

Byron2Brunns Beach Run

5KM 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 - 5KM BEGINNER PROGRAM

Click [HERE](#) to register online.

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	2min run 2min walk 2 sets	10 squats 10 calf raises 10 glute bridges	2min run 2min walk 3 sets	10 squats 10 calf raises 10 glute bridges	2min run 1min walk 3 sets	10 squats 10 calf raises 10 glute bridges	5min run 2 sets Rest as needed

7 WEEKS TO GO

"You must expect great things of yourself before you can do them."
~ Michael Jordan

	MON 10 JULY	TUE 11 JULY	WED 12 JULY	THU 13 JULY	FRI 14 JULY	SAT 15 JULY	SUN 16 JULY
PROGRAM	3min run 2min walk 2 sets	20 squats 20 calf raises 20 glute bridges	3min run 1min walk 3 sets	20 squats 20 calf raises 20 glute bridges	3min run 1min walk 3 sets	20 squats 20 calf raises 20 glute bridges	7min run 2 sets Rest as needed

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

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	4min run 2min walk 2 sets	30 squats 30 calf raises 30 glute bridges	4min run 2min walk 3 sets	10 squats 10 calf raises 30 glute bridges	4min run 1min walk 3 sets	30 squats 30 calf raises 30 glute bridges	Sand-Running Coaching Clinic Brunswick SLSC OR 10min run 2 sets Rest as needed

5 WEEKS TO GO

"I am a runner because I run. Not because I run fast. Not because I run far."
~ Unknown

	MON 24 JULY	TUE 25 JULY	WED 26 JULY	THU 27 JULY	FRI 28 JULY	SAT 29 JULY	SUN 30 JULY
PROGRAM	5min run 2min walk 2 sets	20x2 squats 20x2 calf raises 20x2 glute bridges	5min run 2min walk 3 sets	20x2 squats 20x2 calf raises 20x2 glute bridges	5min run 1min walk 3 sets	20x2 squats 20x2 calf raises 20x2 glute bridges	15min run

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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	6min run 2min walk 2 sets	25x2 squats 20x3 calf raises 15x2 glute bridges	6min run 2min walk 3 sets	25x2 squats 20x3 calf raises 15x2 glute bridges	6min run 1min walk 3 sets	25x2 squats 20x3 calf raises 15x2 glute bridges	10min run 2min walk 2 sets

3 WEEKS TO GO

"My philosophy on running is; I don't dwell on it. I do it."

~ Joan Benoit Samuelson

	MON 7 AUG	TUE 8 AUG	WED 9 AUG	THU 10 AUG	FRI 11 AUG	SAT 12 AUG	SUN 13 AUG
PROGRAM	7min run 2min walk 2 sets	20x3 squats 20x3 calf raises 20x3 glute bridges	7min run 2min walk 3 sets	20x3 squats 20x3 calf raises 20x3 glute bridges	7min run 1min walk 3 sets	20x3 squats 20x3 calf raises 20x3 glute bridges	25min run

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🚩 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	8min run 2min walk 2 sets	30x2 squats 25x4 calf raises 20x4 glute bridges	8min run 2min walk 3 sets	30x2 squats 25x4 calf raises 20x4 glute bridges	9min run 1min walk 2 sets	30x2 squats 25x4 calf raises 20x4 glute bridges	15min run 1min walk 2 sets

1 WEEKS TO GO

"Keep running the race that is set before you with endurance."

~ Hebrews 12:1

	MON 21 AUG	TUE 22 AUG	WED 23 AUG	THU 24 AUG	FRI 25 AUG	SAT 26 AUG	SUN 27 AUG
PROGRAM	10min run 2min walk 2 sets	20x4 squats 20x4 calf raises 20x4 glute bridges	10min run 2min walk 3 sets	20x4 squats 20x4 calf raises 20x4 glute bridges	15min run 2min walk 2 sets	20x4 squats 20x4 calf raises 20x4 glute bridges	RACE DAY



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).

