



5 WEEK TRAINING FOR TEAM CANCER COUNCIL

Developed by James Ramage – Fitness First Personal Trainer.

Before starting the 5 week program, the first thing you must do is get yourself a good stable pair of running shoes that are suitable for your feet and running style. Any well-respected athletics sports store should be able to help you choose the correct pair of shoes for you. (NB: Team Cancer Council members receive a discount at Sydney Running Centre, Edgecliff)

Next thing is to get an all clear from your doctor, some events will require a certificate from your doctor to enter.

While training, make sure you have something small to eat prior to taking off, keeping up fluids regularly is also very important. People are already dehydrated before they become thirsty, so drink up!!

STRETCHING IS VERY IMPORTANT SO KEEP IT UP BEFORE & AFTER TRAINING.

WEEK1 - ACTIVITY	✓	WEEK 2 - ACTIVITY	✓
DAY 1- Brisk walk for 35min or 3km		DAY 1- Day off	
DAY 2- Day off		DAY 2- 2km jog, 1km brisk walk, 1km jog	
DAY 3- Brisk walk for 35min or 3km		DAY 3- Day off	
DAY 4- Day off		DAY 4- 3km jog	
DAY 5- Jog for 5min walk for 5min (35min total) or 600m on 600m off		DAY 5- 2km jog, 1km brisk walk, 2km jog	
DAY 6- Day off		DAY 6- Day off	
DAY 7- Jog for 10min walk for 5min (45min total) or 1200m on 600m off		DAY 7- 3km jog, 1km brisk walk, 1km jog	
WEEK3 - ACTIVITY	✓	WEEK 4 - ACTIVITY	✓
DAY 1- Day off		DAY 1- 5km jog	
DAY 2- 3km jog, 1km brisk walk, 2km jog		DAY 2- Day off	
DAY 3- Day off		DAY 3- 3km jog, 1km brisk walk, 3km	
DAY 4- 4km jog		DAY 4- 5km jog	
DAY 5- 3km jog, 1km brisk walk, 3km jog		DAY 5- 4km jog, 1km brisk walk, 4km jog	
DAY 6- Day off		DAY 6- Day off	
DAY 7- 4km jog, 1km brisk walk, 2km jog		DAY 7- 3km jog, 1km brisk walk, 5km jog	
WEEK 5 - ACTIVITY	✓	RACE DAY!	
DAY 1- Day off		Eat fruit, bread & bananas before the race.	
DAY 2- 8km jog, 1km brisk walk, 2km jog		10-15 minute light jog to get ready for race	
DAY 3- 8km jog			
DAY 4- Day off – remember to start eating more carbs!			
DAY 5- 10km jog – remember to start eating more bananas!			
DAY 6- 6km jog			
DAY 7- Day off			

Throughout the entire 5 weeks of training keep drinking water, I can't emphasize enough how important that is. I also hope that you are eating healthy and not ruining all those hours of training that you've dedicated yourself too.

5 days before race day start to include more carbohydrates into your diet such as; pasta, potato, rice and breads.

4 days before race day introduce (more) bananas into your diet, a great lunch or snack idea is sliced banana and honey in a sandwich. YUM! All natural and full of energy for running!!

Race day is here! Make sure you keep drinking water right up till its time to tie your shoe laces, don't forget to go past the toilet on the way to the starting line. For breakfast race morning stick to fruit and breads, no dairy or sugars. 20min before start time have one last quick banana. After you've had that banana go for a light 10-15min jog, just to get your body ready to race.

The race will be over in less than 60min, there will be markers throughout the run, use your interval training as a guide to see how much you've got left in the tank.

AFTER THE RACE

After the race cool down by going for a 15min light jog then have a good stretch for 10-15min. Food & drink to have after the run; anything with sugar. Eating and drinking things with sugar will bring your energy levels back to normal.

