



Running for Premature Babies 2021 SMH Half Marathon Training Program

Designed by Mandi O'Sullivan Jones, Fighting Fit Health Consultancy





Running for Premature Babies

SMH Half Marathon Training Program

Welcome! As part of our 2021 team, you have access to our free training led by our experienced coaches. Please join us at any of the training sessions below over the 15 weeks until the event on 16 May.

Look out for our training maps and events on Facebook and at our Strava Running for Premature Babies club.

Our meeting spots for training are:

- Sundays at Centennial Park - Dickens Drive Lachlan Reserve, opposite toilet block
- Queens Park - Darley Rd, by the exercise equipment
- Rejoov Runners - Centennial Park homestead cafe, on the white fence

Your safety is important to us. We will adhere to NSW Health COVID 19 restrictions on outdoor group training numbers. We will practice social distancing and provide hand sanitiser. Please avoid shaking hands, hugging or high fives. If you are sick or have any symptoms, please stay at home.

| | Monday | Tuesday | Wednesday (Team) | Thursday | Friday | Saturday | Sunday (Team) |
|----------|--------|---------|---------------------|----------|--------|----------|---|
| Week One | | | | | | | Feb 7 TRAINING STARTS! Centennial Park 7:00am Shorter: 4.5km Longer: 6.5km |

| | Monday | Tuesday | Wednesday (Team) | Thursday | Friday | Saturday | Sunday (Team) |
|------------|---------------------------|---|---|--|---|--|---|
| Week two | Feb 8 Rest day | Feb 9 Rejoov Runners 6am Centennial Park (to book call 0419 021694) | Feb 10 Queens Park 7pm Warm up : 2km; Drills+ Run-throughs Main Set: (Flat) 75-80% W: 3-4 x 90sec R: 45secs Warm down 1-2km; Stretch | Feb 11 Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694) | Feb 12 Self run Shorter 4.5km Longer:: 6.0-6.5 km | Feb 13 Rest Day or X Training | Feb 14 Centennial Park 7:00am Shorter: 5km Longer: 7km |
| Week three | Feb 15 Rest day | Feb 16 Rejoov Runners 6am Centennial Park (to book call 0419 021694) | Feb 17 Queens Park 7pm Warm up : 2km; Drills+ Run-throughs Main Set: (Flat) 75-80% W: 3-4 x 90sec R: 45secs + W: 4x 30sec R:30secs Warm down 1-2km; Stretch | Feb 18 Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021694) | Feb 19 Self run Shorter: 4.5 km Longer: 6.5-7.0 km | Feb 20 Rest Day or X Training | Feb 21 Centennial Park 7:00am Shorter: 5.5km Longer: 7.5km |
| Week four | Feb 22 Rest day | Feb 23 Rejoov Runners 6am Centennial Park (to book call 0419 021694) | Feb 24 Queens Park 7pm Warm up : 2km; Drills+ Run-throughs Main Set: (Hills) 75-80% W: 5-7 x 45sec; R: jog down Warm down 1-2km; Stretch | Feb 25 Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021694) | Feb 26 Self run Shorter: 5km Longer: 7km | Feb 27 Rest Day or X Training | Feb 28 Centennial Park 7:00am Shorter: 6km Longer: 8.5km |

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| Week five | Mar 1 Rest day | Mar 2 Rejoov Runners 6am Centennial Park (to book call 0419 021 694) | Mar 3 Queens Park 7pm Warm up: 2km; Drills+ Run-throughs Main Set: (Hills) 75-80% W: 7-10 x45sec; R: jog down Static Wall Squat x1 Warm down 1-2km; Stretch | Mar 4 Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694) | Mar 5 Self run Shorter: 5.0 km Longer: 7.0-7.5 km | Mar 6 Rest Day or X Training | Mar 7 Centennial Park 7:00am Shorter: 7km Longer: 9.5km |
| Week six | Mar 8 Rest day | Mar 9 Rejoov Runners 6am Centennial Park (to book call 0419 021 694) | Mar 10 Queens Park 7pm Warm up: 2km; Drills+ Run-throughs Main Set: (Hills) 75-80% W: 7-10 x55sec; R: jog down hill Static Wall Squat x2 Warm down 1-2km; Stretch | Mar 11 Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694) | Mar 12 Self run Shorter: 5.0-5.5 km Longer: 7.0-7.5 km | Mar 13 Rest Day or X Training | Mar 14 Centennial Park 7:00am Shorter: 8km Longer: 10.5km |
| Week seven | Mar 15 Rest day | Mar 16 Rejoov Runners 6am Centennial Park (to book call 04 | Mar 17 Queens Park 7pm Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 4x 800m R: 75% of 800m time Warm down :10min + Stretch | Mar 18 Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021694) | Mar 19 Self run Shorter: 5.5km Longer: 7.5-8km | Mar 20 Rest Day or X Training | Mar 21 Centennial Park 7:00am Shorter: 9km Longer: 11.5km |

