

Veganuary has joined forces with Team GB triathlete Dan Geisler to devise some training plans for you to help you achieve your exercise and fundraising goals. Follow the plans and the tips from Little Eric, Ernie and Rocky and you won't put a foot wrong!

# FUNDRAISING PACK FOR RUNNERS



**VEGANUARY**

[veganuary.com](http://veganuary.com)

# THANK YOU!

Thank you for joining Team Veganuary and for helping us save even more animals' lives.

Your enthusiasm, compassion and dedication to take part in this event is just wonderful.

We are so excited to have your support and know that your commitment will be hugely rewarding for both you and for the animals.

At the finish, the sense of achievement will be huge having completed your challenge and helped save even more animals!



Fundraising is a hugely rewarding experience and taking part in an endurance event means that you get a real sense of personal achievement. Whether you're taking part in your first ever event or are a seasoned pro, there are lots of ways for you to help us save even more animals.

Here are our top tips for making the most of your fundraising experience:

- 1 Set up a fundraising page through JustGiving - you can even [download our 'how to' guide here](#).
- 2 Upload a photo to your page.
- 3 Set a target.
- 4 Give your page a personal story - why are you fundraising for Veganuary?
- 5 Share your JustGiving page with family, friends and work colleagues.
- 6 Use social media to highlight your challenge and why you are taking part.
- 7 Put your JustGiving page address in your email signature.
- 8 Thank people as soon as they donate.
- 9 Contact your local press.
- 10 Send a follow-up email after you have completed the challenge.

# FUNDRAISING TIPS



# GETTING STARTED

A photograph of a person jumping over a wooden fence at sunset. The person is in mid-air, arms outstretched. In the background, a group of people is standing on the other side of the fence, watching. The scene is reflected in a pool of water in the foreground. The sky is a mix of orange, pink, and blue.


- 1** It is important that before you get started you are safe to begin an exercise programme. It's a good idea to see your doctor for a checkup before you get started and inform them about what you are going to do.
- 2** Don't just jump right in and start exercising five days straight and ignore the plans. It's better that you gradually work up to exercising several days per week while you see how your body responds. Follow the plans supplied and listen to your body. Slow and steady wins the race; be mindful and ensure you don't go too far or too fast too soon. Start slowly and build up over time.
- 3** Stretching right before a workout may seem like the best thing to do, but you might be putting yourself at risk of injury. After you warm up, you should stretch your muscles and hold it for about 15 seconds; you are less likely to injure yourself when you're stretching if your muscles are already a little warmed up.

- 4 Whether you are going for weight loss or bulking up, a mixed regimen of aerobic and strength training is the best way to achieve the body you want. However, even within those categories, don't stick to the same exercises every day. If you follow the plans supplied, you can improve your aerobic fitness and you might even improve your mental wellbeing.
- 5 When people start out, they often try to go too hard or do too much every day; by not letting your body rest, you can do more harm than good. If you don't give your body time to heal and repair itself, your performance will go down and you'll get into a vicious cycle where you never fully recover. So when the programme says rest... rest!
- 6 Aching muscles normally come about because runners aren't used to exercising or you have been working hard. Applying ice to swelling and resting the muscles is normally enough to solve a problem. Pain in your ankles, knees, hips or lower back when running is a sign something could be wrong. It could be down to the wrong kind of running shoes or a biomechanical problem. See a physiotherapist or sports therapist for advice before you continue to train and make things worse. Too much road running can aggravate your joints, while running too much on soft ground may not be supportive enough.

- 7 Diet is always important, but when you start training it will be even more important. During training try and stick to a healthy eating plan like the one recommended in this plan. This will ensure your body has enough energy to keep up the extra exercise and increase your recovery speed.
- 8 The last tip is... enjoy it! Don't put too much pressure on yourself, make sure you use this as a way to unwind, take in new places you haven't seen before (maybe drive to a park or woodland) and even buddy up and get someone else involved in your challenge. Don't forget to enjoy the process and why you're doing it in the first place.



