



Strength to
RUN

with **KIESER**

**Kieser
Marathon
Running
Program**



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with **KIESER**

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Before we get started.

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What's next?

Congratulations on setting your next challenge! Let's set the scene.

Congratulations on joining the Kieser Great Ocean Road Running Festival community. You're going to love the 44km Kieser Marathon!

Preparing for your first run can seem a bit daunting, so our team of Physiotherapists and Exercise Scientists have put together this booklet to help you through the process smoothly and injury free.

If this is your first run or your 1,000th, we are here to assist you reach your goal and enjoy the journey along the way!

Did you know, research shows that **strength training can reduce the risk of sports injuries by 30% and overuse injuries can be almost halved.**

5 things you need to know about running:

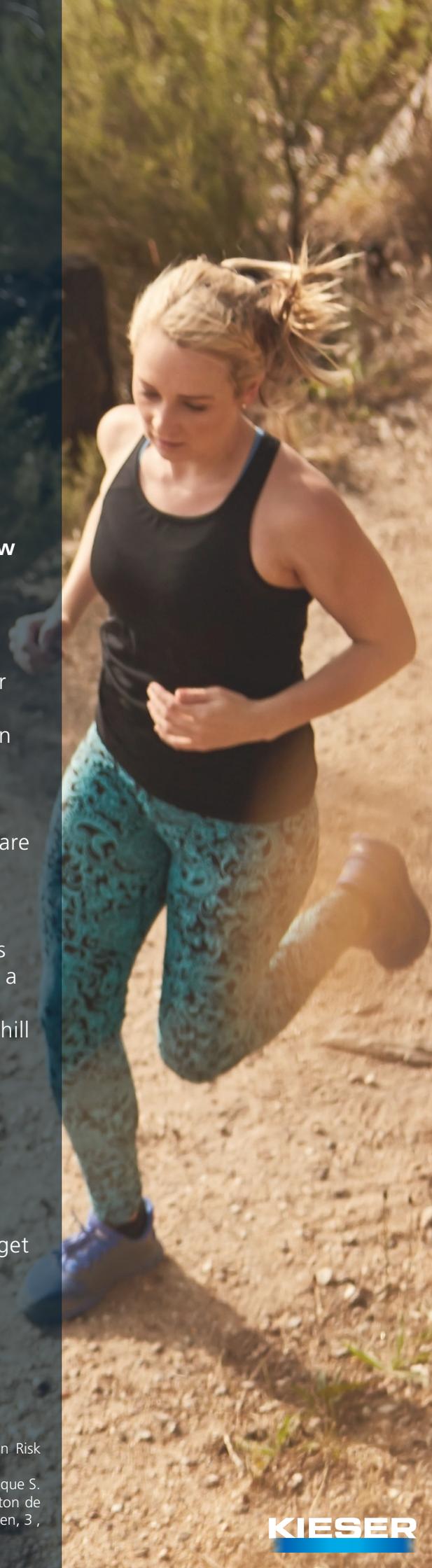
1. Restarting running and beginners to running are significant risk factors for injury.
2. When you run, your brain releases serotonin which can help to lower stress and elevate your mood.
3. 80% of running injuries are due to overuse.
4. Running reduces your blood pressure and the stiffening of your arteries and may help you to live a longer and happier life.
5. Running especially downhill and interval running is great for building bone density.

This program is designed to help you get from start line to finish line as happy and healthy as possible. So let's get running!

References:

The effectiveness of exercise interventions to prevent sports injuries: a systematic review and meta-analysis of randomised controlled trials
Jeppe Bo Lauersen 1, Ditte Marie Bertelsen, Lars Bo Andersen

Injuries in Runners; A Systematic Review on Risk Factors and Sex Differences
Maarten P. van der Worp, 1, 2, 3,* Dominique S. M. ten Haaf, 2 Robert van Cingel, 2, 4 Anton de Wijer, 1, 5 Maria W. G. Nijhuis-van der Sanden, 3, 6 and J. Bart Staal 2, 3



A man and a woman are running together on a dirt path. The man is on the left, wearing a grey t-shirt and black shorts. The woman is on the right, wearing a white tank top with orange accents, grey leggings, and a white visor. They are both smiling and appear to be in good physical shape. The background shows a wooden structure, possibly a bridge or a walkway, with a warm, golden light suggesting late afternoon or early morning.

Preparation is key to success!

Here's 4 things to tick off before you get started:

1. Shoes

Getting the right shoes is an important first step in your running program. The second step is updating them at the right time - every 600km-800km of running typically. If you need a new pair of shoes, speak to your local Kieser clinic about which shop to visit in your local community.

2. Clothing

The only rule when it comes to clothing is 'nothing new on race day' - so get yourself a race kit nice and early.

3. Safety

Reflective clothing, a head torch and choosing your route so you aren't running with cars may be part of your safety plan. We care about you and your safety is #1, so look after yourself!

4. Support

We're here to help you, so don't be afraid to reach out. If you have any niggles, pains or questions about how to avoid injury as you run, reach out to info@kieser.com.au and we'll get one of our Physio team to answer your question.

Meet your running mentors!

Meet the team of Physiotherapists and Exercise Physiologists who put this program together for you! Paul and Josh aren't just clinicians - they practice what they preach! Both can be found doing strength training during the week alongside their running programs. You might even see the boys out on the Great Ocean Road.

