

SHORT 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, 5 minutes of 1 minute run/1 minute walk, 5 minute walk	Rest	5 minute walk, 5 minutes of 1 minute run/1 minute walk, 5 minute walk	Rest	10 minute walk	5 minute walk, 5 minute 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, 6 minutes of 1 minute run/1 minute walk, 5 minute walk	Rest	5 minute walk, 6 minutes of 1 minute run/1 minute walk, 5 minute walk	Rest	10 minute walk	5 minute walk, 6 minute 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, 8 minutes of 1 minute run/1 minute walk, 5 minute walk	Rest	5 minute walk, 8 minutes of 1 minute run/1 minute walk, 5 minute walk	Rest	15 minute walk	5 minute walk, 8 minute 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, 10 minutes of 1 minute run/1 minute walk, 5 minute walk	Rest	5 minute walk, 10 minutes of 1 minute run/1 minute walk, 5 minute walk	Rest	15 minute walk	5 minute walk, 10 minute 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	5 minute walk or run to a local grass oval as your warmup. 3 x 50 metre strides at the pace you intend doing for the faster repetitions. 2 x half a lap of the oval running at a quicker pace than normal but not flat out For those mainly walking at the moment, do a faster walk for the half lap. Do a jog or a slow walk for the second half of the lap as your recovery. 5 minute walk or slow jog back to work or home as a warm down.	Stretching/rolling session as a recovery day	5 minute walk, 10 minutes of 1 minute run/1 minute walk, 5 minute walk	Rest	15 minute walk	5 minute walk, 12 minute 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	5 minute walk or slow jog as warm up to the bottom of your selected hill (300 metres of average gradient) Run solidly or power walk up to the top and then turn around and run or power walk back down to the bottom. Rest for 2 minutes then repeat this twice more (3 repetitions all together) 5 minute walk or slow jog back to work or home as a warm down.	Stretching/rolling session as a recovery day	5 minute walk, 12 minutes of 1 minute run/1 minute walk, 5 minute walk	Rest	15 minute walk	5 minute walk, 15 minute 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	5 minute walk or run to a local grass oval as a warmup. 3 x 50 metre strides at the pace you intend doing for the faster repetitions. 4 x half a lap of the oval running at a quicker pace than normal but not flat out. For those mainly walking at the moment, do a faster walk for the half lap. Do a jog or slow walk for the second half of the lap as your recovery. 5 minute walk or run back to work or home as a warm down.	Stretching/rolling session as a recovery day	5 minute walk, 12 minutes of 1 minute run/ 1 minute walk, 5 minute walk	Rest	15 minute walk	5 minute walk, 20 minute 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	5 minute walk or slow jog to the bottom of your selected hill (300 metres of gradual gradient). Run solidly or power walk faster up to the top, then turn around and run or power walk back down to the bottom. Rest for 2 minutes then repeat this twice more (3 repetitions all together) 5 minute walk or slow jog back to work or work as a warm down.	Stretching/rolling session as a recovery day	5 minute walk, 12 minutes of 1 minute run/ 1 minute walk, 5 minute walk	Rest	15 minute walk	5 minute walk or slow jog as an easy warm up, 20 minute run at about the pace you intend to run on race day, or go to your local parkrun and do it at race pace. 5 minute walk or slow jog as an easy 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	5 minute walk or slow jog to a local grass oval as a warmup. 3 x 50 metre strides at around the pace you intend doing for the faster repetitions. 4 x half a lap of the oval running at a quicker pace than normal but not flat out For those mainly walking at the moment, do a faster walk for the half lap. Do a jog or slow walk for the second half of the lap as your recovery. 5 minute walk or run back to work or home as a warm down.	Stretching/rolling session as a recovery day	5 minute walk, 10 minutes of 1 minute run/ 1 minute walk, 5 minute walk	Rest	15 minute walk	5 minute walk, 15 minute 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
Rest	5 minute walk or run to a local grass oval as a warmup. 2 x 50 metre strides at the pace you intend doing for the faster repetitions. 2 x half a lap of the oval running at a quicker pace than normal but not flat out For those mainly walking at the moment, do a faster walk for the half lap. Do a jog or slow walk for the second half of the lap as your recovery. 5 minute walk or slow jog back to work or home as a warm down.	Stretching/rolling session as a recovery day	5 minute walk, 10 minutes of 1 minute run/ 1 minute walk, 5 minute walk	Rest	10 minute walk	5 minute walk as your warmup, 4.7km Run for the Kids Short Course Event, 5 minute walk to celebrate!

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.