



## ***LEVEL 6 TRAINING PROGRAM***

NAME .....

### **DESIGNED FOR**

- *Team members who have a run training history and have been run training regularly in past two months.*
- *Team members who, prior to commencing program, can run 10 km comfortably with changes of pace.*
- *Team members who would like to complete the 10km on race day in a time between 43 and 50 mins.*

1	<p>MON APRIL 23 or TUES APRIL 24</p> <p><b>SESSION A</b></p> <p>run 50 mins steady walk 5 mins</p> <p>(55 mins)</p>	<p>WED APRIL 25 <i>ANZAC DAY</i></p> <p>FLEX</p> <p>&amp;</p> <p>CORE</p>	<p>THURS APRIL 26 or FRI APRIL 27</p> <p><b>SESSION B</b></p> <p>run 20 mins hard walk 5 mins run 10 mins hard walk 5 mins run 5 mins very slow</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><b>SESSION C</b></p> <p>run 50 mins steady walk 5 mins</p> <p>(55 mins)</p>	<p>WED MAY 2</p> <p>FLEX</p> <p>&amp;</p> <p>CORE</p>	<p>THURS MAY 3 or FRI MAY 4</p> <p><b>SESSION D</b></p> <p>run 20 mins hard walk 5 mins run 10 mins hard walk 5 mins run 5 mins very slow</p> <p>(45 mins)</p>	<p>SAT MAY 5</p> <p>Light swim or easy bike ride (30 mins)</p>	<p>SUN MAY 6</p> <p><b><i>TEAM CHALLENGE 2</i></b></p> <p>Meet in car park of <b>Tallebudgera Surf Lifesaving Club</b> 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>run 40 mins (hilly course) run 10 mins slow (flat course) walk 5 mins</p> <p>(55 mins)</p>	<p>WED MAY 9</p> <p>FLEX</p> <p>&amp;</p> <p>CORE</p>	<p>THURS MAY 10 or FRI MAY 11</p> <p>SESSION F</p> <p>run 10 mins fast run 5 mins very slow run 10 mins hard run 5 mins very slow run 10 mins hard run 5 mins very slow</p> <p>(45 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>run 40 mins (hilly course) run 10 mins slow (flat course) walk 5 mins</p> <p>(55 mins)</p>	<p>WED MAY 16</p> <p>FLEX</p> <p>&amp;</p> <p>CORE</p>	<p>THURS MAY 17 or FRI MAY 18</p> <p>SESSION H</p> <p>run 10 mins fast run 5 mins very slow run 10 mins hard run 5 mins very slow run 10 mins hard run 5 mins very slow</p> <p>(45 mins)</p>	<p>SAT MAY 19</p> <p>Light swim or easy bike ride (30 mins)</p>	<p>SUN MAY 20</p> <p><b>TEAM CHALLENGE 3</b></p> <p>Meet in car park of <b>Tallebudgera Surf Lifesaving Club</b> <b>7.30 am</b></p> <p>Run kit swim kit</p>

5	<p>MON MAY 21 or TUES MAY 22</p> <p><b>SESSION I</b></p> <p>run 40 mins (hilly course) run 10 mins slow (flat course) walk 5 mins</p> <p>(55 mins)</p>	<p>WED MAY 23</p> <p>FLEX</p> <p>&amp;</p> <p>CORE</p>	<p>THURS MAY 24 or FRI MAY 25</p> <p><b>SESSION J</b></p> <p>run 5 mins fast run 3 mins very slow walk 2 mins run 5 mins fast run 3 mins very slow walk 2 mins run 5 mins fast run 3 mins very slow walk 2 mins run 5 mins fast run 10 mins very slow</p> <p>(45 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><b>SESSION K</b></p> <p>run 40 mins (hilly course) run 10 mins slow (flat course) walk 5 mins</p> <p>(55 mins)</p>	<p>WED MAY 30</p> <p>FLEX</p> <p>&amp;</p> <p>CORE</p>	<p>THURS MAY 31 or FRI JUNE 1</p> <p><b>SESSION L</b></p> <p>run 5 mins fast run 3 mins very slow walk 2 mins run 5 mins fast run 3 mins very slow walk 2 mins run 5 mins fast run 3 mins very slow walk 2 mins run 5 mins fast run 10 mins very slow</p> <p>(45 mins)</p>	<p>SAT JUNE 2</p> <p>Light swim or easy bike ride (30 mins)</p>	<p>SUN JUNE 3</p> <p><b>TEAM CHALLENGE 4 TRIATHLON</b></p> <p>Meet in car park of <b>Runaway Bay Super Sports Centre</b> <b>7.30 am</b></p> <p>swimkit run kit bike helmet</p>

