



The O'Keefe
RAIL TRAIL MARATHON

The O'Keefe Rail Trail Fun Run Couch to 5km in 5 weeks Training Program

You have not left the couch for sometime or your enthusiasm to fitness has gone out the window. Someone mentions there is a local Fun Run.

You're relieved. At long last a reason to get off the backside. It gives you a small objective to work back into a reasonable level of fitness.

This training program is not about doing a personal best time. It is to get back into some fitness work so you can successfully complete 5km's without walking.

Who knows you may enjoy it. Getting out of the house from the feral kids, TV shows you have watched many times over or watching other sports people strutting their stuff. This is now your chance.

Running can be contagious. It is your thinking time, a chance to solve the problems of the world and is your time to plan your week, month or year.

Enjoy it. Who knows next year you may be lining up for a 10km, half marathon or marathon.



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Goal

A goal is something that we want enough that we make an effort to reach it



Congratulations in making the decision to leave the couch or just know that you have to get off your backside and make an effort to achieve some type of fitness level again for maybe health reasons.

The task to complete the 5-week training program is not a monumental task. It will though take you out of your comfort zone or where you're at currently. The finish line and the ultimate satisfaction and emotion (good emotion) everyone of us gets when we finish any event will be fulfilling and a stepping zone to continue with being active.

The commitment to succeed is not always about breaking a time. For a first-time fun runner it is about having fun. If you achieve a surprisingly good time then it is an added bonus.

The first 2 weeks of the program may question your commitment to see out the 5 weeks but this is not abnormal. During the training period you need to likely adjust your life style, diet and make the time to train.

Before commencing any training program speak to a medical practitioner. Other assistance or advice from physios, chiropractors, myotherapists, podiatrists, masseurs and the like. Advice from whom you trust will be useful. If at any time you think something is wrong seek advice. Yes you will be sore and lethargic at times. Some sessions you will wish did not have to start. You are not on your own having those feelings. If soreness continues have a break for a day.



There is no right or wrong answer on whether you wear a watch to train. Some runners run to how they feel while others need to use it to measure themselves and training results.

A **watch** does allow you though to document your journey. Garmin Connect, Strava and others allow you to download your runs. If you plan to compete in further fun run's, this training plan might but these web programs create a great diary of when, where and what you did in each training session. A GPS watch that measures distance, speed and time is all that is needed. Heart rate monitors are also useful as well in measuring whether your fitness has improved on the same run. A Garmin Forerunner 10 costs as little as \$120.

Shoes though are your most important piece of equipment even for a relatively short run and the training you will undertake. You cannot cheat on these and wearing something that is not fit for running will end your journey quickly. Discuss with a Podiatrist or an expert in fitting shoes to how your foot lands. Take in your old pair so they can see where you wear them out as many of us land differently.



Insufficient cushioning for a beginner in a Fun run. This is an elite road racing shoe.



We would normally say 'good luck' before starting the journey to run the 5km. Unlike other sports good luck is unlikely to play a part. Not luck but **good preparation** though will be the key to finishing.

Lastly everyone is different. Some training programs suit you while others will not. Do what works for you and document it!



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Training Types

Going for a slow jog for 5 weeks and running longer distances each time will achieve general fitness but may not provide you with the best opportunity to finish the race. If doing this type of program you are more likely need to run longer during training, which may lead to greater fatigue in training.

Training should be varied with difference distances, speeds, flat and hill runs. Core strength exercises will also be essential in strengthening the area of your body that allows you to stay upright for hours on end.

Mixing up a slow run with spurts of speed, the same as race pace or even slightly quicker will increase fitness at a greater rate. Running the same distance at the same speed but with a lower heart rate is a great measurement in where you are at.

Note there will be days where it is going to be difficult. Lethargic days are normal. Don't feel bad or think you are doing poorly if one day is harder than the day before. It is normal.

Note that the definitions here apply to someone interested in a 5km fun run. If you are doing a 10km Fun Run then double the time required in the definitions provided below for a short slow and long slow run.

Below are some different session types you will find in the program:

WALK - Walking is done for two reasons. Especially for someone that has been doing little fitness work it allows more time on your feet without overdoing it especially at the start of the training program. Walking at the end during a cool down will also provide a chance to cool down effectively. Sitting immediately after running and then not moving for some time may lead to back soreness and other problems. If you have a history of back problems consult with a medical expert for the best exercises to your needs after doing a training session.

SHORT SLOW RUN - A session less than 20 minutes where you can easily talk while running and is at least 15-25% slower than what you believe your race pace is. Being a shorter run it is used as a recovery run. Your heart rate should be not accelerating quickly and be well below your maximum heart rate. Short slow runs also should be mixed up with hills and flat runs or a mixture of both.

