

THE GYM

A P O L L O B A Y

10 & 14KM RUNNING PROGRAM

THE GYM Apollo Bay congratulates you on signing up for the Great Ocean Road Marathon Events.

Our 10 & 14KM Running Program is for fresh runners that require a structured training regime. This will not only increase your level of fitness but also guarantee to get you across that finish line.

In the coming weeks keep an eye out for our training videos that will include body weight exercises and also stretching/ mobility to prevent you from injury.

Happy Running,
Lonnie Pitcher

Visit our website
www.thegymapollobay.com.au



10km and 14km Running Program THE GYM Apollo Bay



This program is suitable for beginners

How to use this program

Target Session (Tuesday)

These sessions demand quality over quantity. They are designed to improve your speed and efficiency as well as having you run at race pace or faster.

The session should be proceed with a warm-up of 10 minutes of easy running and followed by a cool down period of 5 to 10 minutes.

These sessions session will challenge you a little so consider doing them with a group for support and encouragement. (Run Free Class at THE GYM Apollo Bay)

Short Run (Friday)

These are easy, short runs which allow your body to recover from the harder training sessions from earlier in the week. All though the “Short Run” session is an easier session, It will still increase your cardiovascular and muscular endurance, which you’ll need in order to complete your race.

Long Run (Sunday)

These sessions are designed to improve your endurance and to enable you to cover the race distance comfortably. The run should be carried out at a conversational pace, with the duration increasing during the 10 weeks of the program.

Rest days (Thursdays & Saturdays)

If you like rest days can be used to cross train with activities such as yoga or swimming.

Mobility/ Cross Train (Monday & Wednesdays 5:30pm)

You can choose your preferred form of cross training, be it swimming, cycling, yoga, walking, rowing or a combination. Cross training days should be considered as easy days that allow you to recover from the running you do during the week.

THE GYM Apollo Bay run Mobility classes which will enable you to recover through specific stretches and strengthening exercises. For beginners this is a perfect opportunity to gain knowledge in how to look after your body in order to prevent yourself from injury. Keep an eye out for our videos in the next couple of weeks of correct mobility exercises.

Where to get help.

While this program has been written to help prepare for the event, it cannot take into account everyone’s individual differences. Training programs are best used in consultation with an accredited health and fitness professional that can judge the needs and capabilities of each individual.

If you require extra assistance please feel free to contact Lonnie Pitcher on (03) 52371180 or Lonnie@thegymapollobay.com.au

10 & 14KM RUNNING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Mobility	3 x 1km with 2min walking recovery	Mobility	Rest	25min easy	Rest	40min easy
Week 2	Mobility	8 x 1min fast/ 1min easy	Mobility	Rest	25min easy	Rest	45min easy
Week 3	Mobility	5 x 1min uphill with jog down recovery	Mobility	Rest	25min easy	Rest	50min easy over moderate hills
Week 4	Mobility	4 x 2min fast/ 2 min easy	Mobility	Rest	30min easy	Rest	40min easy
Week 5	Mobility	6min, 4min, 2min with jog recovery	Mobility	Rest	30min easy	Rest	55min easy
Week 6	Mobility	7 x 1min uphill with jog down recovery	Mobility	Rest	30min easy	Rest	60min easy over moderate hills
Week 7	Mobility	2x90sec, 2x60sec, 2x30sec, 2x15sec with equal time jogging recovery	Mobility	Rest	35min easy	Rest	8km Time Trial or Race
Week 8	Mobility	4 x 1km with 2min walking recovery	Mobility	Rest	35min easy	Rest	70min easy over moderate hills
Week 9	Mobility	2 sets of 4 x 1min uphill. Jog down between efforts and an extra 2min between sets	Mobility	Rest	35min easy	Rest	55min easy running
Week 10	Mobility	2 x 1km at race pace with 2min walking recovery	Mobility	Rest	25min easy	Rest	RACE DAY