

5KM TRAINING PLAN

BEGINNER TRAINING PLAN - RUN 5KM IN 8 WEEKS -

If you're new to running or don't run often, Tri-Activ8 coaches have created a program that gradually builds your running endurance and strength. This approach minimizes the risk of injury from running too much too soon. The plan includes a mix of walk/run, hill runs, intervals, and long slow distance runs to keep you motivated and achieve optimal results.

Interval Training

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 - 'Long Slow Distance'

LSD is 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

Stretching

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

Negative Split Run

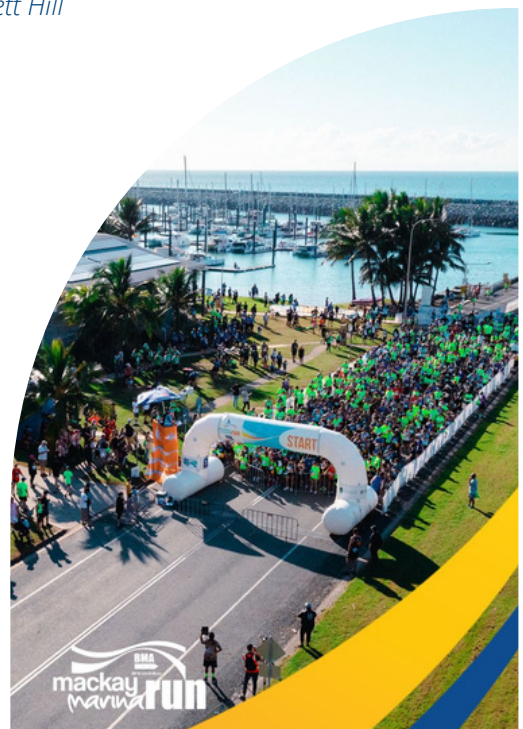
Choose an out-and-back route that's relatively flat. Run out at a steady pace for time, turn & run back, increasing your pace to get back in less time, leave some time for a short cool down run. A negative split run will benefit anyone who struggles with pacing – especially those who start too hard.

Gooseponds

Hill Training

Training on hills improves leg-muscle strength, quickens your stride, expands stride length & develops your cardiovascular system. In short, hill running will make you a stronger, faster & a healthier runner.

Mt Bassett Hill





TRI-ACTIV8'S TIPS TO GET STARTED

TRAINING WITH A COACH & GROUP OF LIKE-MINDED PEOPLE WILL KEEP YOU FOCUSED & ON TRACK FOR ACHIEVING YOUR GOALS!

Progress

Understand the objective of each training session & stick to the plan! Rather than repeat sessions that you enjoy, you must challenge yourself & keep on progressing!

Get motivated

Set some targets for yourself. The Mackay Marina Run is a fantastic goal to aim for, however set smaller targets along the way & run parkrun! Measure your progress & set time targets.

Find a group!

Mackay has many amazing running clubs and groups!

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: Group coaching sessions and individualised training programs designed to build your fitness and achieve your goals. Venues and sessions vary, check out their website for more details: <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 Mackay: Learn to run 5km with a proven interval program. LRC members are then encouraged to continue running 5km or to train to better their times and lengthen their distances. Program commences 4th February: <https://www.facebook.com/lrcrunningclub/>

Make time for training

Integrating Workouts into Your Daily Life with Ease
Working out doesn't have to be a tedious task. Instead, think about how you can incorporate it seamlessly into your daily routine. Consider inviting friends to join you and make it a fun fitness session!

Gear up!

Don't underestimate the significance of good-quality running shoes that fit correctly. Ensure that you are properly equipped for your run by investing in a high-quality pair of shoes and socks that provide comfort and support.

5KM TRAINING PLAN - WEEKS 1 TO 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1						
REST	10 min walk - Repeat 5 X 1 min jog 2 min walk - 10 min walk	REST OR X-TRAIN	10 min walk - Repeat 5 X 1 min jog 2 min walk - 10 min walk	REST OR X-TRAIN	parkrun run or walk record your time here: 	Optional 30 min brisk walk
WEEK 2						
REST	10 min walk - Repeat 6 X 1 min jog 2 min walk - 10 min walk	REST OR X-TRAIN	Repeat 5 X 1 min walk 30 sec jog - Repeat 5 X 1:30 min jog 1:30 min walk - 5 min walk	REST OR X-TRAIN	REST OR X-TRAIN	Repeat 5 X 1 min walk 1 min jog - Repeat 5 X 2 min jog 1 min walk - 10 min walk
WEEK 3						
REST	Repeat 3 X 1 min walk 3 min jog - HILLS: Repeat 4 X 20 sec run up walk down - 5 min walk	REST OR X-TRAIN	Repeat 3 X 1 min walk 3min jog - Repeat 3 X 4 min jog 2 min walk - 5 min walk	REST OR X-TRAIN	parkrun run or walk record your time here: 	Optional 30 min brisk walk
WEEK 4						
REST	Repeat 2 X 1 min walk 4min jog - Repeat 4 X 4 min jog 1 min walk - 5 min walk	REST OR X-TRAIN	Repeat 2 X 1 min walk 4 min jog - HILLS: Repeat 5 X 25 sec run up walk down - 5 min walk	REST OR X-TRAIN	REST OR X-TRAIN	Repeat 2 X 1 min walk 5 min jog - Repeat 3 X 6 min jog 2 min walk - 10 min walk

5KM TRAINING PLAN - WEEKS 5 TO 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5						
REST	Repeat 2 X 2 min walk 5 min jog - HILLS: Repeat 5 X 30 sec run up walk down - 5 min walk	REST OR X-TRAIN	Repeat 2 X 2 min walk 5 min jog - Repeat 3 X 7 min jog 1 min walk - 5 min walk	REST OR X-TRAIN	parkrun run or walk record your time here: 	Optional 30 min brisk walk
WEEK 6						
REST	10 min jog - INTERVALS Repeat 6 X 200m run 200m jog 2 min rest - 10 min walk	REST OR X-TRAIN	Repeat 2 X 2 min walk 2 min jog - Repeat 2 X 10 min jog 1 min walk - 5 min walk	REST OR X-TRAIN	REST OR X-TRAIN	Negative Split Run in one direction for 10 min. Turn & run back the same path & try to get back before 10 min
WEEK 7						
REST	5 min jog - Repeat 2 X 12 min jog 1 min walk - 5 min walk	REST OR X-TRAIN	5 min jog - Repeat 2 X 14 min jog - 5 min walk	REST OR X-TRAIN	parkrun run or walk record your time here: 	LSD: 30 min run try & run as long as you can, take a 30 sec – 1min walk as you need
WEEK 8						
REST	10 min jog - INTERVALS Repeat 4 X 200m run 200m jog 2 min rest - 10 min walk	GET A MASSAGE IT'S RACE WEEK!	5 min jog - 15 min jog 1 min walk 5 min run - 5 min walk	REST OR X-TRAIN	REST OR X-TRAIN	RACE DAY YOU HAVE GOT THIS!!!