# 5k TRAINING PLAN

| Week | Mon  | Tues                             | Weds | Thurs        | Fri  | Sat                              | Sun  |
|------|------|----------------------------------|------|--------------|------|----------------------------------|--|
| 1    | Rest | 1.5 km E run                     | CT   | 1.5 km E run | Rest | 2.5 km run<br>(1.5 km E-1 km S)  | 30 min run   |
| 2    | Rest | 2.5 km run<br>(1 km VE-1.5 km E) | CT   | 2.5 km E run | Rest | 3 km run<br>(1.5 km E-1.5 km S)  | 20-30 min run  |
| 3    | Rest | 3 km run<br>(1.5 km VE-1.5 km E) | CT   | 2.5 km E run | Rest | 3 km run<br>(1.5 km E-1.5 km S)  | 20-30 min run  |
| 4    | Rest | 4 km run<br>(1.5 km VE-2.5 km E) | CT   | 2.5 km E run | Rest | 4 km run<br>(1.5 km VE-2.5 km S) | 25-35 min run  |
| 5    | Rest | 4 km run<br>(1.5 km VE-2.5 km E) | CT   | 3 km E run   | Rest | 4 km run<br>(1.5 km VE-2.5 km T) | 25-35 min run  |
| 6    | Rest | 4.5 km run<br>(2.5 km VE-2 km E) | CT   | 3 km E run   | Rest | 4.5 km run<br>(2.5 km VE-2 km T) | 35-40 min run  |
| 7    | Rest | 4.5 km run<br>(2.5 km VE-2 km E) | CT   | 3 km E run   | Rest | 4.5 km run<br>(2.5 km VE-2 km F) | 35-40 min run  |
| 8    | Rest | 4.5 km run<br>(2.5 km VE-2 km E) | CT   | 3 km E run   | Rest | 1.5 km E run                     | 5k Race!  |

VE – very easy

E – easy

S – steady

T – tempo

F – fast

CT – cross training

km – kilometres

No pressure, just loosening up or a recovery run

Even paced run, can chat in sentences

Easily sustained but can't hold a conversation

Breathless and beginning to feel challenging

Run as fast as you can. Needs to be sustainable, but challenging


Cycling, gym, cross trainer, swimming



## LITTLE ERIC'S TOP TIP

*Blisters happen when something rubs against the skin and causes fluid to form beneath it. The longer the friction goes on the more fluid forms, creating pressure and pain. New runners usually get blisters because their feet aren't toughened. You may get one or two to begin with, but they will ease off once your feet have hardened. Apply coconut oil where your clothes may rub to avoid chafing and soreness during your run.*

# 10k TRAINING PLAN

| Week | Mon  | Tues                          | Weds | Thurs   | Fri  | Sat                           | Sun   |
|------|------|-------------------------------|------|---|------|-------------------------------|---|
| 1    | Rest | 1.5 km E run                  | CT   | 3 km run (60 secs E-60 secs F, repeat for 3 km)     | Rest | 4.5 km run (2.5 km VE-2 km T) | 30 min run (E-S effort)   |
| 2    | Rest | 3 km run (1.5 km VE-1.5 km E) | CT   | 3 km run (60 secs E-60 secs F, repeat for 3 km)     | Rest | 4.5 km run (2.5 km VE-2 km T) | 20-30 min run (E-S effort)  |
| 3    | Rest | 4.5 km run (2.5 km VE-2 km E) | CT   | 4.5 km run (60 secs E-60 secs F, repeat for 4.5 km) | Rest | 3 km run (1.5 km VE-1.5 km T) | 20-30 min run (E-S effort)  |
| 4    | Rest | 6.5 km run (3.5 km VE-3 km E) | CT   | 6.5 km run (1.5 km E warm up-90 secs E-90 secs F)   | Rest | 8 km run (3 km F)             | 40 min run (E-S effort)   |
| 5    | Rest | 6.5 km run (3.5 km VE-3 km E) | CT   | 9 km run (3 km E warm up-90 secs E-90 secs F)       | Rest | 4.5 km run (1.5 km F)         | 55 min run (E-S effort)   |
| 6    | Rest | 8 km run (3.5 km VE-4.5 km E) | CT   | 5 km run (60 secs E-60 secs F, repeat for 5 km)     | Rest | 5.5 km run (3 km F)           | 55 min run (E-S effort)   |
| 7    | Rest | 9 km run (3 km VE-6 km E)     | CT   | 6.5 km run (1.5 km E warm up-90 secs E-90 secs F)   | Rest | 6.5 km run (3 km F)           | 60 min run (E-S effort)   |
| 8    | Rest | 4.5 km run (2.5 km VE-2 km E) | CT   | 3 km run (1.5 km E-1.5 km T)                        | Rest | 3 km E run                    | 10k Race!  |

