



LEVEL 3 TRAINING PROGRAM

NAME

DESIGNED FOR

- *Team members who have some fairly recent run training or other training history.*
- *Team members who, prior to commencing program, can run approx 10 – 15 mins before needing to walk.*
- *Team members who would like to complete the 10km on race day by running the entire distance.*

1	<p>MON APRIL 23 or TUES APRIL 24</p> <p>SESSION A</p> <p>walk 2 mins run 10 mins walk 6 mins run 6 mins walk 5 mins run 4 mins walk 5 mins run 2 mins walk 5 mins</p> <p>(45 mins)</p>	<p>WED APRIL 25 <i>ANZAC DAY</i></p> <p>FLEX</p> <p>&</p> <p>CORE</p>	<p>THURS APRIL 26 or FRI APRIL 27</p> <p>SESSION B</p> <p>walk 2 mins run 10 mins walk 6 mins run 6 mins walk 5 mins run 4 mins walk 5 mins run 2 mins walk 5 mins</p> <p>(45 mins)</p>	<p>SAT APRIL 28</p> <p>Light swim or easy bike ride (30 mins)</p>	<p>SUN APRIL 29</p> <p>BRISBANE TEAM SESSION</p> <p>GOLD COAST TEAM SESSION</p>
2	<p>MON APRIL 30 or TUES MAY 1</p> <p>SESSION C</p> <p>walk 2 mins run 10 mins walk 6 mins run 6 mins walk 7 mins run 6 mins walk 5 mins run 3 mins walk 5 mins</p> <p>(50 mins)</p>	<p>WED MAY 2</p> <p>FLEX</p> <p>&</p> <p>CORE</p>	<p>THURS MAY 3 or FRI MAY 4</p> <p>SESSION D</p> <p>walk 2 mins run 10 mins walk 6 mins run 6 mins walk 7 mins run 6 mins walk 5 mins run 3 mins walk 5 mins</p> <p>(50 mins)</p>	<p>SAT MAY 5</p> <p>Light swim or easy bike ride (30 mins)</p>	<p>SUN MAY 6</p> <p>TEAM CHALLENGE 2</p> <p>Meet in car park of Tallebudgera Surf Lifesaving Club 7.30 am</p> <p>Run kit swim kit</p>

3	<p>MON MAY 7 or TUES MAY 8 <i>LABOUR DAY</i></p> <p>SESSION E</p> <p>walk 2 mins run 15 mins walk 6 mins run 8 mins walk 5 mins run 6 mins walk 5 mins run 3 mins walk 5 mins</p> <p>(55 mins)</p>	<p>WED MAY 9</p> <p>FLEX</p> <p>&</p> <p>CORE</p>	<p>THURS MAY 10 or FRI MAY 11</p> <p>SESSION F</p> <p>walk 2 mins run 15 mins walk 6 mins run 8 mins walk 5 mins run 6 mins walk 5 mins run 3 mins walk 5 mins</p> <p>(55 mins)</p>	<p>SAT MAY 12</p> <p>Light swim or easy bike ride (30 mins)</p>	<p>SUN MAY 13</p> <p>BRISBANE TEAM SESSION</p> <p>GOLD COAST TEAM SESSION</p>
4	<p>MON MAY 14 or TUES MAY 15</p> <p>SESSION G</p> <p>walk 2 mins run 15 mins walk 6 mins run 8 mins walk 5 mins run 6 mins walk 5 mins run 3 mins walk 5 mins</p> <p>(55 mins)</p>	<p>WED MAY 16</p> <p>FLEX</p> <p>&</p> <p>CORE</p>	<p>THURS MAY 17 or FRI MAY 18</p> <p>SESSION H</p> <p>walk 2 mins run 15 mins walk 6 mins run 8 mins walk 5 mins run 6 mins walk 5 mins run 3 mins walk 5 mins</p> <p>(55 mins)</p>	<p>SAT MAY 19</p> <p>Light swim or easy bike ride (30 mins)</p>	<p>SUN MAY 20</p> <p>TEAM CHALLENGE 3</p> <p>Meet in car park of Tallebudgera Surf Lifesaving Club 7.30 am</p> <p>Run kit swim kit</p>

