



5KM in 8WEEKS



2022 MACKAY MARINA RUN 5KM 8WEEK TRAINING PROGRAM

This program is suited for beginners. Those who may run a little or not at all, this program starts off slow & builds your running fitness & strength in order to minimise the chances of injury from running too far too soon! It combines walk/run, hills, intervals & long slow distance runs to mix it up for the best results.

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 or Mackay Aquatic and Recreation Complex (MARC)*

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 or 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*

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 and run coaching. Our sessions offer 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 Lazy Runners Club: Learn to Run 5 KM in the first instance. Then progress through to whatever distance you want to achieve. LRC also encourage all our runners to continue to run, better their times and distances. Each year LRC train people for 1/2 marathon runs starting around March. <https://www.facebook.com/lrcrunningclub/>

5KM - 8WEEK TRAINING PROGRAM



WEEK 1

11 – 17 April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Interval: 7 x walk 2 min : run 1 min	REST or X-Train	Interval: 8 x walk 2 min : run 1 min	REST or X-Train	REST or X-Train	Interval: 10 x walk 1 min : run 1 min 30 sec



WEEK 2

18 – 24 April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Interval: 10 x walk 1 min : run 2 min	REST or X-Train	Warm Up: 5 x walk 30 sec : run 30 sec Interval: 5 x walk 1 min : run 3 min Warm Down: jog 1 min : walk 5 min	REST or X-Train	REST or X-Train	Warm Up: 5 x walk 30 sec : run 30 sec Interval: 4 x walk 1 min : run 4 min Warm Down: jog 1 min : walk 5 min

5KM - 8WEEK TRAINING PROGRAM



WEEK 3

25 April – 1 May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<p>Warm Up: jog 4 min : walk 1 min</p> <p>HILLS: 15 min walk or run 100m with walk down</p> <p>Warm Down: jog 4 min : walk 5 min</p> <p>Record number of hill repeats:</p>	REST or X-Train	<p>Warm Up: 5 x walk 30 sec : jog 1 min</p> <p>Main Set: 4 x run 5 min : walk 1 min</p> <p>Warm Down: jog 2 min : walk 5 min</p>	REST or X-Train	X-Train	<p>Warm Up: 3 x walk 30 sec : jog 1 min 30 sec</p> <p>Interval: 3 x run 9 min : walk 1 min</p> <p>Warm Down: jog 5 min easy</p>



WEEK 4

2 – 8 May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<p>Warm Up: jog 5 min easy</p> <p>HILLS: 15 min walk or run</p> <p>Warm Down: jog 4 min : walk 5 min</p> <p>Beat the number of repeats from week 3!</p>	REST or X-Train	<p>Warm Up: jog 5 min easy</p> <p>Main Set: 3 x run 7 min : walk 1 min</p> <p>Warm Down: jog 5 min easy</p>	REST or X-Train	X-Train	<p>Warm Up: 5 x walk 30 sec : jog 1 min</p> <p>Main Set: 4 x run 5 min : walk 1 min</p> <p>Warm Down: jog 2 min : walk 5 min</p>

5KM - 8WEEK TRAINING PROGRAM



WEEK 5

9 – 15 May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<p>Warm Up: jog 5 min easy</p> <p>HILLS: 15 min walk or run</p> <p>Warm Down: jog 5 min : walk 5 min</p> <p>Beat the number of repeats from week 4!</p>	REST or X-Train	<p>Warm Up: jog 5 min easy</p> <p>Main Set: 2 x run 10 min : walk 1 min</p> <p>Warm Down: jog 5 min easy</p>	REST or X-Train	X-Train or Mackay parkrun	Negative Split Run: Run in one direction for 10 min. Turn & run back the same path & try to beat your time



WEEK 6

16 – 22 May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<p>Main Set: 2 x run 12 min : walk 1 min</p> <p>5 min warm up & 5 min warm down</p>	REST or X-Train	<p>Main Set: 2 x run 14 min : walk 1 min</p> <p>5 min warm up & 5 min warm down</p>	REST or X-Train	X-Train or Mackay parkrun	<p>LSD: 30 min run Try & run as long as you can, take a 30 sec – 1min walk as you need</p> <p>Record your distance:</p>

5KM - 8WEEK TRAINING PROGRAM



WEEK 7

23 – 29 May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Interval: 4 x run 2 min easy : run 4 min moderate: 1 min standing recovery 5 min warm up & 5 min warm down	REST or X-Train	Main Set: 2 x run 10 min : walk 1 min 5 min warm up & 5 min warm down	REST or X-Train	X-Train or Mackay parkrun	LSD: 30 min run Try & run as long as you can, take a 30 sec – 1min walk as you need Try & beat last week's effort!



WEEK 8

30 May – 5 June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Interval: 6 x run 200m : jog 200m recover : 30 sec standing recovery 5 min warm up & 5 min warm down	REST GET A MASSAGE!	Main Set: Jog 20 min : walk 1 min : run 6 min 5 min warm up & 5 min warm down	REST	REST	MACKAY MARINA RUN – 5KM 