

LONG COURSE PROGRAM

Week 1 Monday 27/1	Tuesday 28/1	Wednesday 29/1	Thursday 30/1	Friday 31/1	Saturday 1/2	Sunday 2/2
Rest	5 minute walk, 3 km run, 5 minute walk	Cross training/ stretching session	5 minute walk, 15 minutes of 1 minute run/1 minute walk, 5 minute walk.	Rest	5 minute walk, 2 km run, 5 minute walk	5 minute walk, 4 km run, 5 minute walk
Week 2 Monday 3/2	Tuesday 4/2	Wednesday 5/2	Thursday 6/2	Friday 7/2	Saturday 8/2	Sunday 9/2
Rest	5 minute walk, 4 km run, 5 minute walk	Cross training/ stretching session	5 minute walk, 15 minutes of 1 minute run/1 minute walk, 5 minute walk.	Rest	5 minute walk, 2 km run, 5 minute walk.	5 minute walk, 5 km run, 5 minute walk
Week 3 Monday 10/2	Tuesday 11/2	Wednesday 12/2	Thursday 13/2	Friday 14/2	Saturday 15/2	Sunday 16/2
Rest	5 minute walk, 5 km run, 5 minute walk	Cross training/ stretching session	5 minute walk, 20 minutes of 1 minute run/1 minute walk, 5 minute walk.	Rest	5 minute walk, 3 km run, 5 minute walk.	5 minute walk, 6 km run, 5 minute walk
Week 4 Monday 17/2	Tuesday 18/2	Wednesday 19/2	Thursday 20/2	Friday 21/2	Saturday 22/2	Sunday 23/2
Rest	5 minute walk, 6 km run, 5 minute walk	Cross training/ stretching session	5 minute walk, 25 minutes of 1 minute run/1 minute walk, 5 minute walk.	Rest	5 minute walk, 4 km run, 5 minute walk.	5 minute walk, 7.2 km run, 5 minute walk
Week 5 Monday 24/2	Tuesday 25/2	Wednesday 26/2	Thursday 27/2	Friday 28/2	Saturday 1/3	Sunday 2/3
Rest	1 km run/walk to a local grass oval as your warmup. 3-4 x 50 metre strides at around the pace you intend doing for the faster repetitions. 4 x 1 fast lap of the oval running at your intended race pace with a lap jog/walk recovery in between. 1 km run/walk back to work or home as your warm down.	Cross training/ stretching session	5 minute walk, 25 minutes of 1 minute run/1 minute walk, 5 minute walk.	Rest	5 minute walk, 5 km run, 5 minute walk.	5 minute walk, 8 km run, 5 minute walk
Week 6 Monday 3/3	Tuesday 4/3	Wednesday 5/3	Thursday 6/3	Friday 7/3	Saturday 8/3	Sunday 9/3
Rest	1km run/walk as warm up to the bottom of your selected hill (300 metres of gradual gradient). Run solidly up to the top and then turn around and run back down to the bottom. Rest for two minutes then repeat this 3 times (4 repetitions all together) 1km run/walk back to work or home as your warm down.	Cross training/ stretching session	5 minute walk, 25 minutes of 1 minute run/1 minute walk, 5 minute walk.	Rest	5 minute walk, 5 km run, 5 minute walk.	5 minute walk, 10 km run, 5 minute walk

Week 7 Monday 10/3	Tuesday 11/3	Wednesday 12/3	Thursday 13/3	Friday 14/3	Saturday 15/3	Sunday 16/3
Rest	1 km run/walk to a local grass oval as your warmup. 3-4 x 50 metre strides at around the pace you intend doing for the faster repetitions. 6 x 1 fast lap of the oval running at your intended race pace with a lap jog/walk recovery in between. 1 km run/walk back to work or home as a warm down.	Cross training/ stretching session	5 minute walk, 30 minutes of 1 minute run/1 minute walk, 5 minute walk.	Rest	5 minute walk, 6 km run, 5 minute walk..	5 minute walk, 12 km run, 5 minute walk
Week 8 Monday 17/3	Tuesday 18/3	Wednesday 19/3	Thursday 20/3	Friday 21/3	Saturday 22/3	Sunday 23/3
Rest	1km run/walk as warm up to the bottom of your selected hill (300 metres of gradual gradient). Run solidly up to the top and then turn around and run back down to the bottom. Rest for two minutes then repeat this 3 times (4 repetitions all together) 1km run/walk back to work or home as your warm down.	Cross training/ stretching session	5 minute walk, 30 minutes of 1 minute run/1 minute walk, 5 minute walk.	Rest	5 minute walk, 5 km run, 5 minute walk.	1 km run as a light warm up. 10 km race or a 10 km time trial where you run at the pace you intend to race at in two week's time, 1 km run or slow jog as your warm down.
Week 9 Monday 24/3	Tuesday 25/3	Wednesday 26/3	Thursday 27/3	Friday 28/3	Saturday 29/3	Sunday 30/3
Rest	1 km run/walk to a local grass oval as a warm up. 3 x 50 metre strides at the pace you intend doing for the faster repetitions. 6 x 1 fast lap of the oval running at your intended race pace with a lap jog/walk recovery in between. 1 km run/walk back to work or home as a warm down	Cross training/ stretching session	5 minute walk, 20 minutes of 1 minute run/1 minute walk, 5 minute walk.	Rest	5 minute walk, 5 km run, 5 minute walk.	5 minute walk, 7.2 km run, 5 minute walk.
Week 10 Monday 31/3	Tuesday 1/4	Wednesday 2/4	Thursday 3/4	Friday 4/4	Saturday 5/4	Sunday 6/4 EVENT DAY
Rest	1 km run/walk to a local grass oval as a warm up. 3 x 50 metre strides at the pace you intend doing for the faster repetitions. 4 x 1 fast lap of the oval running at your intended race pace with a lap jog/walk recovery in between. 1 km run/walk back to home or work as your warm down	Cross training/ stretching session	5 minute walk, 5 km easy run, 5 minute walk.	Rest	20 minute walk.	5 minute walk or slow jog as your warm up 14.4km Run for the Kids Long Course Event, 5 minute walk or slow jog as your warm down.

This program is provided as general information only and not as advice. Each entrant needs to determine for themselves the suitability of this program. Herald Sun/Transurban Run for the Kids has no liability, subject to law, for any damage or illness suffered by anyone following this training program.