LONG SLOW RUN - A session from 20 to 50 minutes where you can easily talk while running and is at least 15-25% slower than what you believe your race pace is. The run is used to adjust your fitness to the requirement of being on your feet for the time you would race over. If during this type of run you are starting to breathe heavier than slow down a little more. This session is not about running a good time and racing the clock. Long slow runs also should be mixed up with hills and flat runs or a mixture of both. If your Fun Run is on a flat course still do hill running as the resistance will strengthen your fitness levels potentially at an increased rate.

FARTLEK - A session that incorporates speed and also slow in the same set of repetitions. The speed should be completed at your 1km pace and the slow at least 20% slower than your 5km pace. Normally done on a oval you run fast on the straights and jog the bends e.g. if doing 100 metre fartlek. It can also be done on a straight course by turning around.

RACE PACE - A full or part session completed at your anticipated race pace for the fun run distance. Within the training plan we often suggest to run the last 5-7 minutes at race pace after what may have begun as a short or long slow run. It is a confidence builder when you can accelerate a little when your legs are most tired at the end of the run. In reverse it is often good to begin at race pace first for the first third of your run and then move into a slow run and finishing comfortably.

TEMPO RUN - It is a run where there is more effort put in and would be run around your 10km pace. It assists with lactate intake and to convert again the lactate back into energy. It is all about trying to reproduce what may happen on race day. It is also another confidence builder knowing you can run faster than your anticipated race pace.

SPEED SESSION - A speed session is likely to be short repetitions. Distances up to 400 metres if you have just got off the couch. If doing 100 metre repetitions do these at 600m race pace, 200 metre repetitions do these at 1.5km race pace, 400 metre repetitions at 3km race pace. It is meant to increase your heart rate and you should not be able to talk to others while doing this workout. This will accelerate fitness mixed with the other run types. You may not run this fast in the fun run but it will help to have in the program and also run with fatigued legs.



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5 WEEKS TO GO

Date	Type of Session	Session Details	Feedback
Sunday 17 Jan	Walk	<ul style="list-style-type: none">• If living in Heathcote, walk from the start of the Rail Trail at the Lions Park Shelter to Burn Track and then return. ⇒ When finished you just have just walked around 6km so you can make the distance already. Race day though you have to run it.	
Monday 18 Jan	Fartlek	<ul style="list-style-type: none">• Run 1350 metres by completing 3 laps of the local oval. Do this by having a 1 lap walk between each running lap. The run component is at slow run pace and you should be able to talk to someone while running.• 400 metre walk cool down	
Tuesday 19 Jan	Walk	<ul style="list-style-type: none">• Brisk 2km walk.	
Wednesday 20 Jan	Short Slow Run	<ul style="list-style-type: none">• 10 minute run	
Thursday 21 Jan	Fartlek	<ul style="list-style-type: none">• Run 1350 metres by completing 3 laps of the local oval. Do this by having a 1 lap walk between each running lap. The run component is at slow run pace and you should be able to talk to someone while running.• 400 metre walk cool down	
Friday 22 Jan	Rest Day	<ul style="list-style-type: none">• 400 metre walk cool down	
Saturday 23 Jan	Short Slow Run	<ul style="list-style-type: none">• 12 minute run. Try to do without walking	



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4 WEEKS TO GO

Date	Type of Session	Session Details	Feedback
Sunday 24 Jan	Short Slow Run	<ul style="list-style-type: none">• 15 minute run• 15 minute walk	
Monday 25 Jan	Core Strength Running Rest Day	<ul style="list-style-type: none">• 20 minutes of core strength work ⇒ Refer to http://functionalresistancetraining.com/exercises/core-conditioning for information on these types of activity.	
Tuesday 26 Jan	Short Speed Session	<ul style="list-style-type: none">• 6 minute slow jog• 10x30 metres at 400m pace ⇒ Walk between each one• 10 minute walk	
Wednesday 27 Jan	Short Slow Run	<ul style="list-style-type: none">• 16 minute slow run• 14 minute walk	
Thursday 28 Jan	Fartlek <small>(local oval or where you can measure increments)</small>	<ul style="list-style-type: none">• 100 metre increments. Fartlek - Run continuously for 10 minutes over 50 metres at race pace and then run 50 metres 30% slower. Therefore you are going fast > slow > fast > slow.• 10 minute rest• Do another 5 minutes of Fartlek with 50m fast and 50m slow• 10 minute walk	
Friday 29 Jan	Rest Day	⇒ Do nothing.	
Saturday 30 Jan	Short Tempo Run	<ul style="list-style-type: none">• Do 2km run as fast as you can ⇒ 5 minute recovery.• 20 minute walk	