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Cycling, gym, cross trainer, swimming



## ERNIE'S TOP TIP

*Don't forget to stay hydrated when exercising! Have a look at the Nutrition section later in this guide for more information on drinking enough fluids and fuelling your body with plants for optimum performance and recovery.*

# HALF MARATHON TRAINING PLAN

| Week | Mon  | Tues                          | Weds | Thurs   | Fri  | Sat                           | Sun                        |
|------|------|-------------------------------|------|---|------|-------------------------------|----------------------------|
| 1    | Rest | 1.5 km E run                  | CT   | 3 km run (60 secs E-60 secs F, repeat for 3 km)   | Rest | 4.5 km run (2.5 km VE-2 km T) | 30 min run (E-S effort)    |
| 2    | Rest | 3 km run (1.5 km VE-1.5 km E) | CT   | 3 km run (60 secs E-60 secs F, repeat for 3 km)   | Rest | 4.5 km run (2.5 km VE-2 km T) | 20-30 min run (E-S effort) |
| 3    | Rest | 4.5 km run (2.5 km VE-2 km E) | CT   | 4.5 km run (60 secs E-60 secs F, repeat for 3 km) | Rest | 3 km run (1.5 km E-1.5 km T)  | 20-30 min run (E-S effort) |
| 4    | Rest | 6.5 km run (3.5 km VE-3 km E) | CT   | 6.5 km run (1.5 km E warm up-90 secs E-90 secs F) | Rest | 8 km run (3 km F)             | 40 min run (E-S effort)    |
| 5    | Rest | 6.5 km run (3.5 km VE-3 km E) | CT   | 9 km run (3 km E warm up-90 secs E-90 secs F)     | Rest | 4.5 km run (1.5 km F)         | 55 min run (E-S effort)    |
| 6    | Rest | 8 km run (3.5 km VE-4.5 km E) | CT   | 5 km run (60 secs E-60 secs F, repeat for 5 km)   | Rest | 5.5 km run (3 km F)           | 55 min run (E-S effort)    |
| 7    | Rest | 9 km run (3 km VE-6 km E)     | CT   | 6.5 km run (1.5 km E warm up-90 secs E-90 secs F) | Rest | 6.5 km run (3 km F)           | 60 min run (E-S effort)    |
| 8    | Rest | 4.5 km run (2.5 km VE-2 km E) | CT   | 3 km run (1.5 km E-1.5 km T)                      | Rest | 3 km E run                    | 10k Race!                  |



Weeks 9 to 16 are on the next page!





# HALF MARATHON TRAINING PLAN

| Week | Mon  | Tues          | Weds | Thurs   | Fri  | Sat                             | Sun   |
|------|------|---------------|------|---|------|---------------------------------|---|
| 9    | Rest | 6.5 km E run  | CT   | 4.5 km S run  | Rest | 4.5 km run<br>(3 km E-1.5 km F) | 70-80 min E run   |
| 10   | Rest | 8 km E run    | CT   | 6.5 km S run  | Rest | 4.5 km run<br>(3 km E-1.5 km F) | 70-80 min E run   |
| 11   | Rest | 8 km E run    | CT   | 4.5 km run (1.5 km E warm up-<br>60 secs E-60 secs F)                                     | Rest | 3 km run<br>(1.5 km E-1.5 km F) | 70-80 min E run   |
| 12   | Rest | 11.5 km E run | CT   | 6.5 km run (1.5 km E warm up-<br>90 secs E-90 secs F)                                     | Rest | 8 km run<br>(5 km E-3 km F)     | 90 min E run  |
| 13   | Rest | 11.5 km E run | CT   | 10 km run<br>(3 km E warm up-then 5 km of:<br>60 secs E-60 secs F-then 2 km<br>cool down) | Rest | 4.5 km run<br>(1.5 km E-3 km F) | 100 min E run   |
| 14   | Rest | 13 km E run   | CT   | 11.5 km run<br>(6.5 km S)   | Rest | 5.5 km run<br>(3 km E-2.5 km F) | 110 min E run   |
| 15   | Rest | 13 km E run   | CT   | 6.5 km run (1.5 km E warm up-<br>90 secs E-90 secs F)                                     | Rest | 6.5 km run<br>(3.5 km E-3 km F) | 120 min E run   |
| 16   | Rest | 4.5 km E run  | CT   | 6.5 km S run  | Rest | 3 km E run                      | Half<br>marathon<br>race!  |