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| Week eight | Mar 22 Rest day | Mar 23 Rejoov Runners 6am Centennial Park (to book call 0419 021694) | Mar 24 Queens Park 7pm Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 4x 800m R: 75% of 800m time Warm down :10min + Stretch | Mar 25 Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021694) | Mar 26 Self run Shorter: 5.5-6km Longer: 8km | Mar 27 Rest Day or X Training | Mar 28 Centennial Park 7:00am Shorter: 10km Longer: 12.5km |
| Week nine | Mar 29 Rest day | Mar 30 Rejoov Runners 6am Centennial Park (to book call 0419 021694) | Mar 31 Queens Park 7pm Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 6x 400 – R: 60sec Warm down :10min + Stretch | Apr 1 Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694) | Apr 2 Self run Shorter: 6km Longer: 8 km School holidays start | Apr 3 Rest Day or X Training Easter Saturday | Apr 4 No team training Easter Sunday Self run Shorter: 11.5km Longer: 14km DAYLIGHT SAVINGS ENDS |
| Week ten | Apr 5 Rest day | Apr 6 Rejoov Runners 6am Centennial Park (to book call 0419 021694) | Apr 7 Venue change to Coogee Coogee SLSC 7pm Dinner @Coogee Beach Club after training Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 6x 400 – R: 60sec Warm down :10min ,Stretch | Apr 8 Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694) | Apr 9 Self run Shorter: 7km Longer: 10km | Apr 10 Rest Day or X Training | Apr 11 Centennial Park 7:00am Shorter: 13km Longer: 15.5km |

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| Week eleven | Apr 12 Rest day | Apr 13 Rejoov Runners 6am Centennial Park (to book call 0419 021694) | Apr 14 Coogee SLSC 7pm Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 5x 800m R: 65-75%of your 800m time Warm down :10min + Stretch | Apr 15 Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694) | Apr 16 Self run Shorter: 6km Longer: 8km School holidays end | Apr 17 Rest Day or X Training | Apr 18 Centennial Park 7:00am RACE PACE Shorter: 14km Longer: 17km |
| Week twelve | Apr 19 Rest day | Apr 20 Rejoov Runners 6am Centennial Park (to book call 0419 021694) | Apr 21 Coogee SLSC 7pm Warm up: 10min + Stretch/Drills Main Set: POWER (Flat+ Hills) 80-85% W: 3-4x 2-3mins R : 60sec jog flat Warm down : 10min + Stretch | Apr 22 Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694) | Apr 23 Self run Shorter: 5-6km Longer: 6-7km | Apr 24 Rest Day or X Training | Apr 25 Centennial Park 7:00am Shorter: 16km Longer: 18km |
| Week thirteen | Apr 26 Rest day | Apr 27 Rejoov Runners 6am Centennial Park (to book call 0419 021694) | Apr 28 Coogee SLSC 7pm Main Set: SPEED 80-85% W: 5km time trial Warm down: 10min + Stretch | Apr 29 Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694) | Apr 30 Self run Shorter: 4-5km Longer: 6km | May 1 Rest Day or X Training | May 2 COURSE RUN City CBD 7:00am 17.0 km |

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| Week fourteen | May 3 Rest day | May 4 Rejoov Runners 6am Centennial Park (to book call 0419 021694) | May 5 Coogee SLSC 7pm Warm up: 10min + Stretch/Drills Main Set: Your Favourite Interval Session Warm down :10min + Stretch | May 6 Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694) | May 7 Rest day | May 8 Rest Day | May 9 TAPER Mother's Day 4/8km Fun Run Or Self Run Shorter: 10-12km Longer: 15km |
| Week fifteen | May 10 Rest day | May 11 Rejoov Runners 6am Centennial Park (to book call 0419 021694) | May 12 No training Team CARB LOADING DINNER - COOGEE Beach Club | May 13 Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694) | May 14 Rest day | May 15 Rest Day | May 16 RACE DAY!!! AFTER PARTY 3.00PM COOGEE Beach Club |

Running for Premature Babies is generously supported by the following partners

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PENDAL



Meet our talented Trainers



**MANDI
O'SULLIVAN JONES**

Head Trainer

Mandi, from Fighting Fit Health Consultancy, created the RFPB training program in 2009 and has been our head trainer since then, getting thousands of runners over the line injury free. Mandi is a qualified exercise physiologist with 22 years experience. Her speciality within our team is her ability to support even self professed 'non runners' and help them achieve something they never believed possible - 21.1km! Her areas of expertise are rehabilitation, injury prevention and management, and sprint and power training. Mandi lives in Bronte with her two sons who are very much a part of the Running for Premature Babies family.



**GRETA
TRUSCOTT**

Rejoov Runners - Centennial Park

Greta Truscott is the Head Coach at Rejoov Runners. She is extremely well equipped to assist runners of all levels with her background in coaching, athletics, triathlon, sports massage and occupational therapy. She understands the balance required across all ages and stages of life. Greta has broad qualifications in health and fitness (including Athletics Australia Level 2) and has been strongly involved in competitive sport for over 20 years. She has helped thousands of runners achieve their goals across middle to long distance events, road, track, trail, sand, swim run and triathlon. No matter what your goal, fitness level or age, Greta welcomes all with open arms to her training sessions.



**ANTHONY
DONNELLY**

Centennial Park Trainer

Anthony has proudly run with Running for Premature Babies since their first outing in 2007. He has competed in triathlons and running races across most distances and enjoys the fitness and friendships that these sports have forged. He loves sharing his experience with the dedicated and enthusiastic RFPB runners and learning from their experiences. Anthony works in the CDB, is married with 2 kids and is looking forward to another season with the Premmie Babies crew.



Meet our talented Trainers



HELEN COOPER

Queens Park/Coogee trainer

Helen has helped train the RFPB SMH Half Marathon Team for the past 2 years on Wednesday nights, when not off on an adventure to some far-flung location with her business Primal Adventures. She recently took an RFPB Team to Nepal, helping raise \$56000 while participating in the life-affirming Annapurna Trail Marathon. Helen has a degree in Environmental Management, Graduate Diploma in Education, and qualifications in Outdoor Recreation, Fitness Coaching and Wilderness First Aid. She lives in South Coogee with her husband, 2 daughters, cat, dog, 4 chickens & 3 fish. Training with Helen is often about realising the beauty of a moment, or a sunset, or having a chat with someone new and finding out their story. She will also make you sweat when you need it!