

Byron2Bruns Beach Run

10KM BEGINNER PROGRAM • 27TH AUGUST 2017



PRE AND POST RACE TIPS

RACE DAY

- ✓ Prepare your race gear the day before including your shoes, socks, running clothing & accessories, warm clothing and/or wet weather gear.
- ✓ Get up early on race day, 2-3 hours prior to the race start to give yourself plenty of time to get organised and get to the start line.
- ✓ Enjoy a light breakfast (you should have practiced this many times throughout your training regime) e.g. toast with tea, juice or sports drink.
- ✓ Take a moment to go through your pre-race checklist. It sounds simple but it can save you a lot of stress.

POST RACE

- ✓ Have a good drink straight after the race. You will more than likely be a little dehydrated and it's best to fix this immediately.
- ✓ Grab a carbohydrate snack or two.
- ✓ Continue to drink fluids (avoiding alcohol) until your urine is clear.
- ✓ Now start to rest. A short walk may be beneficial, but then be sure to relax and put your feet up. Take a well-earned rest.
- ✓ In the evening, you should continue with a good fluid intake and your evening meal should contain carbohydrates and protein for best recovery.
- ✓ **Task some time to bask in the glory of your achievement!**

BYRON2BRUNS BEACH RUN - 10KM BEGINNER PROGRAM

🚩 6:30-7:30 - Pick up timing chip and Compulsory Sign-in at Brunswick SLSC

12 WEEKS TO GO

	MON 5 JUNE	TUE 6 JUNE	WED 7 JUNE	THU 8 JUNE	FRI 9 JUNE	SAT 10 JUNE	SUN 11 JUNE
PROGRAM	REST	3km Time Trial	REST	REST (or X-TRAIN)	20 min run	REST (or X-TRAIN)	20 min run
		SPEED			COMFORTABLE		COMFORTABLE

11 WEEKS TO GO

"Success consists of going from failure to failure without losing enthusiasm"
~ Winston Churchill

	MON 12 JUNE	TUE 13 JUNE	WED 14 JUNE	THU 15 JUNE	FRI 16 JUNE	SAT 17 JUNE	SUN 18 JUNE
PROGRAM	REST (or X-TRAIN)	20 min run	REST (or X-TRAIN)	REST (or X-TRAIN)	20 min run	REST (or X-TRAIN)	20 min run
		COMFORTABLE			COMFORTABLE		COMFORTABLE

Visit us online at byron2brunsbeachrun.com for more information.

10 WEEKS TO GO

	MON 19 JUNE	TUE 20 JUNE	WED 21 JUNE	THU 22 JUNE	FRI 23 JUNE	SAT 24 JUNE	SUN 25 JUNE
PROGRAM	REST (or X-TRAIN)	30 min run	REST (or X-TRAIN)	REST (or X-TRAIN)	30 min run	REST	30 min run
		COMFORTABLE			COMFORTABLE		COMFORTABLE

9 WEEKS TO GO

"He who is not courageous enough to take risks will accomplish nothing in life."
~ Mohammed Ali

	MON 26 JUNE	TUE 27 JUNE	WED 28 JUNE	THU 29 JUNE	FRI 30 JUNE	SAT 1 JULY	SUN 2 JULY
PROGRAM	REST	30 min run	REST (or X-TRAIN)	REST (or X-TRAIN)	30 min run	REST	30 min run
		COMFORTABLE			COMFORTABLE		COMFORTABLE

BYRON2BRUNS BEACH RUN - 10KM BEGINNER PROGRAM

🚩 7:00 - FREE shuttle bus service from Brunswick SLSC

8 WEEKS TO GO

	MON 3 JULY	TUE 4 JULY	WED 5 JULY	THU 6 JULY	FRI 7 JULY	SAT 8 JULY	SUN 9 JULY
PROGRAM	REST	3km Time Trial	REST	REST (or X-TRAIN)	30 min run	REST	40 min run
		SPEED			COMFORTABLE		COMFORTABLE

7 WEEKS TO GO

"I walk slowly, but I never walk backward."
~ **Abraham** Lincoln

	MON 10 JULY	TUE 11 JULY	WED 12 JULY	THU 13 JULY	FRI 14 JULY	SAT 15 JULY	SUN 16 JULY
PROGRAM	REST (or X-TRAIN)	30 min run	REST (or X-TRAIN)	REST (or X-TRAIN)	30 min run	REST	40 min run
		COMFORTABLE			COMFORTABLE		COMFORTABLE

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Click [HERE](#) to register online.