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## ROCKY'S TOP TIP

*Your first 8 weeks of training end with an optional 10k race. This is there to help you work up to the distance and to feel better prepared for the half marathon race at the end of week 16.*

# INJURY HELP AND PREVENTION



The background of the entire page is a grayscale X-ray of a human hand, showing the bones of the fingers, palm, and wrist. The image is partially obscured by two large, teal-colored brushstroke-like shapes that contain text.

## **STRENGTHEN UP**

Training injuries can be caused by imbalances both muscular and biomechanical. Exercising will highlight these imbalances: combat this by doing regular core and lower-limb strengthening exercises. These may help lower the risk of injury and can be incorporated into your training from the beginning. Ask physiotherapists, sports masseurs and gym instructors to show you exercises that will suit you.

## **FOAM ROLLING**

A foam roller is an excellent tool that has many uses. Just a few minutes on it every day can help release a number of different trigger points, increase blood flow, and improve tissue quality while simultaneously engaging your muscles and building strength.

## **WARM UP & STRETCH**

Stretching your muscles (after your warm up) will increase your flexibility. The increased flexibility will allow you to perform better during your main workout and minimise the risk of injury. After your workout, you should stretch again - concentrate on all the muscles you challenged.

## **REST**

To avoid over-training, ensure that you follow the plan and take the right number of rest days each week. You should also listen to your body and take a break if you feel extremely sore and exhausted or if you experience intense physical discomfort. Consult with a doctor to rule out any serious conditions or injuries.

# NUTRITION TIPS

A well-balanced diet is very important to support exercise performance. The food that fuels your body is as important as any workout programme! So whether you are the sort of person who goes to the gym once a week or are a fitness fanatic, you can be assured that a well-balanced vegan diet will easily provide all the fuel your body needs.

A vegan diet can deliver many health benefits: it is full of energy-giving carbohydrates - foods for all sporty types such as wholegrain breads, cereals and grains. Vegan diets are rich in essential nutrients called antioxidants; these vital vitamins help the body cope better when put under stress from exercise.


In this next section we suggest some nutrition ideas for you to consider. >>



# CARBOHYDRATES

Carbohydrates give us the energy we need to move our bodies and come in three forms: slow-releasing complex starches (rice, potatoes, quinoa), fast-releasing simple sugars (like table sugar and many refined foods), and dietary fibre (the indigestible part of fruits and vegetables, essential for the digestive system to work properly).

Most of the carbohydrate we eat ends up as glucose which the body stores as glycogen for use later. A vegan diet makes this easy since the best way to improve your glycogen stores is to eat food high in starchy carbohydrates, as well as to follow a good aerobic training programme (this trains your body to store glycogen more efficiently). Current UK guidelines recommend that everyone should aim to be moderately active for at least 30 minutes each day, at least five days a week. Eating carbohydrate-rich meals regularly throughout the day will easily ensure that all your energy needs are supplied.



*Fluid intake - mainly water - is the most overlooked but most important element to think about in a healthy lifestyle.*



*Most importantly: drink plenty of water before, during and after exercise - if you feel thirsty you are already dehydrated! But don't go mad and drink too much either.*

# PROTEIN

Protein is needed to support the repair of body tissues and cell growth and is made up of many smaller units - building blocks - called amino acids. Contrary to popular opinion, you don't build muscle by eating more protein. The belief that eating animal muscle - ie meat (and lots of unhealthy fats to boot) - means you automatically build human muscle simply isn't true. Muscles develop by being used not by eating greater amounts of another animal.