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3 WEEKS TO GO

Date	Type of Session	Session Details	Feedback
Sunday 31 Jan	Long Slow Run	<ul style="list-style-type: none">• 22 minute run• 18 minute walk ⇒ To do this run and walk find a hillier course to do it on.	
Monday 1 Feb	Core Strength Running Rest Day	<ul style="list-style-type: none">• 45 minute walk• 15 minutes of core strength work ⇒ Refer to http://functionalresistancetraining.com/exercises/core-conditioning for information on these types of activity.	
Tuesday 2 Feb	Speed Session Hill Runs	<ul style="list-style-type: none">• 1km warm up ⇒ Find the longest hill that you can run on with 3 to 5% gradient for speed session. <ul style="list-style-type: none">• 6 x 60 metres ⇒ Walk between each one <ul style="list-style-type: none">• 500 metre warm down	
Wednesday 3 Feb	Short Slow Run	<ul style="list-style-type: none">• 20 minute run ⇒ Run last 6 minutes of the above run at race pace. <ul style="list-style-type: none">• 20 minute walk	
Thursday 4 Feb	Short Speed Session	<ul style="list-style-type: none">• 8 minute slow jog• 10x50 metres at 400m pace ⇒ Slow jog between each one <ul style="list-style-type: none">• 5 minute slow jog	
Friday 5 Feb	Walk	<ul style="list-style-type: none">• 50 minute walk	
Saturday 6 Feb	Temp Run	<ul style="list-style-type: none">• Run 1500m as fast as you can.• 10 minute walk	



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2 WEEKS TO GO

Date	Type of Session	Session Details	Feedback
Sunday 7 Feb	Long Slow Run	<ul style="list-style-type: none">• 30 minute run• 30 minute walk	
Monday 8 Feb	Core Strength Running Rest Day	<ul style="list-style-type: none">• 50 minute walk• 15 minutes of core strength work ⇒ Refer to http://functionalresistancetraining.com/exercises/core-conditioning for information on these types of activity.	
Tuesday 9 Feb	Long Slow Run	<ul style="list-style-type: none">• 30 minute run ⇒ Do the last 5 minutes at your race pace <ul style="list-style-type: none">• 20 minute walk	
Wednesday 10 Feb	Short Slow and Part Race Pace Run	<ul style="list-style-type: none">• 20 minute run ⇒ Run first 5 minutes slow, next 5 minutes race pace, next 5 minutes slow and last 5 minutes race pace <ul style="list-style-type: none">• 10 minute walk	
Thursday 11 Feb	Tempo Run	<ul style="list-style-type: none">• 1km slow run to warm up• 2km run at race pace• 15 minute walk	
Friday 12 Feb	Core Strength Running Rest Day	<ul style="list-style-type: none">• 15 minute walk• 10 minutes of core strength work ⇒ Refer to http://functionalresistancetraining.com/exercises/core-conditioning for information on these types of activity.	
Saturday 13 Feb	Speed Session Hill Runs	<ul style="list-style-type: none">• 1km warm up.• 10 x 50 metres ⇒ Find the longest hill that you can run on with 3 to 5% gradient for speed session. ⇒ Walk half/slow jog half between each of the 10 repetitions <ul style="list-style-type: none">• 500 metre warm down	



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1 WEEK TO GO

Date	Type of Session	Session Details	Feedback
Sunday 14 Feb	Long Slow Run	<ul style="list-style-type: none">• 20 Minute Morning run• 25 Minute Late Afternoon/Evening Run	
Monday 15 Feb	Core Strength Running Rest Day	<ul style="list-style-type: none">• 30 minute walk• 10 minutes of core strength work ⇒ Refer to http://functionalresistancetraining.com/exercises/core-conditioning for information on these types of activity.	
Tuesday 16 Feb	Long Slow Run	<ul style="list-style-type: none">• 25 minute run• 15 minute walk	
Wednesday 17 Feb	Short Slow Run	<ul style="list-style-type: none">• 10 minute slow run ⇒ We are now freshening up for race day <ul style="list-style-type: none">• 10 minute walk	
Thursday 18 Feb	Short Slow Run	<ul style="list-style-type: none">• 10 minute slow run• 10 minute walk	
Friday 19 Feb	Walk	<ul style="list-style-type: none">• Walk the 5km Fun Run course	
Saturday 20 Feb	Short Slow Run	<ul style="list-style-type: none">• 5 Minute Run• 5 Minute Walk	
Sunday 21st Feb	Race Day	YOU HAVE MADE IT. HAVE A GREAT RUN.	