



## 5 WEEKS TRAINING & NUTRITION PLAN



## You have signed up for a good cause



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Thank you for signing up for the 2017 NSE Corporate Challenge E-Race Cancer 2.0.

This guide provides a 5-week activity programme to enable you prepare your body for the race. It includes a nutrition and training plan that is aimed at putting you in a good shape ahead of the event.

A 5K run is 3.1 miles. So, don't be daunted by the distance. A 5K run is a great distance for even a beginner. As you progress on this journey, you will be making huge changes to your life and it is important that your efforts on the road or the treadmill are complemented by the food you eat.

We are excited that it is possible to participate in this Corporate challenge and finish strong!



# Nutrition Plan – Weightloss Guide

Your body needs the right fuel, at the right time, to complement your efforts on the road or treadmill. This meal plan is for runners for who need to shed some kilos to be in the right body frame for optimal performance. Remember, they are sample plans, a guide to help you along.

	Breakfast	Lunch	Dinner	Snack
Week 1	Vegetable omelet	Vegetable soup & goat meat	Protein Shake /smoothie	Cucumber & Almonds
Week 2	2 scrambled eggs	Grilled Chicken Salad	Green smoothie	Apple & nuts
Week 3	Fruit & Green Smoothie	Oilless chicken okra	Seafood efo	Carrot sticks & Hummus
Week 4	Pached Eggs	Grilled fillet fish and tomatoes	Seafood efo	Carrots and cucumber
Week 5	Moin moin	Gizzard sauce	Lemon water	Whole crackers & peanut butter

\* For more specific macro nutrient guides please consult a nutritionist.



## Nutrition Plan – Gainers Guide

If you are looking to pack on a few extra pounds, or preserve your mass on this program, follow the guide below.

- *Avoid refined and sugary snacks, as these rob you of energy and leave you feeling lethargic.*
- *Swap out soft drinks for plain or fruit infused water; and keep yourself hydrated all day.*

The plan below includes more carbohydrate options for ectomorphic body types and ideal for those who don't want to lose weight. Vary portions and frequency according to your goals.

	Breakfast	Lunch	Dinner	Snack
Week 1	Omelet & Wholegrain toast	Grilled potatoes & chicken	Wholegrain chicken sandwich	Bag of nuts & bananas
Week 2	Tuna Sandwich	Jollof Brown rice & grilled chicken	Moin moin and fish	Fruit bowl & full fat Yoghurt
Week 3	Oatmeal & boiled egg	Okra soup and plantain fufu	Tuna salad	Tuna salad
Week 4	Boiled plantain and egg stew	Vegetable soup and oat fufu with goat meat	Grilled chicken salad	Fruit bowl and yoghurt
Week 5	Yam and Egg stew	Moin moin and fish	Seafood Efo	Apple and carrots

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# Training Plan – General Guide



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Planning and Preparation are first cousins of your success on this programme. Research shows that exercise timing and their benefits vary from one person to the next.

If you are an early riser, by all means, get your run in the mornings, and if you're a late bird, you could practice in the evenings.

Morning work outs set you up for a successful day, while evening work outs stabilise your blood sugar and helps you wake up refreshed the following morning.

Whichever one you chose, ensure your clothes and gym gear are packed and ready to go the day before your big work out, and keep a fresh set of clothes handy in your gym bag, by the door; or laid out where you can see and reach first thing in the morning.

Guide 1	Guide 2	Guide 3	Guide 4	Guide 5	Guide 6	Guide 7
Brisk five minutes walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	strength train	Brisk five-minute warm up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	strength train	Brisk five-minute warm up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Aerobics	Rest

# Training Plan – Week 1



**Goal - Your goal is to set a good routine. Endeavour to Include exercise time in your diary and think about when the best time is for you to train.**



- Ease into your 5k training programme:** Start off with few minutes, three times a week, and gradually increase time and distance.
- Keep track:** Track your time or distance with a stop watch, or a fitness tracker.
- Warm Up is essential:** Ensure you begin each session with a proper warm-up. The older you are, the more important your warm up is.
- Use proper running shoes:** When purchasing shoes, try to get fitted in a sports shop with experienced personnel.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise	Brisk five minutes walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	strength train	Brisk five-minute warm up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	strength train	Brisk five-minute warm up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Aerobics	Rest

# Training Plan – Week 2



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**Goal - This week we gradually build the volume of walks to improve your stamina and build strength.**

