

Intro



Welcome Friends of the Squad!

Has GR Mom inspired you to get out and put some miles on your feet? Are you inspired by Voods for a long nō session of meandering aimlessly? Southernmost Running Co is here to help you as you prepare for your upcoming races! Whether you are doing the Voodoo Nō Challenge, the Feta 5k, or the Zola Stroll-ah, we are here for you! Maybe even an Ella surprise.

We do have a no death policy here at the Golden Ratio Running Club. Remember that safety is paramount. Please pick a safe place to run and watch out for cars, wildlife, and other hazards. If you're running in the dark, please wear a light! We don't need a gecko hiding in the shadows coming to bite your nose!

For the purposes of this program - your pace kinda doesn't matter. What counts is your effort and how much time you spend on your feet! If you're having a good day and feeling great, maybe you can run or walk a bit faster! If it's hot and miserable and you want to have some NÖ time, then slow down or walk more! It all counts!

Over the next 10 weeks we'll be working to build a running toolkit with an end goal of running 30 minutes or more continuously. Don't worry if you can't cover the ground. If you can run 30 minutes, you can run 45, or 60, even if you have to slow down or take walk breaks. A 5km is just another longer run then.

All runs should be at an easy pace. You're not Venk. You don't need to be a zooming ball of fur! If you want to slow down and smell the flowers like St. Patrick, you should do that. As you build over the weeks, the level of exertion will become easier.

I remember when I started and I looked at the program and it said "run 5 minutes" - and that was scary and I was worried about not making it! All of these goals are "hard" but achievable. If you feel like you need to repeat a week or move things around, that is ok! A plan is just a plan. As always, safety first and if you need to take a quick walk break, that's ok. You can always try the workout again another day.

We've laid the schedule out to cover 10 weeks with 3 runs per week. Most of these will last between 35 and 45 minutes in total, including warm up and cool down.

When you see a walk for warm up or cool down, we want this to be brisk, and not casual. Get your heart rate up and moving. Think Guac moving pace - steady and even! (see brisk walk? Then move like Guac - quick, steady, even)

It's important to think about which days to run as well. Consider leaving a day between your runs, particularly on some of the harder ones you'll see in later weeks to give your body time to recover. Brody would want you to just take it chill.

A bit further down we've some additional information about further training methodology and things to think about training if you're looking to transition to full running. You'll find samples of the types of runs and workouts you would see in different types of training plans. Feel free to read at your own pace.

So now let's put on the Golden Ratio Podcast, or your favorite playlist, and get moving!

If you want to program an Apple Watch, or other fitness watch, you can check in the app or the watch for help. At Southernmost Running Co we use VDot as our training platform. It connects with most watches, and allows you to create your own workouts so your watch tells you what to do. Accounts are free for runners.

Questions? Reach out! - info@southernmostrunningco.com

Join the Golden Ratio Running Club on Strava to support your fellow runners!
<https://www.strava.com/clubs/thegoldenratio4>

Couch to 5km



	Run 1	Run 2	Run 3
Week 1	5 min brisk walk 8 x (run 60 sec + walk 90 sec) 5 min brisk walk	5 min brisk walk 8 x (run 60 sec + walk 90 sec) 5 min brisk walk	5 min brisk walk 8 x (run 60 sec + walk 90 sec) 5 min brisk walk
Week 2	5 min brisk walk 6 x (run 90 sec + walk 2 min) 5 min brisk walk	5 min brisk walk 6 x (run 90 sec + walk 2 min) 5 min brisk walk	5 min brisk walk 6 x (run 90 sec + walk 2 min) 5 min brisk walk
Week 3	5 min brisk walk 2 x (run 90 sec + walk 90 sec + run 3 min + walk 3 min) 5 min brisk walk	5 min brisk walk 2 x (run 90 sec + walk 90 sec + run 3 min + walk 3 min) 5 min brisk walk	5 min brisk walk 2 x (run 90 sec + walk 90 sec + run 3 min + walk 3 min) 5 min brisk walk
Week 4	5 min brisk walk run 3 min + walk 90 sec run 5 min + walk 2 min run 3 min 5 min brisk walk	5 min brisk walk run 3 min + walk 90 sec run 5 min + walk 2 min run 3 min 5 min brisk walk	5 min brisk walk run 3 min + walk 90 sec run 5 min + walk 2 min run 3 min 5 min brisk walk
Week 5	5 min brisk walk run 5 min + walk 3 min run 5 min + walk 3 min run 5 min 5 min brisk walk	5 min brisk walk run 8 min + walk 5 min run 8 min 5 min brisk walk	5 min brisk walk run 20 min 5 min brisk walk