Most foods contain some protein. Particularly good sources of protein in vegan diets include soya products, beans, lentils, nuts, seeds and cereals. Ideas to increase protein are vegan protein bars such as [Pulsin bars](#) as well as vegan nut butters such as those from the [Funky Nut Company](#).

# FATS

Fats in the diet come in two forms - saturated and unsaturated. What we don't need in the diet is the nonessential saturated fats which come mainly from meat, dairy and processed foods. These increase cholesterol levels and can lead to heart disease and some cancers. What we do need in the diet are the unsaturated, so-called essential fats. Vegan diets are rich in these essential fats - found abundantly in seeds, nuts, beans, avocados and vegetable oils.

# FLUIDS

## DURING EXERCISE

Drink 150 - 350ml of fluid at 15-20 minute intervals, beginning at the start of exercise. Plain water is usually sufficient for exercise lasting less than one hour. For exercise periods over an hour you may need to have a bit of extra energy. Choose either a special sports drink or better still save yourself money and make your own energy-booster drinks. Simply blend 500ml of fruit juice with 500ml of water. This will supply the necessary water, sugar (glucose and fructose) and electrolyte minerals (sodium and potassium) together with lots of other vitamins. There is no real need to replace salt during a single exercise session of moderate duration.




## BREAKFAST IDEAS

- Muesli
- Fruit salad - make some extra and blend for a vitamin-packed smoothie
- Toast and peanut butter
- Porridge oats made with water and soya milk
- Soya yoghurt with fruit and chopped nuts and seeds
- Crumpets with no-sugar fruit jam and peanut butter

## LUNCH IDEAS

- Fruit puree or banana sandwich
- Jacket potatoes with baked beans, hummus or sweetcorn salad
- Crusty bread with peanut butter
- Veggie burgers and salad
- Home-made soups
- Avocados - on their own with a little dressing or sliced thinly with hummus in a granary bread sandwich

## SNACK IDEAS

- Rice crackers, Ryvita or oat cakes with vegetable patés, hummus, nut butters
  - Handful of nuts (other than peanuts) like almonds, brazils, hazelnuts or walnuts
  - [Pulsin bars](#)
  - Trail mix (dried fruits - raisins, sultanas, figs, prunes and apricots)
  - Cereal and fruit bars
  - Flapjacks
  - Protein energy balls
- 

# WEEKLY MEAL PLAN



Head to [Veganuary.com](http://Veganuary.com) for more food ideas and recipes!

