

# THE GYM

A P O L L O B A Y

## 23KM RUNNING PROGRAM

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

Our 23KM Running Program is for first time half marathon runners that require a structured training regime. This will not only increase your level of fitness but also to guarantee you get 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 injury prevent.

Happy running,  
Lonnie Pitcher

Visit our website  
[www.thegymapollobay.com.au](http://www.thegymapollobay.com.au)



## 23KM RUNNING PROGRAM THE GYM Apollo Bay

This program is suitable for beginners

### How to use this program

#### Target Session (Tuesday & Thursday)

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 and followed by a cool down period of 5 to 10 minutes of easy running.

These sessions session will challenge you a little so consider doing them with a group for support and encouragement.

Thursdays also include a strength component, which is about using body weight exercises such as squats, lunges, push-ups, pull-ups and planks to increase your overall muscular strength.

#### Cross Train (Monday, Wednesday & Friday)

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.

#### 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.

#### Mobility (Monday & Wednesday 5:30pm)

THE GYM Apollo Bay has 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 prevent injury through specific mobility exercises. 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](mailto:Lonnie@thegymapollobay.com.au)

# THE GYM

A P O L L O B A Y

## 23KM RUNNING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Mobility/ Cross Train	5km run	Mobility/ Cross Train	5km run + Strength	40min Cross Train	Rest	8km Run
<b>Week 2</b>	Mobility/ Cross Train	6km run	Mobility/ Cross Train	6km run + Strength	40min Cross Train	Rest	8km Run over moderate hills
<b>Week 3</b>	Mobility/ Cross Train	6km run	Mobility/ Cross Train	6km run + Strength	40min Cross Train	Rest	10km Run
<b>Week 4</b>	Mobility/ Cross Train	6km run	Mobility/ Cross Train	6km run + Strength	Rest	Rest	<b>5KM TEST</b>
<b>Week 5</b>	Mobility/ Cross Train	7km run	Mobility/ Cross Train	7km run + Strength	50min Cross Train	Rest	12km Run over moderate hills
<b>Week 6</b>	Mobility/ Cross Train	7km run	Mobility/ Cross Train	7km run + Strength	50min Cross Train	Rest	14km Run
<b>Week 7</b>	Mobility/ Cross Train	8km run	Mobility/ Cross Train	8km run + Strength	Rest	Rest	<b>10KM TEST</b>
<b>Week 8</b>	Mobility/ Cross Train	8km run	Mobility/ Cross Train	8km run + Strength	60min Cross Train	Rest	16km Run over moderate hills
<b>Week 9</b>	Mobility/ Cross Train	8km run	Mobility/ Cross Train	8km run + Strength	60min Cross Train	Rest	18km Run
<b>Week 10</b>	Mobility/ Cross Train	8km run	Mobility/ Cross Train	5km Run	Rest	Rest	<b>RACE DAY</b>