	Run 1	Run 2	Run 3
Week 6	5 min brisk walk run 5 min + walk 3 min run 8 min + walk 3 min run 5 min 5 min brisk walk	5 min brisk walk run 10 min + walk 3 min run 10 min 5 min brisk walk	5 min brisk walk run 25 min 5 min brisk walk
Week 7	5 min brisk walk run 25 min 5 min brisk walk	5 min brisk walk run 25 min 5 min brisk walk	5 min brisk walk run 25 min 5 min brisk walk
Week 8	5 min brisk walk run 28 min 5 min brisk walk	5 min brisk walk run 28 min 5 min brisk walk	5 min brisk walk run 28 min 5 min brisk walk
Week 9	5 min brisk walk run 30 min 5 min brisk walk	5 min brisk walk run 30 min 5 min brisk walk	5 min brisk walk run 30 min 5 min brisk walk
Week 10	5 min brisk walk run 28 min 5 min brisk walk	5 min brisk walk run 25 min 5 min brisk walk	run a 5km

Training Philosophy



Below is a bit more detail on how we will approach the workouts that will be included over the training block. Distances noted are based on a 30 mile per week weekly running average.

During workouts we'll typically have both a warm-up and cooldown at an Easy (E) running pace, while workouts will be a combination of Threshold (T), Interval (I) and Repetition (R) which function to stress particular systems in the body. Our threshold definition is lactate threshold.

****Easy Running** - Typical Effort Equivalent 2-3/10**

Easy pace runs are conducted at a comfortable, conversational pace, allowing the runner to maintain a relaxed effort level. E running is typically performed at about 59 to 74 percent of VO2max or about 65 to 79 percent of maximum heart rate, at times you may feel more comfortable going a little faster (or slower). E running is typically 90 seconds to 3 minutes per mile slower than your 5k pace. These runs are essential for building aerobic base mileage and promoting recovery between harder workouts.

****Threshold Running:** - Typical Effort Equivalent 6-7/10**

Threshold runs are conducted at a comfortably hard pace, manageable for 20-30 minutes. These runs enhance endurance by allowing the body to adapt to a slightly more demanding pace over time. Typically, threshold pace targets 85-88% of VO2max. This is lactate threshold. Your muscles become too stressed to clear lactate in a timely manner and, if the intensity continues, become saturated and cannot keep up. The resulting rise in blood lactate levels results in needed reduction in intensity, and the feeling of fatigue. Lactate threshold is the point where lactate builds up in your system and you become unable to clear it at the rate it's being produced. There are two common types of threshold workouts: tempo runs and cruise intervals.

- Tempo runs: These are steady-state runs lasting about 20 minutes, aiming to build confidence in maintaining a demanding pace for an extended period.
- Cruise intervals: Consist of several runs at threshold pace with short rest breaks between each run. This variation exposes the body to a longer total time at the desired intensity.

Recovery times for threshold runs vary but are generally shorter compared to more intense training, typically ranging from 1-2 minutes between intervals. With the heat of summer, recovery will be denoted as walk vs jog.

The total amount of running performed at threshold pace in a single training session is recommended to be the lesser of 4 miles or 10 percent of weekly mileage.

****Interval Training:**** - Typical Effort Equivalent 8/10

Interval training involves alternating periods of high-intensity effort with rest or low-intensity recovery periods. The primary goal is to maximize aerobic power (VO₂max) by stressing the body near its maximum capacity. Workouts typically last between 3-5 minutes to optimize intensity without causing excessive fatigue.

Recovery times between intervals are crucial for allowing sufficient rest while maintaining the overall intensity of the workout. Recovery periods are often shorter than the work intervals, usually ranging from 1-2 minutes for shorter intervals and up to 3-4 minutes for longer intervals, depending on the individual's fitness level and training goals.

Additionally, fartlek runs fall into the interval training category, and are a form of unstructured or semi-structured training that involves alternating between periods of faster running and slower recovery jogging or easy running. The term "fartlek" originates from Swedish and means "speed play." This playful approach to training encourages runners to enjoy the freedom of running at different speeds and intensities without the constraints of a rigid workout plan.

The total amount of running performed at interval pace in a single training session is recommended to be the lesser of 3 miles or 8 percent of weekly mileage.

****Repetition Training:**** - Typical Effort Equivalent 9-9.5/10

Repetition training focuses on improving anaerobic power, speed, and running economy through repeated short, high-intensity efforts. The primary aim is to run fairly fast while maintaining good technique. Recovery times are longer compared to interval training to ensure adequate rest between intense efforts.

Recovery times for repetition training are typically 2-3 times longer than the duration of the faster runs. For example, if the workout lasts 1 minute, the recovery period would be 2-3 minutes. Alternatively, recovery can be determined by jogging an easy distance equal to or slightly longer than the distance covered during the fast run.

The total amount of running performed at repetition pace in a single training session is recommended to be the lesser of 2 miles or 5 percent of the weekly mileage. Longer workouts are generally avoided to maintain the quality and intensity of each repetition.

Some extra reading ideas:

- <https://runnersconnect.net/increase-intensity-without-injury/>
- <https://www.scienceofrunning.com/2008/11/hs-training-neuromuscular-and-speed.html>