|                | Mon   | Tues  | Weds   | Thurs  | Fri  | Sat   | Sun   |
|----------------|---|---|--|--|--|---|---|
| Breakfast      | <p><u><a href="#">Tropical Fruits Immune Boosting Smoothie</a></u><br/>*great for the immune system</p>                               | <p><u><a href="#">Green Power Smoothie</a></u><br/>*good source of calcium, iron and protein</p>  | <p><u><a href="#">Avocado on Toast</a></u><br/>*good source of fat<br/>*good for stamina</p>                       | <p><u><a href="#">Sweet Porridge with Nuts, Seeds &amp; Dried Fruit</a></u><br/>*good source of calcium, iron and protein<br/>*seeds can help prevent injury</p> | <p><u><a href="#">Chia Pudding</a></u><br/>*good source of calcium and protein</p>                 | <p><u><a href="#">Purple Fruit Boost Smoothie</a></u><br/>*good source of calcium and protein</p> | <p><u><a href="#">Breakfast Peanut Slices</a></u><br/>*good source of fat, protein and carbohydrate</p>   |
| Lunch          | <p><u><a href="#">Toothsomely Sweet Couscous</a></u><br/>*good source of carbohydrate</p>   | <p><u><a href="#">Quinoa Banana Bread (serve with peanut butter and banana)</a></u><br/>*good source of carbohydrate, protein and electrolytes</p>        | <p><u><a href="#">Chickpea Salad</a></u><br/>*good source of protein</p>   | <p><u><a href="#">A Great Big Lunchtime Salad Bowl</a></u><br/>*good source of protein and carbohydrate</p>  | <p><u><a href="#">Sweet Potato Bread</a></u><br/>*good source of carbohydrate</p>                  | <p><u><a href="#">Tofu Scramble</a></u><br/>*good source of protein *good for stamina</p>         | <p><u><a href="#">Mushroom Parcels</a></u><br/>*good source of carbohydrate and fat</p>   |
| Dinner         | <p><u><a href="#">Spicy Bean &amp; Veg Soup</a></u><br/>(serve with wholemeal bread)<br/>*good source of protein and carbohydrate</p> | <p><u><a href="#">Beetroot &amp; Kale Burger (serve with salad)</a></u><br/>*good source of protein and calcium<br/>*beetroot can enhance performance</p> | <p><u><a href="#">Speedy Sweet Potato Quesadillas with Hummus</a></u><br/>*good source of carbohydrate and fat</p> | <p><u><a href="#">Chilli Tomato &amp; Basil Baked Beans on Toast</a></u><br/>*good source of protein and carbohydrate<br/>*chilli is an anti-inflammatory</p>    | <p><u><a href="#">Friday Night Pizza</a></u><br/>*good source of fat, protein and carbohydrate</p> | <p><u><a href="#">Lentil Lasagne</a></u><br/>*good source of protein and carbohydrate</p>         | <p><u><a href="#">Healthy Protein Casserole (serve with steamed vegetables)</a></u><br/>*good source of protein and carbohydrate</p>                |
| Snack/ Dessert | <p><u><a href="#">No Churn Bakewell Tart Ice Cream</a></u><br/>*good source of protein *cherries are an anti-inflammatory</p>         | <p><u><a href="#">Energy Tonic</a></u></p>  | <p><u><a href="#">Caffe Mocha Pistachio Truffles</a></u><br/>*good source of protein and fat</p>                   | <p><u><a href="#">Chilli Chocolate Orange Brownie</a></u><br/>*good source of fat and protein *chilli can increase metabolism</p>                                | <p><u><a href="#">Energy Tonic</a></u></p>   | <p><u><a href="#">Hot Citrus Pudding</a></u><br/>*good source of fat and carbohydrate</p>         | <p><u><a href="#">Green Juice</a></u><br/>*full of electrolytes</p> <p><u><a href="#">Nutrition Bar</a></u><br/>*good source of protein and fat</p> |

# SPONSORSHIP AND GIFT AID DECLARATION FORM

**Please sponsor me** (name of participant)

**To** (name of event)

**In aid of** (name of charity or CASC)



|    | <b>Sponsor's full name</b> (first name & surname) | <b>Sponsor's home address *</b> | <b>Postcode</b> | <b>Donation amount £</b> | <b>Date paid</b> | <b>Gift Aid?</b><br>'✓' ** |
|----|---|---------------------------------|-----------------|--------------------------|------------------|----------------------------|
| 1  |   |                                 |                 |                          |                  |                            |
| 2  |   |                                 |                 |                          |                  |                            |
| 3  |   |                                 |                 |                          |                  |                            |
| 4  |   |                                 |                 |                          |                  |                            |
| 5  |   |                                 |                 |                          |                  |                            |
| 6  |   |                                 |                 |                          |                  |                            |
| 7  |   |                                 |                 |                          |                  |                            |
| 8  |   |                                 |                 |                          |                  |                            |
| 9  |   |                                 |                 |                          |                  |                            |
| 10 |   |                                 |                 |                          |                  |                            |

\* You must provide your full name, home address, postcode & '✓' Gift Aid for the charity or CASC to claim tax back on your donation. Don't give your work address if you are Gift Aiding your donation.

**Total donations received** £

**Total Gift Aid donations** £

**Date donations given to Charity or CASC**

|  |
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|  |

\*\* If I have ticked the box headed Gift Aid? '✓' I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity or Community Amateur Sports Club (CASC) named above to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.



# ACKNOWLEDGEMENTS AND THANKS

All training plans produced by Dan Geisler, Team GB Triathlete, Duathlete & Coach  
For further, more specific personal programming send an email to Dan at [danig96\\_3@hotmail.com](mailto:danig96_3@hotmail.com)

## Go smash those goals!

### PICTURE CREDITS

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Dan on his way to a top 10 finish  
at the 2014 ITU Duathlon World Championships