



THE RUNNING CENTRE

The Verve Energy Albany Port to Point 10km and Be Active 4.5km fun run is fast approaching and the team at The Running Centre in West Perth are excited to help you prepare for this great community event. We have provided a 4 week build up for beginners to join the 4.5km event and intermediate and advanced levels to take on the 10km challenge. As we specialise in technical shoe fitting at The Running Centre, we always recommend you seek to get your shoes properly fitted before starting the programme... specialised fitting is a great way to stay on track and ensure you accumulate plenty of injury free kilometres.

As always, if you have not exercised in the past 12 months or have any pre-existing medical conditions please see your GP before embarking on a physical exercise training plan

Running Regards

Raf Baugh

B. Sc (Physio)

Head Coach The Running Centre

Programmes 2011 Verve Energy Albany Port to Point

Special Notes

WU= Warm Up

CD= Cool Down

Stretch- before and after each run we recommend you stretch your calves, quadriceps, hamstrings and gluteals for at least 2*20 sec on each side

BEGINNERS Be Active 4.5km

Week 1	
Monday	Steady 15 minute jog with walk as required
Tuesday	Rest or Cross Training

Wednesday	30 min Walk
Thursday	Rest Day
Friday	5 min Jog WU+CD. 4*90 sec Fast run with 90 sec walk recovery
Saturday	Rest or Cross Training
Sunday	Easy 20 min Jog

Week 2	
Monday	Steady 20 minute jog with walk as required
Tuesday	Rest or Cross Training
Wednesday	30 min Walk
Thursday	Rest Day
Friday	5 min Jog WU+CD. 2*5 min strong with 2 min walk recovery
Saturday	Rest or Cross Training
Sunday	Easy 25 min Jog

Week 3	
Monday	Steady 20 minute jog followed by 4*100m Fast w walk back recovery
Tuesday	Rest or Cross Training
Wednesday	30 min Walk
Thursday	Rest Day
Friday	5 min Jog WU+CD. 5*2 min Fast with 2 min walk recovery
Saturday	Rest or Cross Training
Sunday	Easy 30 min Jog

Week 4	
Monday	5 min Jog WU+CD 6*1 min Fast w 1 min walk recovery
Tuesday	Rest or Cross Training
Wednesday	30 min Walk
Thursday	Rest Day
Friday	5 min Jog WU+CD. 4*2 min Strong with 2 min easy jog recovery
Saturday	Rest Day
Sunday	Be Active 4.5km

INTERMEDIATE/ADVANCED 10km Verve Energy Port to Point

Week 1	
Monday	Steady 25 minute jog followed by 6*100m fast w 100m
Tuesday	Rest or Cross Training
Wednesday	Progressive 40 minute run, start easy pace and gradually increase pace to finish strong
Thursday	Rest Day
Friday	10 min Jog WU+CD. 6*90 sec Fast run with 90 sec jog recovery
Saturday	Rest or Cross Training
Sunday	Easy 50 min Jog

Week 2	
Monday	Steady 25 minute jog followed by 4*200m uphill Fast w slow jog down recovery
Tuesday	Rest or Cross Training
Wednesday	Progressive 45 minute run, start easy pace and gradually increase pace to finish strong
Thursday	Rest Day
Friday	10 min Jog WU+CD. 3*5 min strong with 3 min jog recovery
Saturday	Rest or Cross Training
Sunday	Easy 55 min Jog

Week 3	
Monday	Steady 30 minute jog followed by 6*100m uphill Fast w slow jog down recovery
Tuesday	Rest or Cross Training
Wednesday	Progressive 45 minute run, start easy pace and gradually increase pace to finish strong
Thursday	Rest Day
Friday	10 min Jog WU+CD. 4*4 min alternate fast and strong with 2 min jog recovery
Saturday	Rest or Cross Training
Sunday	Easy 60 min Jog

Week 4	
Monday	Steady 20 minute jog followed by 4*100m Fast with walk back recovery
Tuesday	Rest Day
Wednesday	10 min Jog WU+CD. 4*2 min Fast with 2 min jog recovery
Thursday	Easy 20 min Jog
Friday	Rest Day
Saturday	Easy 10 min Jog and Stretch followed by 4*100m race pace with walk back recovery
Sunday	VERVE ENERGY PORT TO POINT 10km