

Running for Premature Babies Half Marathon Training Program 2018

designed by Mandi O'Sullivan Jones - Fighting Fit Health Consultancy



Week	week begins	Monday	Tuesday	Wednesday (TEAM)	Thursday	Friday	Saturday	Sunday (TEAM)
1	30 January	30 Jan	31 Jan	31 Jan	1 Feb	2 Feb	3 Feb	<p>4 Feb TRAINING STARTS!</p> <p>Centennial Park 7:30am Beg: 4km / Int: 6km</p> <p>Commonwealth Games – Sophie Smith in Queens Baton Relay 5pm @ corner of Pine Ave & Curie Ave, Little Bay</p> <p>PLS ATTEND IN RFPB KIT TO CHEER HER ON!</p>
2	5 February	5 Feb Rest Day	6 Feb Rest Day	<p>7 Feb</p> <p>Launch Party 7pm The Cookhouse, Randwick All welcome!</p>	8 Feb Rest Day or X Training	9 Feb Run Club 6am Centennial Pk B: 4.5km I:6.0-6.5 km	10 Feb Rest Day or X Training	<p>11 Feb</p> <p>Lachlan Reserve in Centennial Park 7:30am</p> <p>Beg: 4.5km / Int: 6.5km</p>
3	12 February	12 Feb Rest Day	13 Feb Rest Day	<p>14 Feb</p> <p>Queens Park/ Balgowlah 7pm The Domain 6pm</p> <p>Warm up : 2km; Drills+ Run-throughs</p> <p>Main Set: (Flat) 75-80%</p> <p>W: 3-4 x 90sec R: 45secs</p> <p>Warm down 1-2km; Stretch</p>	15 Feb Rest Day or X Training	16 Feb Run Club 6am Centennial Pk B: 4.5km I:6.0-6.5 km	17 Feb Rest Day or X Training	<p>18 Feb</p> <p>Centennial Park 7:30am</p> <p>Beg: 5km / Int: 7km</p>
4	19 February	19 Feb Rest Day	20 Feb Rest Day	<p>21 Feb</p> <p>Queens Park/ Balgowlah 7pm The Domain 6pm</p> <p>Warm up : 2km; Drills+ Run-throughs</p> <p>Main Set: (Flat) 75-80%</p> <p>W: 3-4 x 90sec R: 45secs +</p> <p>W: 4x 30sec R:30secs</p> <p>Warm down 1-2km; Stretch</p>	22 Feb Rest Day or X Training	23 Feb Run Club 6am Centennial Pk B: 4.5 km I:6.5-7.0 km	24 Feb Rest Day or X Training	<p>25 Feb</p> <p>Centennial Park 7:30am</p> <p>Beg: 5.5km / Int: 7.5km</p>

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5	26 February	26 Feb Rest Day	27 Feb Rest Day	28 Feb <i>Queens Park/ /Balgowlah 7pm</i> <i>The Domain 6pm</i> Warm up : 2km; Drills+ Run-throughs Main Set: (Hills) 75-80% W: 5-7 x 45sec; R: jog down Warm down 1-2km; Stretch	1 Mar Rest Day or X Training	2 Mar Run Club 6am Centennial Pk B: 5.0 km I: 7.0 km	3 Mar Rest Day or X Training	4 Mar Centennial Park 7:30am Beg: 6km / Int: 8.5km
6	5 Mar	5 Mar Rest Day	6 Mar Rest Day	7 Mar <i>Queens Park/Balgowlah 7pm</i> <i>The Domain 6pm</i> 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	8 Mar Rest Day or X Training	9 Mar Run Club 6am Centennial Pk B: 5.0 km I:7.0-7.5 km	10 Mar Rest Day or X Training	11 Mar Centennial Park 7:30am Beg: 7km / Int: 9.5km
7	12 March	12 Mar Rest Day	13 Mar Rest Day	14 Mar <i>Queens Park/Balgowlah 7pm</i> <i>The Domain 6pm</i> 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	15 Mar Rest Day or X Training	16 Mar Run Club 6am Centennial Pk B: 5.0-5.5 km I:7.0-7.5 km	17 Mar Rest Day or X Training	18 Mar Centennial Park 7:30am Beg: 8km / Int: 10.5km TEAM BBQ 9:30am
8	19 March	19 Mar Rest Day	20 Mar Rest Day	21 Mar <i>Queens Park/ Balgowlah 7pm</i> <i>The Domain 6pm</i> Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 4x 800m R: 75% of 800m time Warm down :10min + Stretch	22 Mar Rest Day or X Training	23 Mar Run Club 6am Centennial Pk B: 5.5km I: 7.5–8km	24 Mar Rest Day or X Training	25 Mar Bondi Beach @ North Bondi with Bondifit SLSC 7:30am Beg: 9km / Int: 11.5km
9	26 March	26 Mar Rest Day	27 Mar Rest Day	28 Mar <i>Queens Park/ Balgowlah 7pm</i> <i>The Domain 6pm</i> Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 4x 800m R: 75% of 800m time Warm down :10min + Stretch	29 Mar Rest Day or X Training	30 Mar Good Friday Run Club 6am Centennial Pk B: 5.5-6km I: 8km	31 Mar Easter Saturday Centennial Park 7:30am Beg: 10km / Int: 12.5km	1 Apr Easter Sunday DAYLIGHT SAVINGS ENDS Rest Day or X Training

