



## Peak2Park Training Program

Regardless of your ability, the program is designed to have you healthy and ready to go for the first Sunday in March! Remember, Peak2Park is all about participation and not the time it takes you to complete the course.

Before starting any program it is important to consider a few important issues:

**Health:** If you have any pre-existing or previous medical conditions and are over the age of 40, a full check-up from a doctor is advisable

**Injuries:** If you have any pre-existing injuries or problems, get advice from a medical professional such as a physiotherapist or podiatrist.

**Equipment:** Make sure you have good running shoes. Old running shoes and ones that fit incorrectly can cause injury.

**Ease into running:** If you start by running too far, too fast, you'll wind up burned out at best, injured at worst. Take it easy, and give yourself time to learn to love to run. It doesn't happen immediately, and you'll probably experience a few aches and pains starting out. This is natural, and it will pass. It takes your body time to get used to what you're doing. Give it the time it needs. Like so many other things in life, running can be difficult and discouraging if not undertaken properly.

Don't hesitate to alternate running and walking; if you feel lousy, take a breather and walk for a while. It's not a sign of weakness, just common sense.

The aim is to "train, not strain." If you are already fit from another sport, such as cycling or swimming, it is still important to go a little easier at first than you might want to. It is too easy to push yourself past what your muscles and joints can stand at first.

**Make it a habit:** The important thing in the first few weeks is to get in the habit of exercise. Develop a training routine and make it part of your schedule. It doesn't matter where or when, but try to be consistent. Find a training partner if possible; on days when motivation is low, a commitment to meet your partner will help keep you going. If you do run with a partner it should be someone of a similar fitness.



## The Peak2Park 8 Week Training Program

This program is designed over an 8 week period for two levels:

**Beginner Level 1:** For people who are starting out on an exercise program for the first time or are restarting after an extended break.

The beginner program is designed to have you ready to walk/run the 4km course and to give you confidence to tackle the longer course next year.

**Intermediate Level 2:** For people who have been exercising but what to take their program to the next level.

The intermediate program is designed to see you run or walk/run the 10km course.

The programs are designed with three prescribed walking/running days along with cross training days with a minimum of one rest day per week.

### Intensity Guide:

**Easy:** Should be able to hold a conversation although it would be difficult at times. Intensity about 6-7/10

**Moderate:** Able to give one or two-word answers if someone asked you a question when training at this level. Breathing also heavier. Intensity about 8/10

**Hard:** Shouldn't be able to talk when training at this level. Breathing is very heavy and laboured and overall you feel uncomfortable. Intensity about 9-9.5/10

### Cross training

This means exercise other than running such as swimming, cycling and weight training.



### Beginner Level 1 Program

Week number	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1.	Walk 10mins Jog 1 min walk 1min for 10mins 5min walk	Cross train	Walk 10mins Jog 1 min walk 1min for 10mins 5min walk	Rest	Walk 10mins Jog 1 min walk 1min for 10mins 5min walk	Cross train	Rest
2.	Walk 10mins Jog 1 min walk 1min for 10mins 5min walk	Cross train	Walk 10mins Jog 1 min walk 1min for 10mins 5min walk	Rest	Walk 10mins Jog 1 min walk 1min for 10mins 5min walk	Cross train	Rest
3.	Walk 10mins Jog 5mins 10mins walk	Cross train	Walk 10mins Jog 5mins 10mins walk	Rest	Walk 10mins Jog 5mins 10mins walk	Cross train	Rest
4.	Walk 10mins Jog 5mins 10mins walk	Cross train	Walk 10mins Jog 5mins 10mins walk	Rest	Walk 10mins Jog 5mins 10mins walk	Cross train	Rest
5.	Walk 5 mins Jog 10 mins 10mins walk	Cross train	Walk 5 mins Jog 10 mins 10mins walk	Rest	Walk 5 mins Jog 10 mins 10mins walk	Cross train	Rest
6.	Walk 5 mins Jog 12 mins 10mins walk	Cross train	Walk 5 mins Jog 12 mins 10mins walk	Rest	Walk 5 mins Jog 12 mins 10mins walk	Cross train	Rest
7.	Walk 5 mins Jog 15 mins 10mins walk	Cross train	Walk 5 mins Jog 15 mins 10mins walk	Rest	Walk 5 mins Jog 15 mins 10mins walk	Cross train	Rest
8.	Walk 5 mins Jog 15 mins 10mins walk	Cross train	Walk 5 mins Jog 15 mins 10mins walk	Rest	20 min easy walk	Rest	<b>RACE DAY</b>



### Intermediate Level 2 Program

Week number	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1.	20-30min easy run	Cross train	20mins out 20mins back Record a landmark you reach(moderate)	Cross train or Rest	20-30min easy run	Cross train	Rest
2.	20-30min easy run	Cross train	20mins out 20mins back Record a landmark you reach(moderate)	Cross train or Rest	20-30min easy run	Cross train	Rest
3.	20-30min easy run	Cross train	20mins out 20mins back Record a landmark you reach(moderate)	Cross train or Rest	5mins out/back warm up 500m hard run /walk for 100m. Repeat 5 times.	Cross train	Rest
4	30-40 min easy run	Cross train	20mins out 20mins back Record a landmark you reach(moderate)	Cross train or Rest	5mins out/back warm up 500m hard run /walk for 100m. Repeat 5 times.	Cross train	Rest
5.	30-40min easy run	Cross train	20mins out 20mins back Record a landmark you reach(moderate)	Cross train or Rest	5mins out/back warm up Hill (500m) Repeatsx5 Walk recovery.	Cross train	Rest
6.	30-40min easy run	Cross train	20mins out 20mins back Record a landmark you reach(moderate)	Cross train or Rest	5mins out/back warm up Hill (500m) Repeatsx5 Walk recovery.	Cross train	Rest
7.	40min easy run	Cross train	30min Moderate run	Cross train or Rest	40min easy run	Cross train	Rest
8.	40min easy run	Cross train	20min Moderate run	Rest	20min easy run	Rest	<b>RACE DAY</b>