



# Running for Premature Babies SMH Half Marathon Training Program

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Fighting Fit Health Consultancy







# Running for Premature Babies

## SMH Half Marathon Training Program

Welcome! As part of our 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 16 weeks until the event on 17 May. Look out for our training maps and events on Facebook and join our Running for Premature Babies club on Strava. You can also click the **S** and **L** symbols in this program to access our Sunday Shorter and Longer training routes online. Our meeting spots for training are:

- Sundays at Centennial Park - Dickens Drive Lachlan Reserve, opposite toilet block
- City training - The Domain, Hospital Rd, near rear of Library
- Queens Park - Darley Rd, by the exercise equipment
- Frenchs Forest - Lionel Watts park, Blackbutts Road, at the playground gates
- Rejoov Runners - Centennial Park homestead cafe, on the white fence

	Monday	Tuesday	Wednesday (Team)	Thursday	Friday	Saturday	Sunday (Team)
Week one							<b>Feb 2 TRAINING STARTS!</b> Centennial Park 7:00am Shorter: 4km Longer 6km
Week two	<b>Feb 3</b> Rest day	<b>Feb 4</b> Centennial Park 6am with Rejoov Runners (to book call 0419 021 694)  The Domain, 12.30-1.15pm Interval Training	<b>Feb 5</b>	<b>Feb 6</b> Centennial Park 6am with Rejoov Runners (book in with Greta on 0419 021 694)	<b>Feb 7</b> Self run Shorter: 4.5km Longer: 6.0-6.5 km	<b>Feb 8</b> Rest Day or X Training	<b>Feb 9</b> Centennial Park 7:00am Shorter: 4.5km Longer: 6.5km  <b>S</b> <b>L</b>

	Monday	Tuesday	Wednesday (Team)	Thursday	Friday	Saturday	Sunday (Team)
Week three	<b>Feb 10</b> Rest day	<b>Feb 11</b> Rejoov Runners 6am Centennial Park (to book call 0419 021694)  The Domain, City 12.30-1.15pm Interval Training	<b>Feb 12</b> Queens Park 7pm, Frenchs Forest, 7pm  Warm up : 2km; Drills+ Run-throughs Main Set: (Flat) 75-80% W: 3-4 x 90sec R: 45secs Warm down 1-2km; Stretch	<b>Feb 13</b> Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694)	<b>Feb 14</b> Self run Shorter 4.5km Longer:: 6.0-6.5 km	<b>Feb 15</b> Rest Day or X Training	<b>Feb 16</b> Centennial Park 7:00am Shorter: 5km Longer: 7km  <b>S</b> <b>L</b>
Week four	<b>Feb 17</b> Rest day	<b>Feb 18</b> Rejoov Runners 6am Centennial Park (to book call 0419 021694)  The Domain, City 12.30-1.15pm Interval Training	<b>Feb 19</b> Queens Park 7pm Frenchs Forest, 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	<b>Feb 20</b> Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021694)	<b>Feb 21</b> Self run Shorter: 4.5 km Longer: 6.5-7.0 km	<b>Feb 22</b> Rest Day or X Training	<b>Feb 23</b> Centennial Park 7:00am Shorter: 5.5km Longer: 7.5km  <b>S</b> <b>L</b>
Week five	<b>Feb 24</b> Rest day	<b>Feb 25</b> Rejoov Runners 6am Centennial Park (to book call 0419 021694)  The Domain, City 12.30-1.15pm Interval Training	<b>Feb 26</b> Queens Park 7pm Frenchs Forest, 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	<b>Feb 27</b> Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021694)	<b>Feb 28</b> Self run Shorter: 5km Longer: 7km	<b>Feb 29</b> Rest Day or X Training	<b>Mar 1</b> Centennial Park 7:00am Shorter: 6km Longer: 8.5km  <b>S</b> <b>L</b>

