2021 Plan 11. Low heart rate training - 5.3 km Dingo Dash

This training plan is for those who would like to build a bigger aerobic base, stay uninjured, stay fresh and get faster over time through more consistent training.

Low heart rate training has been promoted by the Maffetone training principles and has worked incredibly successfully by runners around the world. The principles and benefits can be found on the Maffetone website [here](#). A lot can be learned here, and you may wonder why we are providing a training plan here. It is our goal to simplify the process for you with this plan.

You will note that the plan has in the top row, 'day' instead of 'run 1' up to 'run 6' as in plans 1 to plan 10. This is because it is allowable in this plan to run more than once during the day, so long as your heart rate stays below a certain number. Well, as much as you can, taking into account heart rate sensor inaccuracies.

So, the goal of each of the low heart rate runs is to keep your heart rate below a number worked out by the Maffetone formula. The basic formula is 180 - your age but there are other determinants that from my research do vary a little. The following is my interpretation of how the calculation proceeds.

1. 180 bpm

2. Subtract your age from 180

3. Adjust number using the following:
a. If you do not regularly exercise at a gym or run, subtract 5 beats.
b. If you regularly exercise at a gym or run only 1-2 days a week, subtract 2 or 3 beats.
c.If you regularly exercise at a gym or run 3-4 times a week keep the number where it is.
d.If you regularly exercise at a gym or run 5-6 times a week keep the number where it is.
e.If you regularly exercise at a gym or run 7 and over, times a week, and have been doing so for over a year, add 5 beats.
f. If you are over 55 or younger than 25, add 5 beats to the number so far.
g.If you are under 20 years old, add another 5 beats.

4. Subtract 5 if you have been sick or had surgery recently and still recovering. By sick, I mean a cold or flu, not a major illness like a heart attack or cancer. By surgery, I mean minor surgery like a hernia operation, not a heart operation. If you have anything serious, illness or surgery, then you need to be assessed by your doctor before commencing any exercise plan including this one.

For example, using myself as the runner and using the above steps.
I am 61, so working through the process
1. 180
2. 119
3. e, add 5 and f, add another 5 to get 129
4. 129 - 5 to get **124 (I had minor surgery a couple of months ago)**

I am currently trying to do most of my running under this number of 124, only partially successful because of a couple of reasons; the questionable accuracy of my smartwatch's wrist sensor and also my chest band monitor when I wear that when it is too dry or tight enough, and the tendency to want to run faster, too quick for my body to keep the heart rate low enough to qualify as low heart rate training.

This plan would suit those runners who may be interested in trialing a low-stress way of preparing for the Dingo Dash, or maybe recovering from injury or sickness, or just trying something different having found that previous plans have not worked for you in getting you to the start line fresh and ready to go!

This plan has only one day off because the running is mostly very easy. You may even have to walk initially if your heart rate goes above the calculated number from above. That is ok. Persist, walk when you have to, and get the heart rate down, and eventually, your body and heart will adapt allowing you to run and run more quickly at that low heart rate.

You will also notice that later in the plan, there are some sessions that allow faster running with a lower heart rate. These include run downhill/walk uphill and 8-sec run surges. These are to facilitate your musculoskeletal system to tolerate and enjoy faster running when you get to the start line.

Note also, that the time running (or walking) below in the plan does not have to be in one session. I myself choose to run twice most days keeping my heart rate down as much as I can. It has worked for me so far, without getting the niggling pains I have had with previous personal plans where I have run once and too fast for my body to adapt sufficiently.

Day 5 in weeks 1 and 9 is a test run where you run for the time specified with a heart rate no higher than your calculated number. This is to see how far you go in kilometers. Hopefully in week 9 you go further than week 1 :-)

You will also note in the plan below that from week 11 to 14 that only Day 5 increases in run time to provide all the advantages of a longer run

Starting Week Number	Starting Week Date (Monday)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Total running time
1	10th May	15 minutes	5 minutes	15 minutes	5 minutes	**30 minutes Heart rate distance trial**	5 minutes	1 hour 15 minutes
2	17th May	15 minutes	5 minutes	15 minutes **8secS x 1**	5 minutes	30 minutes	5 minutes	1 hour 15 minutes
3	24th May	20 minutes	5 minutes	20 minutes **RD/WU x 1**	5 minutes	30 minutes	10 minutes	1 hour 30 minutes
4	31st May	20 minutes	5 minutes	20 minutes	5 minutes	30 minutes	10 minutes	1 hour 30 minutes
5	7th June	20 minutes	10 minutes	20 minutes **8secS x 2**	10 minutes	30 minutes	15 minutes	1 hour 45 minutes
6	14th June	20 minutes	10 minutes	20 minutes **RD/WU x 2**	10 minutes	30 minutes	15 minutes	1 hour 45 minutes
7	21st June	25 minutes	10 minutes	25 minutes	10 minutes	35 minutes	15 minutes	2 hours
8	28th June	25 minutes	10 minutes	25 minutes	10 minutes	35 minutes	15 minutes	2 hours

9	5th July	15 minutes	5 minutes	15 minutes **8secS x 3**	5 minutes	**30 minutes Heart rate distance trial**	5 minutes	1 hour 15 minutes
10	12th July	25 minutes	15 minutes	25 minutes **RD/WU x 3**	15 minutes	35 minutes	20 minutes	2 hours 15 minutes
11	19th July	25 minutes	15 minutes	25 minutes	15 minutes	35 minutes	20 minutes	2 hours 15 minutes
12	26th July	30 minutes	15 minutes	30 minutes	15 minutes	40 minutes	20 minutes	2 hours 30 minutes
13	2nd August	30 minutes	15 minutes	30 minutes **8secS x 4**	15 minutes	40 minutes	20 minutes	2 hours 30 minutes
14	9th August	30 minutes	15 minutes	30 minutes **RD/WU x 4**	15 minutes	40 minutes	20 minutes	2 hours 30 minutes
15 Tapering	16th August	20 minutes	10 minutes	20 minutes	10 minutes	30 minutes	15 minutes	1 hour 45 minutes
16 Tapering	23rd August	15 minutes	15 minutes	15 minutes	rest	rest	Dingo Dash	45 minutes + time for race event

RD/WU - run downhill/walk uphill
Find a 100 to 200-meter hill. Walk to the top, and then run down with a quicker run pace than you would for your normal day sessions. Repeat for the number of times specified for the day included in the run time.

8secS - 8-sec run surges

During your day sessions, surge to a faster pace (not a sprint, maybe a slightly faster pace than a goal pace for your event). Repeat for the number of times specified for the day included in the run time. Don't worry too much if your heart rate surges a little bit as well.