

Carman's

WOMEN'S FUN RUN 2017

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supporting

Breast
Cancer
Network
Australia



6 Week Fitness Program

Congratulations for signing up for the Carman's women's fun run 5km!
This is a wonderful distance to get started with fun runs and will be great to run through the finish line with your training buddies or other participants in a sea of pink.

This 5km program is aimed at beginners, ideal for someone covering the distance for the first time, with a goal to running the full distance come event day.

The days are a rough guide of how the week will look, but please adjust to suit your own schedule, allowing for the rest days as in the plan.

There are 3 running days, and 2 x bodyweight training days built into the plan, using workout App **PT IN MY POCKET**, or a HIIT Factory session if you have one close by. These sessions will help build core strength and general fitness and will really assist on getting you to your goal quicker.

Best of luck with training and enjoy the experience! The **PT IN MY POCKET** workouts (Tue and Thur) are all 10 minutes, however aim to do 2 rounds if you can, taking as much rest as you need in between.

- MONDAY** PT IN MY POCKET workout or equivalent
- TUESDAY** Run / Walk day
- THURSDAY** 25 minute HIIT MUM interval set – aim to increase distance each week
- FRIDAY** PT IN MY POCKET workout or equivalent
- SATURDAY** Distance threshold day – run as long as you can without stopping, rest or walk it out and go again when ready. Note your distance as you progress.



6 Week Fitness Program

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1		20 minutes 1.5 min run + 1 min walk x 8		25 minute Interval session	Beginner HIIT workout	20 minutes Distance threshold day	
WEEK 2	Beginner HIIT workout	22.5 minutes 1.5 min run + 1 min walk x 9		25 minute Interval session	Trim tummy ten workout	25 minutes Distance threshold day	
WEEK 3	Beginner HIIT workout	25 minutes 1.5 min run + 1 min walk x 10		25 minute Interval session	The BIG TEN workout	30 minutes Distance threshold day	
WEEK 4	Beginner HIIT workout + add the variations	27.5 minutes 1.5 min run + 1 min walk x 11		25 minute Interval session	Ten for the top workout	35 minutes Distance threshold day	
WEEK 5	The BIG TEN workout	30 minutes 1.5 min run + 1 min walk x 12		25 minute Interval session	15 minutes of madness workout	40 minutes Distance threshold day	
WEEK 6	The BIG TEN workout	35 minutes 1.5 min run + 1 min walk x 13 Aim to cover the distance	Trim tummy ten workout	20 minute Easy pace run	Rest day	1km jog at easy pace	RACE DAY. Have Fun!

HIIT MUM 25 MIN INTERVAL SESSION – aim to increase distance covered each week

Make sure you start this session with a mobility based warm up routine including: Leg swings, lateral leg swings, knee and ankle rotations, hip opener rotations, calf raises & lunges + a pulse raiser with some fast on the spot high knees

PHASE 1 (Weeks 1-3 aim for run + walk)

PHASE 2 (Weeks 4-5 aim for sprint + jog)

Easy jog 2.5mins

HARD EFFORTS

Run / Sprint 2 minutes

Run / Sprint 90 seconds

Run / Sprint 60 seconds

Run / Sprint 30 seconds

Run / Sprint 15 seconds

RECOVERY EFFORTS

Walk / Jog 2 minutes x 1 = 4 mins

Walk / Jog 90 seconds x 2 = 6 mins

Walk / Jog 60 seconds x 3 = 6 mins

Walk / Jog 30 seconds x 4 = 4 mins

Walk / Jog 15 seconds x 5 = 2.5 mins

TOTAL RUN TIME = 25 MINUTES