Paul Percy

Physiotherapist

- Director & Physiotherapist at Kieser Camberwell, Malvern, Mont Albert, Mornington & Ringwood
- Bachelor of Science; Bachelor Physiotherapy (Hons); Master of Sports and Exercise Physiotherapy
- Hobbies include running, learning to surf (very slowly) & chasing after my 3 kids
- **Favourite run** - 1. Red Hill Rail Trail: Merricks to Red Hill; 2. Tanglewood Track, Noosa (It's a tie!)
- **Longest Run** - Marathon: Melbourne, Helsinki & New York

Josh Miller

Exercise Physiologist

- Clinic Leader of Kieser Hobart
- Bachelor of Exercise & Sport Science, Graduate Diploma of Clinical Exercise Physiology
- Avid Trail runner, rock climber, coffee enthusiast and photographer
- **Favourite run** - Takayna Trail Ultra Run
- **Longest Run** - 64km "Run"



Let's hit the track!

Now that you've met the team, let's get those legs going. A reminder that it's important to follow the program but listening to what your body needs is #1.

Only you know how you are feeling and what your body needs. It will be your best guide during this process.

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	8 km Easy Run	Strength Training Session	Intervals: 2 km warm-up; 3 x 2k at 10k pace with 500m float (long run pace) between efforts; 2 km cool down	Strength Training Session	REST	16 km Long Run	REST
WEEK 2	10 km Easy Run	Strength Training Session	6 x 3min effort (faster than 5k pace) x 1min float (long run pace) make up to 10km with warm-up and cool down.	Strength Training Session	REST	20 km Long Run	REST
WEEK 3	12 km Easy Run	Strength Training Session	2km WU; 3 x 2k @ 10k pace with 500m float (long run pace) between efforts; 2Km CD	Strength Training Session	REST	24 km Long Run	REST
WEEK 4	6 km Easy Run	Strength Training Session	6 x 3min effort (faster than 5k pace) x 1min float (long run pace) make up to 10km with warm-up and cool down.	Strength Training Session	REST	12 km Long Run	REST
ADAPTATION WEEK							
WEEK 5	12 km Easy Run	Strength Training Session	2km warm-up; 3 x 2k at 10k pace with 500m float between efforts; 2km cool down	Strength Training Session	REST	24 km Long Run	REST

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 6	14 km Easy Run	Strength Training Session	6 x 3min effort (faster than 5k pace) x 1min float (long run pace) make up to 10km with warm-up and cool down.	Strength Training Session	REST	28 km - 10k Easy, 8k at Marathon Goal Pace, 10k Easy	REST

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 7	16 km Easy Run	Strength Training Session	2km warm-up; 3 x 2k at 10k pace with 500m float (long run pace) between efforts; 2km cool down	Strength Training Session	REST	32 km Long Run	REST

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 8	9 km Easy Run	Strength Training Session	6 x 3min effort (faster than 5k pace) x 1min float (long run pace) make up to 10km with warm-up and cool down.	Strength Training Session	REST	21 km - 16k easy, last 5k at half marathon pace	REST

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 9	8 km Easy Run	Strength Training Session	6 km Easy	REST	REST	12 km - 9k easy, last 3k at Half Marathon Pace	REST

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 10	6 km Easy Run	Strength Training Session	2 km warm-up 6 x 400 at 5k pace - 200 walk/jog rec. 1km cool down	REST	REST	Easy 20min jog, followed by 6 x 100m strides, walk recovery.	Race Day!

Why is strength training so important?

We know traditional running programs focus on km but at Kieser we are strong believers and passionate advocates for strength training for life. By implementing just 2 sessions per week into your program, you can **decrease your risk of injury by 30%** while also being able to run stronger and for longer. It's a win win really!

Race day check list!

It's finally here. The day you have been working really hard towards. Congratulations on getting this far! It's an amazing achievement and you should be proud of yourself.

Now for a few last tips and tricks you can put into place before and during race day to ensure you run at your best.

1. Dress Rehearsal

Prior to race day, do a dress rehearsal in your training schedule where you trial your clothes, shoes, hydration and nutrition at the same time of day as your race.

Make sure there are no surprises come race day, control what you can control!

2. Carbohydrates are King

Starting the night before and even on the morning of your race - 2 to 3 hours prior to running, ensure your body is fueled with the right carbohydrates to give you energy throughout your run.

Make sure to trial this as well.

3. Pace yourself

Take on a comfortable pace to start the race. With competition, crowds and race day excitement, it is far too common to take off too quickly and struggle through the last stint of your run.

You can always speed up later if you're feeling comfortable.

4. Drink little and often

With water stations every 2.5-5km, make sure to have small sips of water throughout the race, especially if you're supplementing with gels or an electrolyte drink.

5. Have FUN

Most importantly enjoy the run! Studies suggest those that have a positive mindset around race day will not only perform better, but also enjoy the experience and be more likely to take on more physical activity in the future.

It's official, your training is complete. Now get out there and run that race in style!



You've done it! What's next?

You did it! You crossed that finish line after putting in the time and effort and now you are reaping the rewards. Enjoy it!

But now that you've finished your run, now's the time for rest, relaxation and recovery. Recovery is just as important as getting those km's on the board in the lead up or making sure you schedule time for your strength training sessions.

Here are few tips for post run recovery so you can get back out onto the track safely and start smashing out your next goal.

1. Eat and drink - You will have expelled a lot of energy and sweat during the race and it's important to replace that. Although you might have used gels during the race, eating whole foods once you've finished will generally be a bit easier on your gut!

2. Keep moving

Now we're not suggesting that you "run it off", but we are suggesting that if you sit on a couch for the next 24 hours you're going to get up pretty sore! A gentle walk, or even better a gentle walk in water, will help you reduce your recovery.

3. If you are sore - seek treatment earlier rather than later.

There's nothing tougher as a physio than hearing from a patient "My knee got sore 4 weeks ago during this run". So if you've discovered a bit of pain during or after your run, book a physio session on Monday so you can get back on the bandwagon as soon as possible!