



LEVEL 7 TRAINING PROGRAM

NAME

DESIGNED FOR

- *Team members who have run training history and have been run training regularly in past three months.*
- *Team members who, prior to commencing program, can run 15 km comfortably with changes of pace.*
- *Team members who would like to complete the 10km on race day in a time between 38 and 45 mins.*

1	<p>MON APRIL 23 or TUES APRIL 24</p> <p>SESSION A</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>&</p> <p>CORE</p>	<p>THURS APRIL 26 or FRI APRIL 27</p> <p>SESSION B</p> <p>Warm up (building pace) 5 x 6 mins hard all at similar speed 3 min walk recoveries between each. Run slow 10 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>run 50 mins steady walk 5 mins</p> <p>(55 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>Warm up (building pace) 5 x 6 mins hard all at similar speed 3 min walk recoveries between each. Run slow 10 mins</p>	<p>SAT MAY 5</p> <p>Light swim or easy bike ride (30 mins)</p>	<p>SUN MAY 6</p> <p><i>TEAM CHALLENGE 2</i></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>run 45 mins (hilly course) work the hills slow 10 mins on flat course</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>Warm up (building pace) 5 x 6 mins hard all at similar speed 2.30 min walk recoveries between each. Run slow 10 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 45 mins (hilly course) work the hills slow 10 mins on flat course</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>Warm up (building pace) 5 x 6 mins hard all at similar speed 2.30 min walk recoveries between each. Run slow 10 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>run 45 mins (hilly course) work the hills slow 10 mins on flat course</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>Warm up (building pace) 6 x 4 mins hard / fast all at similar speed last at max</p> <p>3 min walk recoveries between each. Run slow 10 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>Run steady 60 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>Warm up (building pace) 6 x 4 mins hard / fast all at similar speed last at max</p> <p>2.30 min walk recoveries between each. Run slow 10 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</p> <p>TRIATHLON</p> <p>Meet in car park of Runaway Bay Super Sports 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>Run 40 mins hard Run slow 10 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>Warm up (building pace) 6 x 4 mins hard / fast all at similar speed last at max 2 min walk recoveries between each. Run slow 10 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 30 mins fast Run slow 15 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>Warm up (building pace) 8 x 2 mins fast all at similar speed last at max 5 min walk recoveries between each. Run slow 10 mins</p>	<p>SAT JUNE 16</p> <p>Light swim or easy bike ride (30 mins)</p>	<p>SUN JUNE 17</p> <p><i>TEAM CHALLENGE 5</i></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 run 70 mins steady (flat) (70 mins)		FLEX & CORE	SESSION R Warm up (building pace) 8 x 1 min fast all at similar speed last at max 5 min walk recoveries between each. Run slow 10 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
	SESSION S Run slow 50 mins	FLEX & CORE	SESSION T Warm up (building pace) 6 x 1 min fast all at similar speed last at max 5 min walk recoveries between each. Run very slow 15 mins	Light swim or very easy bike ride (30 mins)	Massage	RACE REGISTRATION SOUTHPORT BROADWATER Meet team at 2pm outside registration Marquee Check into accommodation at Runaway Bay Super Sports Centre	GOLD COAST MARATHON 10KM 