	Monday	Tuesday	Wednesday (Team)	Thursday	Friday	Saturday	Sunday (Team)
Week six	<b>Mar 2</b> Rest day	<b>Mar 3</b> Rejoov Runners 6am Centennial Park (to book call 0419 021 694)  The Domain, City 12.30-1.15pm Interval Training	<b>Mar 4</b> Queens Park 7pm Frenchs Forest, 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	<b>Mar 5</b> Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694)	<b>Mar 6</b> Self run Shorter: 5.0 km Longer: 7.0-7.5 km	<b>Mar 7</b> Rest Day or X Training	<b>Mar 8</b> Centennial Park 7:00am Shorter: 7km Longer: 9.5km  <div>S</div> <div>L</div>
Week seven	<b>Mar 9</b> Rest day	<b>Mar 10</b> Rejoov Runners 6am Centennial Park (to book call 0419 021 694)  The Domain, City 12.30-1.15pm Interval Training	<b>Mar 11</b> Queens Park 7pm Frenchs Forest, 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	<b>Mar 12</b> Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694)	<b>Mar 13</b> Self run Shorter: 5.0-5.5 km Longer: 7.0-7.5 km	<b>Mar 14</b> Rest Day or X Training	<b>Mar 15</b> Centennial Park 7:00am Shorter: 8km Longer: 10.5km  <div>S</div> <div>L</div>
Week eight	<b>Mar 16</b> Rest day	<b>Mar 17</b> Rejoov Runners 6am Centennial Park (to book call 0419 021694)  The Domain, City 12.30-1.15pm Interval Training	<b>Mar 18</b> Queens Park 7pm Frenchs Forest, 7pm  Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 4x 800m R: 75% of 800m time Warm down :10min + Stretch	<b>Mar 19</b> Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021694)	<b>Mar 20</b> Self run Shorter: 5.5km Longer: 7.5-8km	<b>Mar 21</b> Rest Day or X Training	<b>Mar 22</b> Centennial Park 7:00am Shorter: 9km Longer: 11.5km <b>TEAM BBQ</b> <b>9:00am</b> <div>S</div> <div>L</div>

	Monday	Tuesday	Wednesday (Team)	Thursday	Friday	Saturday	Sunday (Team)
Week nine	<b>Mar 23</b> Rest day	<b>Mar 24</b> Rejoov Runners 6am Centennial Park (to book call 0419 021694)  The Domain, City 12.30-1.15pm Interval Training	<b>Mar 25</b> Queens Park 7pm Frenchs Forest, 7pm  Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 4x 800m R: 75% of 800m time Warm down :10min + Stretch	<b>Mar 26</b> Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021694)	<b>Mar 27</b> Self run Shorter: 5.5-6km Longer: 8km	<b>Mar 28</b> Rest Day or X Training	<b>Mar 29</b> Centennial Park 7:00am Shorter: 10km Longer: 12.5km  <div>S</div> <div>L</div>
Week ten	<b>Mar 30</b> Rest day	<b>Mar 31</b> Rejoov Runners 6am Centennial Park (to book call 0419 021694)  The Domain, City 12.30-1.15pm Interval Training	<b>Apr 1</b> Queens Park 7pm Frenchs Forest, 7pm  Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 6x 400 – R: 60sec Warm down :10min + Stretch	<b>Apr 2</b> Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694)	<b>Apr 3</b> Self run Shorter: 6km Longer: 8 km	<b>Apr 4</b> Rest Day or X Training	<b>Apr 5</b> Centennial Park 7:00am Shorter: 11.5km Longer: 14km <b>DAYLIGHT SAVINGS ENDS</b>  <div>S</div> <div>L</div>
Week eleven	<b>Apr 6</b> Rest day	<b>Apr 7</b> Rejoov Runners 6am Centennial Park (to book call 0419 021694)  The Domain, City 12.30-1.15pm Interval Training	<b>Apr 8</b> <b>Venue change to Coogee</b> Coogee SLSC 7pm Frenchs Forest, 7pm  Warm up: 10min + Stretch/Drills Main Set: SPEED 80-85% W: 6x 400 – R: 60sec Warm down :10min ,Stretch	<b>Apr 9</b> Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694)	<b>Apr 10</b> Self run Shorter: 7km Longer: 10km <b>School holidays start</b>	<b>Apr 11</b> Rest Day or X Training <b>Easter Saturday</b>	<b>Apr 12</b> <b>No team training Easter Sunday</b> Self run horter: 13km Longer: 15.5km

