM EASY	5KM RACE OR TIME TRIAL	6KM RUN EASY	REST	60 MIN CROSS	14KM RUN
11	5KM RUN + STRENGTH	12KM	50 MIN TEMPO RUN	6KM RUN + STRENGTH	REST	60 MIN CROSS	15 KM RUN
12	5KM RUN + STRENGTH	5KM RUN	5 X 400M @ 5KM PACE	3-4KM RUN	REST	REST	RACE DAY 12KM



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For more race info and training courses in your area, go to [www.ntcity2surf.com.au](http://www.ntcity2surf.com.au)

