

# Get Your Running Shoes On ...

For beginner runners wishing to compete in a 5km fun run here's a simple 5 week training program that will get you over the distance. It assumes that you can already walk/run 4kms and that you are in good health. All beginner runners should get a medical clearance before commencing a training program.

## Beginner 5km Running Training Program

| Week | Mon  | Tue  | Wed  | Thurs  | Fri  | Sat  | Sun      |
|------|------|------|------|--|------|------|----------|
| 1    | Rest | 4kms | Rest | 3kms including a few long hills  | Rest | 3kms | 4kms     |
| 2    | Rest | 5kms | Rest | 3kms fartlek (i.e., bursts of speed ranging from 15 secs to 2 minutes)   | Rest | 4kms | 4kms     |
| 3    | Rest | 6kms | Rest | 5 minute jog, 3X800s (2 min easy jog in between each 800), 5 minute jog. | Rest | 3kms | 5kms     |
| 4    | Rest | 6kms | Rest | 5kms   | Rest | 3kms | 5kms     |
| 5    | Rest | 6kms | 3kms | Rest   | 3kms | Rest | 5km Race |

### On race day ...

- Have a light breakfast a couple of hours before the fun run – e.g. toast and a cup of weak tea.
- Arrive early to collect your race number and go to the toilet without having to queue for too long.
- Do a gentle 5-10 minute warm up – moving from a brisk walk into a gentle jog – before the start of the race.
- Sip water and do a few stretches.
- Find a place at the start line.
- When the race starts – head out slowly and find your rhythm.
- Speed up if you can or slow down if you need to.
- Enjoy the event.

### At the finish ...

- Have a drink of water and something to eat.
- Keep moving around and stretch out so you don't stiffen up.
- Be proud of yourself for running for two good causes – your health and cancer research.