



## TRAINING PROGRAMS FOR RUNNERS

In Association with Glen Gore from Team Tri-Lab Multisport Training Services

### Program Dynamics

The programs have been designed in sequence, which means that as a beginner, intermediate and advanced runner respectively, you can follow the programmes anywhere from the 1<sup>st</sup> week right up to the 16<sup>th</sup> week and beyond. You will gradually build up from 5km to a 42km marathon. Try and keep to the programme schedule as best as you can. If you do happen to skip or miss a day's training for whatever reason, don't try and catch it up. This will throw the training plan for that specific week off course and that is what we don't want. Consistent training over a period of 4 weeks or more will result in you achieving your goal.

### Beginner 5km Run/Walk Program

Tips and Hints:

You can run/walk on grass for some of the sessions. A school field or park would be more than sufficient. Walkways and the road are also suitable. The most important part when starting out a training programme is to gradually build up into it and not get too carried away. The programme allows for a walk-jog mentality to help you stay motivated.

### Week 1 (Am or pm training, whatever best suits your daily schedule):

- Monday Jog 100m/walk 200m on grass until you have done 1.5km
- Tuesday Rest day
- Wednesday Jog 200m then walk 200m until you have completed 1.5km
- Thursday Rest day
- Friday Jog/Walk 2km on the road. Nice and slow.
- Saturday Rest day
- Sunday Rest day

Total mileage for Week 1 is 5km consisting both of jogging and walking.

## Week 2 (am or pm):

- Monday Jog/Walk for 2km on the road/grass or walkways
- Tuesday Rest day
- Wednesday Jog more than you walk for a distance of 2km
- Thursday Rest day
- Friday We stick to a soft surface like grass for 2.5km in total
- Saturday Rest day
- Sunday Rest day

Total mileage for Week 2 is 6.5km (combination of jogging and walking).

## Week 3 (am or pm):

- Monday Rest day
- Tuesday Run/Walk 2.5km
- Wednesday Rest day
- Thursday Run/Walk a little faster this time for 2.5km
- Friday Rest day
- Saturday We attempt a continuous slow 3km jog
- Sunday Rest day

Total mileage for Week 3 is 8km (combination of jogging and walking). We try and run a little bit further each session and walk a little less. If you need to stop and catch your breath, do so. As you get fitter, reduce the rest periods and slowly increase the pace at which you run and walk.

## Week 4 (am or pm):

- Monday Run/Walk on the road for a distance of 3km slowly
- Tuesday Rest day
- Wednesday Continuous 2km run on the road a little faster than Monday
- Thursday Rest day
- Friday Rest day
- Saturday Warm-up 1km slow run in the morning before race day
- Sunday 1<sup>st</sup> 5km run/walk. Start slow and you will finish easily

Total mileage for Week 3 is 10km. We have built up over a series of 4 weeks culminating in your first 5km race. Starting slow will allow you to gather enough steam to finish off fast. A run/walk/shuffle will more than suffice as the goal is merely to finish the 5km and get that first race under your belt.

Good luck!

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