5	<p>MON MAY 21 or TUES MAY 22</p> <p>SESSION I</p> <p>walk 2 mins run 15 mins walk 6 mins run 8 mins walk 5 mins run 6 mins walk 5 mins run 3 mins walk 5 mins</p> <p>(55 mins)</p>	<p>WED MAY 23</p> <p>FLEX</p> <p>&</p> <p>CORE</p>	<p>THURS MAY 24 or FRI MAY 25</p> <p>SESSION J</p> <p>walk 2 mins run 15 mins walk 6 mins run 8 mins walk 5 mins run 6 mins walk 5 mins run 3 mins walk 5 mins</p> <p>(55 mins)</p>	<p>SAT MAY 26</p> <p>Light swim or easy bike ride (30 mins)</p>	<p>SUN MAY 27</p> <p>BRISBANE TEAM SESSION</p> <p>GOLD COAST TEAM SESSION</p>
6	<p>MON MAY 28 or TUES MAY 29</p> <p>SESSION K</p> <p>walk 2 mins run 15 mins walk 6 mins run 8 mins walk 5 mins run 6 mins walk 5 mins run 3 mins walk 5 mins</p> <p>(55 mins)</p>	<p>WED MAY 30</p> <p>FLEX</p> <p>&</p> <p>CORE</p>	<p>THURS MAY 31 or FRI JUNE 1</p> <p>SESSION L</p> <p>walk 2 mins run 15 mins walk 6 mins run 8 mins walk 5 mins run 6 mins walk 5 mins run 3 mins walk 5 mins</p> <p>(55 mins)</p>	<p>SAT JUNE 2</p> <p>Light swim or easy bike ride (30 mins)</p>	<p>SUN JUNE 3</p> <p>TEAM CHALLENGE 4 TRIATHLON</p> <p>Meet in car park of Runaway Bay Sports Super Centre 7.30 am</p> <p>swimkit run kit bike helmet</p>

7	<p>MON JUNE 4 or TUES JUNE 5</p> <p>SESSION M</p> <p>Walk 2 mins Run as far as you can without walking (time this)</p> <p>Walk 5 mins Run as far as you can again without walking (time this)</p> <p>Jog and walk for the remainder of the training time at your comfort.</p> <p>(60 mins)</p>	<p>WED JUNE 6</p> <p>FLEX & CORE</p>	<p>THURS JUNE 7 or FRI JUNE 8</p> <p>SESSION N</p> <p>Walk 2 mins Run as far as you can without walking (time this)</p> <p>Walk 5 mins Run as far as you can again without walking (time this)</p> <p>Jog and walk for the remainder of the training time at your comfort.</p> <p>(60 mins)</p>	<p>SAT JUNE 9</p> <p>Light swim or easy bike ride (30 mins)</p>	<p>SUN JUNE 10</p> <p>BRISBANE TEAM SESSION</p> <p>GOLD COAST TEAM SESSION</p>
8	<p>MON JUNE 11 or TUES JUNE 12 <i>QUEENS BIRTHDAY</i></p> <p>SESSION O</p> <p>Walk 2 mins Run as far as you can without walking (time this)</p> <p>Walk 5 mins Run as far as you can again without walking (time this)</p> <p>Jog and walk for the remainder of the training time at your comfort.</p> <p>(65 mins)</p>	<p>WED JUNE 13</p> <p>FLEX & CORE</p>	<p>THURS JUNE 14 or FRI JUNE 15</p> <p>SESSION P</p> <p>Walk 2 mins Run as far as you can without walking (time this)</p> <p>Walk 5 mins Run as far as you can again without walking (time this)</p> <p>Jog and walk for the remainder of the training time at your comfort.</p> <p>(65 mins)</p>	<p>SAT JUNE 16</p> <p>Light swim or easy bike ride (30 mins)</p>	<p>SUN JUNE 17</p> <p>TEAM CHALLENGE 5</p> <p>Meet in car park of Tallebudgera Surf Lifesaving Club 7.30 am</p> <p>Run kit swim kit</p>

9	MON JUNE 18 or TUES JUNE 19		WED JUNE 20	THURS JUNE 21 or FRI JUNE 22		SAT JUNE 23	SUN JUNE 24
	SESSION Q walk 2 mins run 20 mins walk 5 mins run 15 mins walk 5 mins run 6 mins walk 5 mins run 3 mins walk 4 mins (65 mins)		FLEX & CORE	SESSION R walk 2 mins run 20 mins walk 5 mins run 15 mins walk 5 mins run 6 mins walk 5 mins run 3 mins walk 4 mins (65 mins)		Light swim or easy bike ride (30 mins)	BRISBANE TEAM SESSION GOLD COAST TEAM SESSION
10	MON JUNE 25	TUES JUNE 26	WED JUNE 27	THURS JUNE 28	FRI JUNE 29	SAT JUNE 30	SUNDAY JULY 1
	Light swim or easy bike ride (30 mins)	SESSION S walk 3 mins run 15 mins hard walk 5 mins run 12 mins walk 5 mins (40 mins)	FLEX & CORE	SESSION T walk 5 mins run 15 mins walk 5 mins (25 mins)	Massage	RACE REGISTRATION SOUTHPORT BROADWATER Meet team at 2pm outside registration Marquee Check into accommodation at Runaway Bay Sports Super Centre	GOLD COAST MARATHON 10KM 