6 WEEKS TO GO

	MON 17 JULY	TUE 18 JULY	WED 19 JULY	THU 20 JULY	FRI 21 JULY	SAT 22 JULY	SUN 23 JULY
PROGRAM	REST (or X-TRAIN)	6x 2min, 1min SR	REST (or X-TRAIN)	REST (or X-TRAIN)	30 min run	REST	Sand-Running Coaching Clinic Brunswick SLSC OR 50 min run
		SPEED			COMFORTABLE		COMFORTABLE

5 WEEKS TO GO

"If you cannot do great things, do small things in a great way."
~ Napoleon Hill

	MON 24 JULY	TUE 25 JULY	WED 26 JULY	THU 27 JULY	FRI 28 JULY	SAT 29 JULY	SUN 30 JULY
PROGRAM	REST	30 min run	REST (or X-TRAIN)	REST	3km Time Trial	REST	50 min run
		COMFORTABLE			SPEED		COMFORTABLE

BYRON2BRUNS BEACH RUN - 10KM BEGINNER PROGRAM

🚩 7:45 - Last shuttle bus from Brunswick SLSC

4 WEEKS TO GO

	MON 31 JULY	TUE 1 AUG	WED 2 AUG	THU 3 AUG	FRI 4 AUG	SAT 5 AUG	SUN 6 AUG
PROGRAM	REST (or X-TRAIN)	30 min run	REST (or X-TRAIN)	REST (or X-TRAIN)	30 min run	REST	50 min run
		SPEED			COMFORTABLE		COMFORTABLE

3 WEEKS TO GO

"Always give your best effort, or you 'll never know what you could have been."

~ Michael Phelps

	MON 7 AUG	TUE 8 AUG	WED 9 AUG	THU 10 AUG	FRI 11 AUG	SAT 12 AUG	SUN 13 AUG
PROGRAM	REST (or X-TRAIN)	6x 500m, 1min SR	REST (or X-TRAIN)	REST (or X-TRAIN)	30 min run	REST	60 min run
		COMFORTABLE			COMFORTABLE		COMFORTABLE

BYRON2BRUNS BEACH RUN - 10KM BEGINNER PROGRAM

🚩 8:30am - Race starts

2 WEEKS TO GO

	MON 14 AUG	TUE 15 AUG	WED 16 AUG	THU 17 AUG	FRI 18 AUG	SAT 19 AUG	SUN 20 AUG
PROGRAM	REST	3x 1km, 1min SR	REST (or X-TRAIN)	REST (or X-TRAIN)	30 min run	REST	40 min run
		SPEED			COMFORTABLE		COMFORTABLE

1 WEEKS TO GO

"Even if you're on the right track, you'll get run over if you just sit there."
~ Will Rogers

	MON 21 AUG	TUE 22 AUG	WED 23 AUG	THU 24 AUG	FRI 25 AUG	SAT 26 AUG	SUN 27 AUG
PROGRAM	REST	10x 30sec, 30sec JR	REST	40 min run	30 min run	REST	RACE DAY
		SPEED		COMFORTABLE	COMFORTABLE		COMFORTABLE



DAMIAN HOPKINS

FOUNDER | HEAD TRAINER

Founder of (S)timulate (F)itness. Personal Trainer, Running Coach, Blog Writer, Event Coordinator and all round good guy! Loves running, push-ups, burpees and programming killer workouts (insert evil laugh here).