Week	week begins	Monday	Tuesday	Wednesday (TEAM)	Thursday	Friday	Saturday	Sunday (TEAM)
10	2 Apr	2 Apr Rest Day	3 Apr Rest Day	4 Apr NB: Change Venues Coogee SLSC 7pm Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 6x 400 – R: 60sec Warm down :10min + Stretch ALL GROUPS TO COOGEE FOR TRAINING & SOCIAL EVENING – VENUE TBC	5 Apr Rest Day or X Training	6 Apr Run Club 6am Centennial Pk B: 6 km I: 8km	7 Apr Rest Day or X Training	8 Apr Centennial Park 7:30am Beg: 11.5km / Int: 14km
11	9 April	9 Apr Rest Day	10 Apr Rest Day	11 Apr Coogee SLSC/Balgowlah 7pm The Domain 6pm Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 6x 400 – R: 60sec Warm down :10min + Stretch	12 Apr Rest Day or X Training	13 Apr Run Club 6am Centennial Pk B: 7km I: 10km	14 Apr Rest Day or X Training School holidays start	15 Apr Centennial Park 7:30am RACE PACE Beg: 13km / Int: 15.5km
12	16 April	16 Apr Rest Day	17 Apr Rest Day	18 Apr Coogee SLSC/Balgowlah 7pm The Domain 6pm Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 5x 800m R: 65-75%of your 800m time Warm down :10min + Stretch	19 Apr Rest Day or X Training	20 Apr Run Club 6am Centennial Pk B: 6km I: 8km	21 Apr Rest Day or X Training	22 Apr Bondi Beach @ North Bondi with Bondifit SLSC @ 7:30am Beg: 14.5km / Int: 17km
13	23 April	23 Apr Rest Day	24 Apr Rest Day	25 Apr Coogee SLSC/Balgowlah 7pm The Domain 6pm 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	26 Apr Rest Day or X Training	27 Apr Run Club 6am Centennial Pk B: 5-6km I: 6-7km	28 Apr Rest Day or X Training	29 Apr Centennial Park 7:30am RACE PACE Beg: 16km / Int: 18km School holidays end
14	30 Apr	30 Apr Rest Day	1 May Rest Day	2 May Coogee SLSC/ Balgowlah 7pm The Domain 6pm Main Set: SPEED 80-85% W: 5km time trial Warm down: 10min + Stretch	3 May Rest Day or X Training	4 May Run Club 6am Centennial Pk B: 4-5km I: 6km	5 May Rest Day or X Training	6 May City CBD 7:30am 17.0 km COURSE RUN

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15	7 May TAPER	7 May Rest Day	8 May Rest Day	<p>9 May</p> <p>Coogee SLSC/ES Marks/Balgowlah 7pm The Domain 6pm</p> <p>Warm up: 10min + Stretch/Drills</p> <p>Main Set: Your Favourite Interval Session</p> <p>Warm down :10min + Stretch</p>	10 May Rest Day or X Training	11 May Rest Day	12 May Rest Day	<p>13 May</p> <p>TAPER</p> <p>LAST Long Run or Mother's Day 4/8km Fun Run Beg: 10-12 / Int 15km</p>
16	14 May TAPER	14 May Rest Day	15 May Rest Day	<p>16 May</p> <p>Venue Change: COOGEE SLSC ONLY</p> <p>Warm up: 10min Stretch/Drills</p> <p>Taper – 5x 500m 80% +</p> <p>Warm Down 10min + Stretch</p> <p>CARB LOADING DINNER - COOGEE LEGION CLUB</p>	17 May Rest Day or X Training	18 May Rest Day	19 May Rest Day	<p>20 May</p> <p>RACE DAY!!! AFTER PARTY 3.00PM COOGEE DIGGERS CLUB</p>

Further FREE training is also available thanks to the generosity of our supporters at Rejoov Runners and Sydney Running.
See the newsletter for more information.

