



10-WEEK TRAINING SCHEDULE designed by Rescue Crewman, Tom Lee Lewes

Week 1	3 Sessions/Endurance/Strength Training
<p>It's normal to feel sore post exercise, especially whilst pushing yourself. The muscle soreness you may be feeling is called DOMS (Delayed Onset Muscle Soreness), do not exercise when feeling this, give the muscles a day or two to recover and rebuild.</p> <p>Example warm up and warm down Warm up: 6 minutes – 4minute slow jog followed by full body dynamic stretching. Warm down: 5 minutes – Full body static stretching (Tip: Hold each stretch for 30-45seconds and repeat 2-3 times)</p>	
<p>Monday - Interval Training Warm up Intervals - 500m jog, 500m walk, 500m jog, 500m walk. Complete 12 squat thrusts with jumps (burpees) Warm down</p>	<p>Tuesday - Recovery Rest or cross train (swim, surf, bike ride etc)</p>
<p>Wednesday - Endurance Training Warm up 1000m light jog followed by a 1000m walk Warm down</p>	<p>Thursday – Recovery</p>
<p>Friday – Endurance Training Warm up 1500m jog, 1000m walk, 500m jog Immediately followed by 2 sets of 15 abdominal crunches. Warm down</p>	<p>Saturday & Sunday- Recovery</p>
Week 2	3 Sessions/Endurance/Strength/Interval Training
<p>With week one down you will be feeling sore and tired, this is to be expected, but this week will be a fun session focusing on endurance and strength. Training tip: A good way to keep record of your training sessions is to have a calendar or diary to record training days, training progression and recovery.</p>	
<p>Monday- Endurance/Stength Training Warm Up 2.5 km walk, 1.5 km jog. Immediately followed by 3 sets of 12 body weight squats (60seconds recovery between sets). Warm down</p>	<p>Tuesday-Recovery</p>
<p>Wednesday - Interval Training Warm up 500m jog, 400m walk, 500m jog, 300m walk, 500m jog, 200m walk, 500m jog, 100m walk Warm Down</p>	<p>Thursday- Recovery</p>
<p>Friday - Endurance Training Warm up 2km run at 70% followed by 2minute rest. Repeat twice Warm Down</p>	<p>Saturday & Sunday- Recovery</p>

Week 3	3 Sessions/Endurance/Circuit Training
<p>As you may have noticed the training sessions have started to get harder and longer, this is to build up your fitness levels and endurance. <i>It is not too late to join in.</i></p> <p>Before each session make sure you warm up and warm down to prevent injury. Stretching is one of the components of fitness along with cardiovascular fitness, endurance and strength. It helps to improve flexibility, makes you feel more relaxed, enhances movement, promotes circulation and protects against injury. (See Warm Up/Down/Stretching notes on Week 1)</p> <p>Diet Tip - A quick, easy and healthy energy boost can be nuts and dried fruits (trail mix).</p>	
Monday – Endurance Training Warm up 25 minute jog Warm down	Tuesday - Recovery Rest or cross train (swim, surf, bike ride etc)
Wednesday – Endurance Warm up 10 minute jog at 80% intensity. 2 minute recovery between sets, repeat twice. Warm down	Thursday – Recovery
Friday – Circuit Strength Training Warm up 10 x body weight squat, 10 x max push ups (drop to knees to make it easier), 20 x walking body lunges, 1minute step ups, 20 x sit ups. 2 minutes recovery, repeat circuit three times.	Saturday & Sunday - Recovery
Week 4	3 Sessions/Endurance/Strength Training
<p>Three weeks down you should be starting to feel as though you're making progress. You will start to feel more motivated and excited to go running by this point.</p> <p>Reminder to warm up, warm down and stretch before and after each session to prevent injury.</p> <p>Training tip: Training within a group or with friends can help increase motivation and progression!</p>	
Monday – Interval training Warm up 1km jog with 1 minute recovery. Repeat for 6 repetitions 30 x abdominal sit ups. 30seconds recovery. Repeat once Warm down	Tuesday - Recovery Rest or cross train (swim, surf, bike ride etc)
Wednesday – Endurance Warm up 60minute speed walk Warm Down	Thursday – Recovery
Friday – Strength Training Warm up Hill Climbs – 25minutes: 100m hill climbs at 50% intensity Warm down	Saturday & Sunday - Recovery
Week 5	4 Sessions/Endurance/Strength/Interval Training
<p>Don't forget your warm up, warm down and stretching to prevent injury.</p> <p>Training tip: Use Vaseline wherever things rub. They will help prevent blisters and chafing.</p>	
Monday – Endurance Warm up 45minute jog 3 x 20 abdominal sit ups. 1 minute recovery	Tuesday - Recovery Rest or cross train (swim, surf, bike ride etc)
Wednesday – Endurance Warm up, 60minute jog, Warm down	Thursday – Recovery
Friday – Interval Training Warm up 20minutes jog, 20minutes powerwalk. Repeat once, no recovery. Warm down	Saturday - Strength/Endurance Warm up Find your biggest hill and jog up it. Warm down
Sunday - Recovery	

