

# Byron2Brunns Beach Run

10KM BEGINNER PROGRAM • 19TH AUGUST 2018



# 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 28 MAY	TUE 29 MAY	WED 30 MAY	THU 31 MAY	FRI 1 JUN	SAT 2 JUN	SUN 3 JUN
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 4 JUN	TUE 5 JUN	WED 6 JUN	THU 7 JUN	FRI 8 JUN	SAT 9 JUN	SUN 10 JUN
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

# BYRON2BRUNS BEACH RUN - 10KM BEGINNER PROGRAM

Visit us online at [byron2brunsbeachrun.com](http://byron2brunsbeachrun.com) for more information.

## 10 WEEKS TO GO

	MON 11 JUN	TUE 12 JUN	WED 13 JUN	THU 14 JUN	FRI 15 JUN	SAT 16 JUN	SUN 17 JUN
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 18 JUN	TUE 19 JUN	WED 20 JUN	THU 21 JUN	FRI 22 JUN	SAT 23 JUN	SUN 24 JUN
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 25 JUN	TUE 26 JUN	WED 27 JUN	THU 28 JUN	FRI 29 JUN	SAT 30 JUN	SUN 1 JUL
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 2 JUL	TUE 3 JUL	WED 4 JUL	THU 5 JUL	FRI 6 JUL	SAT 7 JUL	SUN 8 JUL
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

# BYRON2BRUNS BEACH RUN - 10KM BEGINNER PROGRAM

Click [HERE](#) to register online.

## 6 WEEKS TO GO

	MON 9 JUL	TUE 10 JUL	WED 11 JUL	THU 12 JUL	FRI 13 JUL	SAT 14 JUL	SUN 15 JUL
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 16 JUL	TUE 17 JUL	WED 18 JUL	THU 19 JUL	FRI 20 JUL	SAT 21 JUL	SUN 22 JUL
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 23 JUL	TUE 24 JUL	WED 25 JUL	THU 26 JUL	FRI 27 JUL	SAT 28 JUL	SUN 29 JUL
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 30 JUL	TUE 31 JUL	WED 1 AUG	THU 2 AUG	FRI 3 AUG	SAT 4 AUG	SUN 5 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 6 AUG	TUE 7 AUG	WED 8 AUG	THU 9 AUG	FRI 10 AUG	SAT 11 AUG	SUN 12 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 13 AUG	TUE 14 AUG	WED 15 AUG	THU 16 AUG	FRI 17 AUG	SAT 18 AUG	SUN 19 AUG
PROGRAM	REST	10x 30sec, 30sec JR	REST	40 min run	30 min run	REST	<b>RACE DAY</b>
		SPEED		COMFORTABLE	COMFORTABLE		COMFORTABLE





## DAMIAN HOPKINS

FOUNDER | HEAD TRAINER

Founder of SIN Fitness | Strength in Numbers. 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).

