



Murraylands APEX Mannum Fun Run 2013

Sunday 14 December 2014

5km Run - 10 week Training Plan

Written by Mannum Leisure Centre (Phone 8569 1085)

You should always consult your doctor before starting a training program involving physical exertion.

	Session 1	Session 2	Session 3
WEEK 1 Starting 05/10/2014	3 x 3 minute easy running, with 3 minutes walking between runs (15 minutes)	Repeat session 1 from this week (15 minutes)	Free choice cross training session eg. cycle, swim, gym class, long walk (30 minutes)
WEEK 2 Starting 12/10/2014	3 x 4 minute running, with 3 minutes walking in between runs (20 minutes)	Repeat session 1 from this week (20 minutes)	Free choice cross training session eg. cycle, swim, gym class, long walk (30 minutes)
WEEK 3 Starting 19/10/2014	3 x 5 minute easy running, with 3 minutes walking in between runs. (25 minutes)	Repeat session 1 from this week. Try to add walking up a hill or stairs to your session. (25 minutes)	Free choice cross training session (30 minutes)
WEEK 4 Starting 26/10/2014	Test your endurance. Measure a relatively flat course of 2.5km (use Google maps or your car odometer). Run the course, attempting to do so continuously.	Free choice cross training session (30 minutes)	2 x 10 minute easy running. Walk recovery of 2-5 minutes in between. Do 10 x squats and 10 x lunges at the end (Approx 30 minutes)
WEEK 5 Starting 02/11/2014	Do a slower paced run of between 15-18 minutes, attempting to do continuously. (20 minutes)	Free choice cross training session (30 minutes)	High intensity workout. 10 minute run, followed by 3 x stair or hill climbs (for those in Mannum, try 'The Golden Stairs' on Randell Street). Rest for 90 seconds between each climb. Stretch as required.
WEEK 6 Starting 09/11/2014	Test your endurance. Measure a relatively flat course of 3km. Run the course, attempting to do so continuously.	Free choice cross training session. If you are stiff or sore, choose a long walk (30 minutes)	High intensity workout. 15 minute run, followed by 4 x stair or hill climbs. Rest for 90 seconds between each climb. Stretch as your rest if required.
WEEK 7 Starting 16/11/2014	Test your endurance. Measure a course of 3.5km. Run the course, attempting to do so continuously and record your time.	Free choice cross training session. If you are stiff or sore, try a long walk (30 minutes)	Run the same 3.5km course as session 1. Aim to beat the time you recorded by sprinting the last 200m. Before you warm down, add in 10 x squats and 10 x lunges
WEEK 8 Starting 23/11/2014	Test your endurance. Measure a course of 4km. Run the course, attempting to do so continuously and record your time.	Free choice cross training session. If you are stiff or sore, try a long walk. (30 minutes)	High intensity workout. Measure a 300 m track. Run 4 x sprints of the track with 5 minutes rest in between. Follow with 5 x stair or hill climbs. Rest for 90 seconds between each climb. Stretch as required.
WEEK 9 Starting 30/11/2014	Test your endurance. Measure a course of 4.5km. Run the course, attempting to do so continuously and record your time.	Free choice cross training session. If you are stiff or sore, try a long walk (30 minutes)	Run the same 4.5km course as session 1. Aim to beat the time you recorded by sprinting the last 300m. Before you warm down, add in 10 x squats and 10 x lunges.
WEEK 10 Starting 07/11/2014	The big test! Measure a course of 5km. Run the course, attempting to do so continuously and record your time.	Free choice cross training session. If you are stiff or sore, try a long walk (30 minutes)	High Intensity Workout. Measure a 400m track. Run 4 x sprints of the track with 3 minutes rest in between. Follow this with 5 x stair or hill climbs. Rest for 90 seconds between each climb. Stretch!

THE BIG EVENT: Sunday 14 December 2014 – be at Mary Ann Reserve Mannum at 8.15am

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Don't forget key tips for fitness training:

- You should always consult your doctor before starting a program involving physical exertion.
- Each session should be preceded by a WARM UP (walk or jog then stretch) and followed by a COOL DOWN (walk or jog and then stretch).
- Start small and build up.
- Add some strength and core training into your week.
- It is important to have rest days!
- Add some flexibility into your training.
- It may help to have a training buddy.
- Map out some training routes.
- Plan your week, days, times, sessions and have a back-up plan in-case the week doesn't go to plan!
- Make it enjoyable and fun.
- Eat nutritional food and drink plenty of water.
- Give yourself some headspace, if you are having a bad week then take it easier, or do something different ... don't be too hard on yourself.
- You may want to start your training on an oval or grass for soft footing and then slowly over time build up to running on bitumen at about week 4 – 5. This of course depends on your current training regime and what you're comfortable with.
- Remember not every day has to be hard, some days can be easier than others!
- Remember it is a gradual progression – so listen to your body along the way.
- If you want extra support and fitness guidance then get in and visit Deb and the team at the Mannum Leisure Centre 24/7 gym. Deb can set you up with a specific training program for your needs, or book you in for fitness classes to help you prepare for the run (or walk). See more details on the Facebook site: Mannum Leisure Centre.

Some tips to get your body prepared in the days prior to the event:

- Make sure you drink plenty of water in the 48 hours leading up to the event.
- Make sure you eat nutritious foods in the days leading up to the event – a low fat, high-carbohydrate diet is best, including plenty of fruit and vegetables, some lean meats and eggs, grains and cereals. Check out Nutrition Australia's recommendations here for more tips: <http://www.nutritionaustralia.org/national/resources/sports-nutrition>.
- Get a good sleep the night before – remember, if you have to start running at 9am, you want to make sure you have something light to eat at about 7.30am – try a piece of grainy toast, small bowl of muesli or banana. A free breakfast will be available after the event by Murraylands APEX.
- Have a good stretch the night before and the morning of the event.
- Get to Mary Ann Reserve in time for the warm-up – trained fitness instructors will take you through a good warm-up from 8:45am.

Sunday 14 December 2014– Murraylands APEX Mannum Fun Run

Arrive from 8:15am, Mary Ann Reserve, Mannum

Remember to pack a water bottle and some spare change if you would like to purchase a coffee on the day. Gold coin donations will be appreciated to support the low cost event to continue.