Week 6	4 Sessions / Recovery
Reminder to warm up, warm down and stretch before and after each session to prevent injury. <i>Training tip: Recovery is just as important as the training you do. Without proper recovery, over-training can occur, becoming detrimental to your fitness.</i>	
Monday – Recovery 30 minute Walk 15minutes full body stretching	Tuesday - Recovery
Wednesday – Endurance/Recovery 45minute walk 15minutes full body stretching	Thursday – Recovery
Friday – Recovery 30minute walk 15 x push ups 15 x abdominal sit ups 15minutes full body stretching	Saturday - Recovery 10minute light jog 20minutes full body stretching
Sunday - Recovery	
Week 7	4 Sessions /Strength/Endurance
Don't forget your warm up, warm down and stretching to prevent injury. <i>Training tip: Lollies can give you that quick energy you need to pick you when you're feeling tired.</i>	
Monday – Strength/Endurance Warm up 20 x body weight squats, immediately followed by 20minute jog, immediately followed by 20 x body weight squats Warm down	Tuesday - Recovery Rest or cross train (swim, surf, bike ride etc.)
Wednesday – Endurance Warm up 80minute fast walk Warm down	Thursday – Endurance Warm up 100minute fast walk Warm down
Friday – Endurance/Interval training Warm up 30minute jog, 5minute walk, 20minute jog, 10minute walk, 15minute jog, 15minute walk. Warm down	Saturday & Sunday - Recovery
Week 8	5 Sessions/Endurance
Reminder to warm up, warm down and stretch before and after each session to prevent injury. <i>Training tip: Stay hydrated; make sure you keep up your fluids throughout the race drinking water and electrolytes (PowerAde, Gatorade)</i>	
Monday –Endurance Warm up, 15km jog, Warm down	Tuesday – Endurance Warm up, 17.5km jog, Warm down
Wednesday – Endurance (If sore use today as a recovery session) Warm up 5km run Warm down	Thursday – Endurance Warm up 5km run 2.5km jog Warm down
Friday – Endurance Warm up 10km power walk/jog 7km run/jog 8km power walk/jog Warm down	Saturday & Sunday - Recovery

Week 9 Hardest week of training, keep the goal in sight.		5 Sessions/Endurance/Strength
<p>Don't forget your warm up, warm down and stretching. Training tip: For the charity walk take a spare pair of socks to help keep your feet dry and blister free. Cotton socks will only lead to blisters; invest in socks designed for running</p>		
Monday –Endurance Warm up 2 hour run/jog Warm down	Tuesday – Endurance Warm up 90min run Warm down	
Wednesday – Endurance Warm up 3 hour run/jog Warm down	Thursday – Endurance/Recovery Warm up 12km powerwalk Warm down	
Friday – Endurance Warm up 15km run / jog 5km walk 10km powerwalk / jog Warm down	Saturday & Sunday - Recovery	
Week 10		
<p>Congratulations, most of the hard work is done. The aim of this week is to let the body recover for the marathon. It is important to keep active this week but keep training to a minimum (50-60% maximum intensity). Don't forget your warm up, warm down and stretching. Training Tip: Make sure you've had a high-carb meal 2-3 hours beforehand if possible. Extra carbs before and during a run may help your performance.</p>		
Monday – Pre race recovery Warm up 5km jog Warm down	Tuesday - Recovery	
Wednesday – Pre Race recovery Warm up 5km jog Warm down	Thursday – Recovery	
Friday – Pre race recovery Warm up 5km light jog Warm down	Saturday & Sunday - Recovery	
Training finishes here - Good Luck!!		