



## 8KM IN 8WEEKS



### MACKAY MARINA RUN 8KM IN 8WEEKS WEEK TRAINING PROGRAM

*This program is best suited for those runners who are currently running at least 1-2 times a week (2km + per run) & can easily run 4km without collapsing.*

#### **PROGRAM DEFINITIONS:**

**INTERVALS:** Interval training works different levels of your cardiovascular fitness. This type of training will increase your aerobic resistance & also assist you when surging in the race. *Cathy Freeman Oval*

**X-TRAIN:** Incorporating other activities in your training can be very beneficial. Incorporate other disciplines such as cycling & swimming into your training program. In addition, you should follow a strength training program at least once a week. This program should contain core strengthening exercises as well as lower body ones.

**LSD:** LSD is an abbreviation for "Long, Slow Distance," which refers to the practice of running longer distances at an "easy" pace rather than shorter ones to exhaustion. The slower pace allows the runner to go longer & therefore (supposedly), gain more fitness. *Mackay Marina towards Town or Slade Point*

**FARTLEK:** Swedish for "speed play;" variable pace running; a mixture of slow running, running at a moderate pace & short, fast bursts. Fartlek training is a "creative way" to increase speed & endurance. It reduces lactate build up because of the change in pace & is fun! *Mackay Botanic Gardens*

**HILL TRAINING:** Training on hills improves leg-muscle strength, quickens your stride, expands stride length, develops your cardiovascular system, enhances your running economy & can even protect your leg muscles against soreness. In short, hill running will make you a stronger, faster & a healthier runner. *Mt Bassett Hill*

**TEMPO:** Sustained effort training runs, usually 20 to 30 mins in length, at 10 sec per km slower than 10km race pace. Another way to gauge the pace of tempo runs: a pace about midway between short-interval training speed & your easy running pace. *Blue Water Trail Lagoon to Botanic Gardens*

**NEGATIVE SPLIT:** Choose an out-and-back route that's relatively flat. Run out at a steady pace for time, turn & run back, increasing your pace to get back in less time, leave some time for a short cool down run. A negative split run will benefit anyone who struggles with pacing – especially those who start too hard. *Gooseponds*

**STRETCHING:** We all know that stretching is important to avoid injuries. Research has proven that our muscles need to be warm before we stretch. Try some active stretching after a small warm-up & stretch after your cool down.

#### **TRAINING MOTIVATION:**

*Training with a Coach & group of like-minded people will keep you stay focussed & stay on track for achieving your goals! Check out:*

**MACKAY ROAD RUNNERS:** The Mackay Road Runners (MRR) host weekly training sessions on a Wednesday free of charge. Weekend races generally offer 2 distances & cost \$2 for members & \$10 for non-members. Check out their website: <http://www.mackayroadrunners.com/>.

**TRI-ACTIV8 COACHING:** Specialise in triathlon coaching however host regular running & functional fitness sessions. Our sessions offers a variety of running drills, skills, intervals & strength to increase your performance. Check out our website: <http://www.tri-activ8.com.au>

**MACKAY parkrun:** parkrun is a free, weekly 5km timed run that is open to everyone! The Mackay parkrun is on every Saturday morning at 7.00am from the Mackay Botanical Gardens (opposite Jackson Street). There is a once off free registration through: <http://www.parkrun.com.au/register/>

**LRC Running Club:** LRC is a community-based free running group located in Mackay for anyone who is interested in learning to run. If you want to learn to run in a social setting with like-minded people for all ages, then this group is for you! The next 5km group commences on Saturday 12th January. Training for the MMR 8km and 21.1km begins early February. Check out their website <http://www.lrcrunningclub.com/>

# 8KM IN 8WEEKS TRAINING PROGRAM



## WEEK 1

8 – 14 April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Intervals: 8 x 100m sprints – walking recovery 10 min warm up & 10 min warm down	REST or X-Train	Tempo: Run 4 x 800m – 2 min standing recovery 10 min warm up & 10 min warm down	REST or X-Train	X-Train or Mackay parkrun	Negative Split Run: Run in one direction for 10 min. Then run back the same path & try to beat your time



## WEEK 2

15 – 21 April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	HILLS: 3 x 150m hill efforts – walking recovery 10 min warm up & 10 min warm down	REST or X-Train	Tempo: Run 4 x 800m – 1 min 30 sec standing recovery 10 min warm up & 10 min warm down	REST or X-Train	X-Train or Mackay parkrun	LSD: 25 min run or LSD: MRR 5km Farmers Long Gallop



## WEEK 3

22 – 28 April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Intervals: 6 x 200m fast efforts – 200m jogging recovery 10 min warm up & 10 min warm down	REST or X-Train	Tempo: Run 4 x 800m – 1 min 30 sec standing recovery 10 min warm up & 10 min warm down	REST or X-Train	X-Train or Mackay parkrun	LSD: 30 min run or Tempo: MRR 5km Mt Bassett Run

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## WEEK 4

29 April – 5 May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	HILLS: 4 x 150m hill efforts – walking recovery 10 min warm up & 10 min warm down	REST or X-Train	Tempo: Run 4 x 800m – 1 min standing recovery 10 min warm up & 10 min warm down	REST or X-Train	X-Train or Mackay parkrun	Tempo: 5km run or Tempo: MRR 5km Botanic Gardens



## WEEK 5

6 – 12 May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	LSD: 40 min run	REST or X-Train	Negative Split Run: Run for 1km. Then run back & try to beat your time. Rest for 5 min & do it again faster!	REST or X-Train	REST or X-Train  Optional: MRR 5km Casu Jack's Pre Mother's Day run	LSD: 35 min run



## WEEK 6

13 – 19 May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	HILLS: 5 x 150m hill efforts – walking recovery 10 min warm up & 10 min warm down	REST or X-Train	LSD: 45 min run	REST or X-Train	X-Train or Mackay parkrun	Tempo: 5km run or MRR 5km Northview Gardens (try to beat your 5km MRR time from week 5)

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## WEEK 7

20 – 26 May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	LSD: 40 min run	REST or X-Train	Interval: 8 x 200m fast efforts – 200m jogging recovery 10 min warm up & 10 min warm down	REST or X-Train	X-Train or Mackay parkrun	Tempo: MRR 5k Cathy Freeman Oval



## RACE WEEK 8

27 May – 2 June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Speed: 3km fast & hard with a good stretch 10 min warm up & 10 min warm down	REST  GET A MASSAGE	Interval: 8 x 200m fast efforts – 200m jogging recovery 10 min warm up & 10 min warm down	REST	REST	MACKAY MARINA RUN – 8KM  