7	<p>MON JUNE 4 or TUES JUNE 5</p> <p>SESSION M</p> <p>run 50 mins steady (with hills) run 10 mins slow walk 5 mins</p> <p>(65 mins)</p>	<p>WED JUNE 6</p> <p>FLEX</p> <p>&amp;</p> <p>CORE</p>	<p>THURS JUNE 7 or FRI JUNE 8</p> <p>SESSION N</p> <p>run 5 mins fast run 3 mins very slow walk 2 mins run 5 mins fast run 3 mins very slow walk 2 mins run 5 mins fast run 3 mins very slow walk 2 mins run 5 mins fast run 10 mins very slow</p> <p>(45 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>run 50 mins steady (with hills) run 10 mins slow walk 5 mins</p> <p>(65 mins)</p>	<p>WED JUNE 13</p> <p>FLEX</p> <p>&amp;</p> <p>CORE</p>	<p>THURS JUNE 14 or FRI JUNE 15</p> <p>SESSION P</p> <p>Warm up</p> <p>In one direction run for 30 mins as hard as you can. (Measure this distance later)</p> <p>walk 5 mins toward home</p> <p>run very slowly rest of way home.</p>	<p>SAT JUNE 16</p> <p>Light swim or easy bike ride (30 mins)</p>	<p>SUN JUNE 17</p> <p><b>TEAM CHALLENGE 5</b></p> <p>Meet in car park of <b>Tallebudgera Surf Lifesaving Club</b> <b>7.30 am</b></p> <p>Run kit swim kit</p>

<b>9</b>	MON JUNE 18 or TUES JUNE 19		WED JUNE 20	THURS JUNE 21 or FRI JUNE 22		SAT JUNE 23	SUN JUNE 24
	<b>SESSION Q</b>  run 70 mins steady (flat) walk 5 mins  (75 mins)		<b>FLEX</b>  &  <b>CORE</b>	<b>SESSION R</b>  Warm up run 5 mins very fast walk 3 mins run 5 mins very fast walk 3 mins run 2 mins very fast walk 3 mins run 2 mins very fast walk 3 mins run 10 mins very slow  (36 mins)		Light swim or easy bike ride (30 mins)	<b>BRISBANE TEAM SESSION</b>  <b>GOLD COAST TEAM SESSION</b>
<b>10</b>	MON JUNE 25	TUES JUNE 26	WED JUNE 27	THURS JUNE 28	FRI JUNE 29	SAT JUNE 30	<b>SUNDAY JULY 1</b>
	<b>SESSION S</b>  Run 40 mins steady  Walk 5 mins	<b>FLEX</b>  &  <b>CORE</b>	<b>SESSION T</b>  Warm up 4 x 60 secs fast with 3 min walk recoveries  run 15 mins very slow  walk 5 mins	Light swim or easy bike ride (30 mins)	Massage	RACE REGISTRATION SOUTHPORT BROADWATER  Meet team at <b>2pm</b> outside registration Marquee  Check into accommodation at Runaway Bay Super Sports Centre	<b>GOLD COAST MARATHON</b>  <b>10KM</b>  