



Running for Premature Babies Half Marathon Training Program 2019

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



Running for
Premature Babies

Week	week begins	Monday	Tuesday	Wednesday (TEAM)	Thursday	Friday	Saturday	Sunday (TEAM)
1	27 January	28 Jan	29 Jan	30 Jan	31 Jan	1 Feb	2 Feb	3 Feb TRAINING STARTS! Centennial Park 7:30am Beg: 4km / Int: 6km (Relay Training: same)
2	4 February	4 Feb Rest Day	5 Feb Rest Day	6 Feb Queens Park/ North Sydney 7pm The Domain 6pm Warm up : 2km; Drills+ Run-throughs Main Set: (Flat) 75-80% W: 3-4 x 90sec R: 45secs Warm down 1-2km; Stretch	7 Feb Rest Day or X Training	8 Feb Self Run: B:4km I:6.0km	9 Feb Rest Day or X Training	10 Feb Lachlan Reserve in Centennial Park 7:30am Beg: 4.5km / Int: 6.5km (Relay Training: same)
3	11 February	11 Feb Rest Day	12 Feb Rest Day	13 Feb Queens Park/ North Sydney 7pm The Domain 6pm Warm up : 2km; Drills+ Run-throughs Main Set: (Flat) 75-80% W: 3-4 x 90sec R: 45secs Warm down 1-2km; Stretch	14 Feb Rest Day or X Training	15 Feb Self Run B: 4.5km I:6.0-6.5 km	16 Feb Rest Day or X Training	17 Feb Centennial Park 7:30am Beg: 5km / Int: 7km (Relay Training: same)
4	18 February	18 Feb Rest Day	19 Feb Rest Day	20 Feb Queens Park/ North Sydney 7pm The Domain 6pm 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	21 Feb Rest Day or X Training	22 Feb Self Run B: 4.5 km I:6.5-7.0 km	23 Feb Rest Day or X Training	24 Feb Centennial Park 7:30am Beg: 5.5km / Int: 7.5km (Relay Training: same)

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5	25 February	25 Feb Rest Day	26 Feb Rest Day	27 Feb <i>Queens Park/ North Sydney 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	28 Feb Rest Day or X Training	1 Mar Self Run B: 5.0 km I: 7.0 km	2 Mar Rest Day or X Training	3 Mar Centennial Park 7:30am Beg: 6km / Int: 8.5km (Relay Training: same)
6	4 Mar	4 Mar Rest Day	5 Mar Rest Day	6 Mar <i>Queens Park/ North Sydney 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	7 Mar Rest Day or X Training	8 Mar Self Run B: 5.0 km I:7.0-7.5 km	9 Mar Rest Day or X Training	10 Mar Centennial Park 7:30am Beg: 7km / Int: 9.5km (Relay Training: 6km)
7	11 March	11 Mar Rest Day	12 Mar Rest Day	13 Mar <i>Queens Park/ North Sydney 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	14 Mar Rest Day or X Training	15 Mar Self Run B: 5.0-5.5 km I:7.0-7.5 km	16 Mar Rest Day or X Training	17 Mar Centennial Park 7:30am Beg: 8km / Int: 10.5km (Relay Training: 6.5km) TEAM BBQ 9:00am
8	18 March	18 Mar Rest Day	19 Mar Rest Day	20 Mar <i>Queens Park/ North Sydney 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	21 Mar Rest Day or X Training	22 Mar Self Run B: 5.5km I: 7.5–8km	23 Mar Rest Day or X Training	24 Mar Bondi Beach @ North Bondi with Bondifit SLSC 7:30am Beg: 9km / Int: 11.5km (Relay Training: 6.5km)
9	25 March	25 Mar Rest Day	26 Mar Rest Day	27 Mar <i>Queens Park/ North Sydney 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	28 Mar Rest Day or X Training	29 Mar Self Run B: 5.5-6km I: 8km	30 Mar Rest Day or X Training	31 Mar Centennial Park 7:30am Beg: 10km / Int: 12.5km (Relay Training: 7km)

We ek	week begins	Monday	Tuesday	Wednesday (TEAM)	Thursday	Friday	Saturday	Sunday (TEAM)
10	1 Apr	1 Apr Rest Day	2 Apr Rest Day	3 Apr <i>Queens Park/ North Sydney 7pm</i> Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 6x 400 – R: 60sec Warm down :10min + Stretch	4 Apr Rest Day or X Training	5 Apr Self Run B: 6 km I: 8km	6 Apr Rest Day or X Training	7 Apr Centennial Park 7:30am Beg: 11.5km / Int: 14km DAYLIGHT SAVINGS ENDS (Relay Training: 7.5km)
11	8 April	8 Apr Rest Day	9 Apr Rest Day	10 Apr NB: Change Venues Coogee SLSC 7pm <i>Coogee SLSC/North Sydney 7pm</i> <i>The Domain 6pm</i> Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 6x 400 – R: 60sec Warm down :10min + Stretch	11 Apr Rest Day or X Training	12 Apr Self Run B: 7km I: 10km	13 Apr Rest Day or X Training School holidays start	14 Apr Centennial Park 7:30am RACE PACE Beg: 13km / Int: 15.5km (Relay Training: 8km)
12	15 April	15 Apr Rest Day	16 Apr Rest Day	17 Apr <i>Coogee SLSC/North Sydney 7pm</i> <i>The Domain 6pm</i> Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 5x 800m R: 65-75%of your 800m time Warm down :10min + Stretch	18 Apr Rest Day or X Training	19 Apr Self Run B: 6km I: 8km	20 Apr Easter Saturday Centennial Park 7:30am Beg: 14.5km / Int: 17km (Relay Training: 8.5km)	21 Apr Easter Sunday
13	22 April	22 Apr Rest Day	23 Apr Rest Day	24 Apr <i>Coogee SLSC/North Sydney 7pm</i> <i>The Domain 6pm</i> 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	25 Apr Rest Day or X Training	26 Apr Self Run B: 5-6km I: 6-7km	27 Apr Rest Day or X Training	28 Apr Centennial Park 7:30am RACE PACE Beg: 16km / Int: 18km (Relay Training: 9km) School holidays end
14	29 Apr	29 Apr Rest Day	30 Apr Rest Day	1 May <i>Coogee SLSC/North Sydney 7pm</i> <i>The Domain 6pm</i> Main Set: SPEED 80-85% W: 5km time trial Warm down: 10min + Stretch	2 May Rest Day or X Training	3 May Self Run B: 4-5km I: 6km	4 May Rest Day or X Training	5 May City CBD 7:30am 17.0 km (Relay Training: 9.5km) COURSE RUN

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

Further FREE training is also available thanks to the generosity of our supporters at Rejoov Runners (rejoovrunners.com.au) and Sydney Running (0414 060006)