	Monday	Tuesday	Wednesday (Team)	Thursday	Friday	Saturday	Sunday (Team)
Week twelve	<b>Apr 13</b> Rest day	<b>Apr 14</b> Rejoov Runners 6am Centennial Park (to book call 0419 021694)  The Domain, City 12.30-1.15pm Interval Training	<b>Apr 15</b> Coogee SLSC 7pm Frenchs Forest, 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	<b>Apr 16</b> Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694)	<b>Apr 17</b> Self run Shorter: 6km Longer: 8km	<b>Apr 18</b> Rest Day or X Training	<b>Apr 19</b> Centennial Park 7:00am RACE PACE Shorter: 14km Longer: 17km  <div>S</div> <div>L</div>
Week thirteen	<b>Apr 20</b> Rest day	<b>Apr 20</b> Rejoov Runners 6am Centennial Park (to book call 0419 021694)  The Domain, City 12.30-1.15pm Interval Training	<b>Apr 22</b> Coogee SLSC 7pm Frenchs Forest, 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	<b>Apr 23</b> Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694)	<b>Apr 24</b> Self run Shorter: 5-6km Longer: 6-7km <b>School holidays end</b>	<b>Apr 25</b> Rest Day or X Training	<b>Apr 26</b> North Bondi SLSC , 6.30am with Bondi Fit Shorter: 16km Longer: 18km  <div>S</div> <div>L</div>
Week fourteen	<b>Apr 27</b> Rest day	<b>Apr 28</b> Rejoov Runners 6am Centennial Park (to book call 0419 021694)  The Domain, City 12.30-1.15pm Interval Training	<b>Apr 29</b> Coogee SLSC 7pm Frenchs Forest, 7pm  Main Set: SPEED 80-85% W: 5km time trial Warm down: 10min + Stretch	<b>Apr 30</b> Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694)	<b>May 1</b> Self run Shorter: 4-5km Longer: 6km	<b>May 2</b> Rest Day or X Training	<b>May 3</b> City CBD 7:00am 17.0 km <b>COURSE RUN</b>  <div>C</div>

	Monday	Tuesday	Wednesday (Team)	Thursday	Friday	Saturday	Sunday (Team)
Week fifteen	<b>May 4</b> Rest day	<b>May 5</b> Rejoov Runners 6am Centennial Park (to book call 0419 021694)  The Domain, City 12.30-1.15pm Interval Training	<b>May 6</b> Coogee SLSC 7pm Frenchs Forest, 7pm  Warm up: 10min + Stretch/Drills Main Set: Your Favourite Interval Session Warm down :10min + Stretch	<b>May 7</b> Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694)	<b>May 8</b> Rest day	<b>May 9</b> Rest Day	<b>May 10</b> TAPER Mother's Day 4/8km Fun Run Or Self Run Shorter: 10-12km Longer: 15km
Week sixteen	<b>May 11</b> Rest day	<b>May 12</b> Rejoov Runners 6am Centennial Park (to book call 0419 021694)  The Domain, City 12.30-1.15pm Interval Training	<b>May 13</b> <b>No training</b>  <b>Team CARB LOADING DINNER - COOGEE Beach Club</b>	<b>May 14</b> Rejoov Runners 6am Centennial Park (book in with Greta on 0419 021 694)	<b>May 15</b> Rest day	<b>May 16</b> Rest Day	<b>May 17</b> <b>RACE DAY!!!</b> AFTER PARTY 3.00PM COOGEE Beach Club

Running for Premature Babies is generously supported by the following partners

***running bare*** 

**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.



**EAMONN KENIHAN**

Frenchs Forest Trainer

Eamonn, one of our longest running trainers, has been involved with the group since 2009, having taken Wednesday night sessions in Centennial park, CBD, North Sydney and now on the Frenchs Forest. Having tackled most of NSW running and triathlon events over the years, he has years of experience & knowledge that he is keen to share – he even has his name on the RFPB trophy twice from 2009 & 2010! Eamonn works in finance, lives on the northern beaches, where Kathleen and their twin boys are regulars at Curl Curl parkrun.



**ANTHONY DONNELLY**

City 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.



**BEC WAUGH**

Queens Park/Coogee Trainer

Rebecca Waugh is a renowned personal and group fitness trainer with a passion to help all in her charge be the best they can be as an athlete and a person. Her training programs have helped literally hundreds to achieve and maintain their physical potential. If anyone knows how to prepare for and run for this race it's Bec, having run the Sydney Half Marathon over 20 times achieving top 10 finishes in her category. Off the running track Bec works as a teacher at the Sydney Children's Hospital and a facilitator for the Royal Hospital for Women Randwick. She is currently also the captain of the Coogee Minnows, Coogee SLSC Junior lifesaving program and lives in Coogee with her husband, three boys and Jackie Chan, the lovable Jack Russell, bees, a bearded dragon and 5 chooks.





# 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!



## 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.



## SPOT ANDERSON

Guest trainer - Bondi

Spot Anderson began his coaching career in 1983 whilst studying at University. He coached the local swim club kids at Bondi Icebergs Pool & hasn't stopped helping people swim since. He has coached babies doing learn to swim through to athletes training for the Olympics & everything in between! Spot himself has been one of Australia's best all round athletes having competed on WSL World Surf Tour before winning Australia's 1st World Title in 1989 World Triathlon Championships & moving on to Uncle Tobys/ Nutri Grain Ironman Circuit. The new dad (at 50) is a bit more sedate these days but still competes regularly & will have a trot in the major fun runs and marathons! Spot has learnt a lot of tricks from the best in the world over the last 30 years & looks forward to helping you achieve your goals!