- Three days a week, you'll do a run-walk combo, alternating between running and walking segments to build up your endurance. If you have a watch with a timer or stopwatch function, use it to mark your intervals. Don't worry about speed. That will come with more time on your feet.
- Two days a week, you'll strength train, which will help keep you injury-free. Follow this simple seven minute routine to build your core muscles: modified bicycle, plank, bridge, side plank, and supine leg lifts.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brisk five-minute warm up walk, then:- Jog 90 seconds Walk 90 seconds Jog 3 minutes Walk three minutes	strength train	Brisk five-minute warm up walk, then:- Jog 90 seconds Walk 90 seconds Jog 3 minutes Walk three minutes	strength train	Brisk five-minute warm up walk, then: Jog 8 minutes Walk 5 minutes Jog 8 minutes	Aerobics	Rest



## Training Plan - Week 3

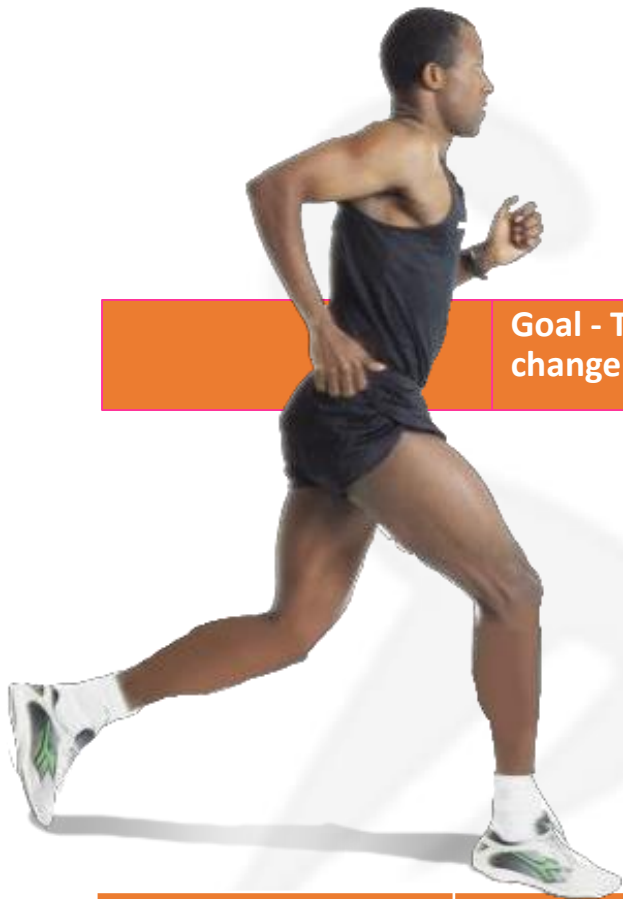
**Goal - This week you might start feeling tired, so make sure you focus on getting enough sleep, eating well and stretching, as well as training.**

Keep thoughts positive as you progress. Remember why you are doing this. For us, the run for the NSE Corporate Challenge is a good cause to get you out of bed in the morning. By this week, you have begun to reap the benefits of functional strength, balance, and core stability.

If you experience any shin splits or injuries, watch your form, and ensure you are doing the strength training for runners routine.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brisk five-minute warm up walk, then: Jog 8 minutes Walk 5 minutes Jog 8 minutes	strength train	Brisk five-minute warm up walk, then jog 1.5 miles or 15 minutes with no walking.	strength train	Brisk five-minute warm up walk, then jog two miles or 20 minutes with no walking.	Aerobics	Rest





## Training Plan – Week 4

**Goal - Training at different speeds this week should show that you have 2–3 gears you can work through. Aim to really change up the paces through the walk and get a sense of moving your legs a bit faster – push yourself!**

Studies show that even a small amount of regular strength training improves your structural fitness, which is the ability of your bones, ligaments, tendons, and muscles to support you and stay healthy while running.

This helps to build your hip strength, which is critical for injury prevention, and it doesn't take a lot. A mere 15 to 20 minutes of running-specific strength work twice a week can dramatically cut your risk for running injuries.

Strength Training routines focus on core stability, as well as hip strength. Work your way through the moves in order, then repeat for a second set. Try to do it right after finishing your run, while your muscles are still loose and warm.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise 1: Bodyweight Squats	Exercise 2: Backward Lunge	Exercise 3: Side Leg Raise	Exercise 4: Plank	Exercise 5: Side Plank	Exercise 6: Glute bridge	Exercise 7: Bird Dog

# Training Plan – Week 5



Goal - This week less is more. Your focus should be on feeling fresh for the 5k. Surround yourself with positive people and share your goal, it's time to be proud of how far you have come!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brisk five-minute warm up walk, then: Jog 8 minutes Walk 5 minutes Jog 8 minutes	strength train	Brisk five-minute warm up walk, then jog 1.5 miles or 15 minutes with no walking.	strength train	Brisk five-minute warm up walk, then jog two miles or 20 minutes with no walking.	Aerobics	Rest



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# See you on race day – June 24.

Credit – This training and meal plan was prepared for NSE by Lotus Fitness & Health