



5 WEEK COUCH TO 5KM TRAINING PROGRAM

WELCOME TO THE 7 ROCKY RIVER RUN TRAINING GUIDE

Completing a distance event at the 7 Rocky River Run requires planning and preparation.

No matter what your distance or experience, each 7 Rocky River Run training program is designed to help you finish your chosen distance and achieve a specific goal.

Written specifically for this event and based on years of expert training and coaching knowledge, the guides use time, rather than distance, as a base measure to ensure you're at your peak for the run.

The key to a successful race is preparation and consistency. By following each session in the guide that best suits your ability you'll not only be fit but you'll stay injury free and get the most enjoyment out of race day.

There are many reasons to run whether you're looking to finish, survive or achieve a new personal best. Each reason is as valid as the next and they all require commitment, dedication and determination, both mental and physical.

Whether you're the first across the line, the last or somewhere in the middle, it's a significant accomplishment. These guides are designed to provide you with the confidence to achieve that goal.



HOW TO USE THE GUIDE:

This training program is based on time rather than kilometres. This method provides flexibility and adaptability. It helps you run by feel and by applying the appropriate effort.

Remember to use the sessions to test your clothing, shoes and practice your nutrition so you know what your body can handle on race day.

Nutrition and hydration is the key to a successful endurance event. Remember to take some form of carbohydrate after an hour and every 30 minutes after that. See a qualified nutritionist for further assistance with your training and race day diet.

Swap sessions to suit your schedule however don't try and make up sessions if you've missed them from being sick.

Consider competing in shorter races in the lead-up to the main event for extra practice and motivation. Factor these events in on your long run days.

FLEX: Exercise variety allows your body to rest and recover while maintaining fitness. Try cycling, swimming or yoga.

HILLS: The hill reps in this program will provide you with strength and stamina. There is one hill on the course and it is a gradual rise of about 400m. These sessions replicate that hill and should take you about 2-3 minutes to complete. Try to build your speed over the hill or keep an even pace. Concentrate on form, knee drive and forward momentum.

INTERVAL: These are your speed sessions and will allow you to become faster and stronger. Your session time allows for an active 10 -15min warmup jog followed by the session as noted on the program. Always finish your session with a 10-15min cooldown jog followed by stretches. Each interval should be run at a pace faster than your race pace. You should start to tire by the time you reach your final effort. Efforts should be followed by an active recovery of half the time spent on the effort. For example if you have 6 x 1min efforts you should slow to a jog for 30 seconds between each effort.

You are aiming for quality not quantity with each effort.

LONG RUN: No distance training is complete without a long effort each week. Try running off road on a trail for variety or grab a friend or join a running group. It's a great chance to test your nutrition and should be run at chat pace. All of your long runs should be run at a pace about 60 seconds per kilometre slower than your goal race pace. The purpose of your long training run is to get used to covering the distance, not to rush through it.

OWN PACE: Leave your watch at home and run based on feel. Take a friend, run with your dog or kids but make it enjoyable.

REG RUN: All your regular runs are building kilometres in your legs and should be steady and enjoyable. You should be able to hold a conversation, take in the scenery and think about how good you feel.

REST: is to exercise what night is to day. Make sure you absorb your training, stretch regularly and incorporate yoga and massages so your body recovers adequately between each session.

TEMPO: Include an extended effort at a slightly faster pace with time for warm up and cool down. For example a 50 minute tempo run includes 15 minutes to warm up, a 20-minute tempo run, and 15 minutes to cool down. The tempo run pace is to encourage speed and should be run at your 5km.

7 ROCKY RIVER RUN 'COUCH TO 5KM' 5-WEEK TRAINING PLAN							
WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
1 – APRIL 23	Flex day	Reg walk/run 25mins	Reg run 25mins	Rest	Reg walk/run 25mins	Rest	Long walk/run 40mins
2 – APRIL 31	Flex day	Reg walk/run 30mins	Rest	Reg walk/run 30mins	Rest	Own pace 15mins	Long walk/run 45mins
3 – MAY 7	Flex day	Reg walk/run 35mins	Rest	Reg run 40mins	Rest	Own pace 20mins	Long walk/run 50mins
4 – MAY 14	Flex day	Hills 4 x 100m 35mins	Rest	Tempo 40mins	Reg run 30mins	Rest	Long walk/run 40mins
5 – MAY 21	Flex day	Reg walk/run 30mins	Rest	Interval 4 x 30 sec 30mins	Rest	Own pace 20mins	RACE DAY MAY 27th

HOW TO FINISH, HAVE FUN AND OTHER

RACE DAY TIPS

IMPORTANT REMINDERS.

Be prepared. Get everything you'll need for the event ready the night before.

- Don't try anything new on race day. That includes shoes, socks, clothing and food. Stick to what you know.
- Eat breakfast two to three hours before you start and carry something light such as a piece of bread with jam, a banana, sports drink or energy bar if you think you'll get hungry before the start.
- Start with people who will be walking/ running moving at a similar pace to you
- Don't line up at the front of the race as you'll frustrate faster runners and will get trampled.
- Walk if you have to, you only have to go as fast as you feel comfortable with.
- Know where your support crew is and buddy up with a friend. The best experiences are shared. Make the most of your day by being motivated by your loved ones and encouraging those around you.
- Smile as you cross the line. You made it and your event photos will look even better with a big finisher's grin.

Print off the guide, stick it to your fridge or in your diary and you'll be ready for each and every session. We've also provided tips and explanations so you know exactly how to approach each session.

Need more advice? The team of qualified coaches at Atlas Multisports help dozens of athletes, from beginners to professionals, achieve their goals each season. Via online coaching programs, Atlas Multisports can provide you with a personalised training program in the lead up to the 7 Rocky River Run. For more information contact info@atlasmultisports.com.au

Thank you for signing up to the 7 Rocky River Run. We look forward to seeing you at the event and calling you across the finish line and celebrating your incredible achievement.

JASON CROWTHER

