

# Free Fitness Plan

## 10 Week Program from 18 May 2015

Friendly Society  
Private Hospital



Wide Bay Hospital  
& Health Service

BUNDABERG • HERVEY BAY • GIN GIN • CHILDERS • GAYNDAH • MARYBOUROUGH • MUNDUBBERA

## 8k Training program for –Beginners

(Suitable for anyone who can walk, jog or run at least 5kms)

This year as part of your Cane 2 Coral registration you are invited to join our free 10 week Lead in training programme for beginner runners. Whether you choose to walk, jog or run, we want you to have fun, participate and reach your goals for this year's event.

The 10 week lead in program is designed to get you ready for the Cane 2 Coral by;

- Improving your aerobic fitness and stamina
- Getting you into a good running routine
- Training a maximum of just 3 days a week over a ten week period
- Assisting you to reach your own personal goals

The Lead in program will be facilitated by qualified trainers in a number of different townships, in and around Bundaberg, including Hervey Bay, Maryborough, Childers, Gayndah, Mundubbera and Gin Gin. A list of venues, dates and times for each town can be found at the end of the following running program.

*(We've included a Training Table that outlines the description of the Rate Perceived Exertion (RPE) for each day of training. You will find the table at the end of the program below)*

### Week One – Commencing 23 May 2015

Day	Session	Distance	Pace	Heart Rate Monitor (HRM)	Comments
Saturday	Meet your trainer  walk/jog/run	Approx 3 kms	Comfortable	40-50% HRM	Warm up, Warm Down, training and walk/jog/run tips <b>RPE2-3</b>
Sunday	Rest				Rest day
Monday	walk/jog/run	3 kms	Comfortable	40-50% HRM	Warm Up To be done at your own pace Warm Down <b>RPE2-3</b>
Tuesday	Rest				Rest day
Wednesday or Thursday	General Aerobic	1 hour	Comfortable/moderate	51-60% HRM	Another non running exercise eg; -cycling, -swimming -brisk walk. -a gym class/session

# Free Fitness Plan

## 10 Week Program from 18 May 2015

Friendly Society  
Private Hospital

Wide Bay Hospital  
& Health Service



BUNDABERG • HERVEY BAY • GIN GIN • CHILDERS • GAYDAH • MARYBOUROUGH • MUNDUBBERA

					including 20 mins of core exercises <b>RPE4</b>
Friday	Rest				Rest Day

### Week Two - Commencing 30 May 2015

Day	Session	Duration	Pace	HR	Comments
Saturday	walk/jog/run	3 kms	Comfortable	40-50% HRM	Warm Up - walk/jog/run 2 mins walk 1 minutes walk/jog/run 2 minutes Warm Down <b>RPE3-4</b>
Sunday	Rest				Rest day
Monday	walk/jog/run	3 kms	Comfortable	40-50% HRM	Warm up Try to include a 500m steady walk/jog/run without stopping. Warm Down <b>RPE3-4</b>
Tuesday	Rest				Rest day
Wednesday or Thursday	General Aerobic	1 hour	Comfortable/moderate	51-60% HRM	Another non running exercise eg; -cycling, -swimming -brisk walk. -a gym class/session including 20 mins of core exercises <b>RPE3-4</b>
Friday	Rest				Rest Day

### Week Three - Commencing 6 June 2015

Day	Session	Duration	Pace	HR	Comments
-----	---------	----------	------	----	----------

# Free Fitness Plan

10 Week Program from 18 May 2015

Wide Bay Hospital  
& Health Service



BUNDABERG • HERVEY BAY • GIN GIN • CHILDERS • GAYDAH • MARYBOUROUGH • MUNDUBBERA

Saturday	walk/jog/run	4 kms	Comfortable	40-50% HRM	Warm up- walk/jog/run 2 mins walk 1 minutes walk/jog/run 2 minutes Warm Down <b>RPE4</b>
Sunday	Rest				Rest day
Monday	walk/jog/run	4 kms	Comfortable/ Moderate	51-60% HRM	walk/jog/run 2 mins walk 1mins walk/jog/run 2 minutes (Include a 500m steady walk/jog/run without stopping) <b>RPE4</b>
Tuesday	Rest				Rest day
Wednesday or Thursday	General Aerobic	1 hour	Comfortable/ moderate	51-60% HRM	Another non running exercise eg; -cycling, -swimming -brisk walk. -a gym class/session including 20 mins of core exercises <b>RPE4</b>
Friday	Rest				Rest Day

## Week Four - Commencing 13 June 2015

Day	Session	Duration	Pace	HR	Comments
Saturday	Interval Training	4-5 kms	Comfortable/ moderate	51-60% HRM	Warm Up- walk/jog/run fast 1 min tempo walk/jog/run 3 min walk/jog/run fast 1min Warm Down <b>RPE4-5</b>

# Free Fitness Plan

## 10 Week Program from 18 May 2015

Friendly Society  
Private Hospital



Wide Bay Hospital  
& Health Service

BUNDABERG • HERVEY BAY • GIN GIN • CHILDERS • GAYDAH • MARYBOUROUGH • MUNDUBBERA

Sunday	Rest				Rest day
Monday	walk/jog/run	4-5 kms	Comfortable/ moderate	51-60% HRM	walk/jog/run 3 mins walk/jog/run 1mins walk/jog/run 3 minutes(Include a 1Km steady run without stopping) <b>RPE4-5</b>
Tuesday	Rest				Rest day
Wednesday or Thursday	General Aerobic	1 hour	Comfortable/ moderate	51-60% HRM	Another non running exercise eg; -cycling, -swimming -brisk walk. -a gym class/session including 20 mins of core exercises <b>RPE4-5</b>
Friday	Rest				Rest Day

### Week Five - Commencing 20 June 2015

Day	Session	Duration	Pace	HR	Comments
Saturday	Interval Training	4-5 kms	Comfortable/ Moderate	51-65% HRM	Warm Up- walk/jog/run fast 1 min tempo walk/jog/run 3 min walk/jog/run fast 1min Warm Down <b>RPE4-5</b>
Sunday	Rest				Rest day
Monday	walk/jog/run	4-5 kms	Comfortable/ Moderate	51-65% HRM	walk/jog/run 3 mins walk/jog/run 1min walk/jog/run 3 minutes(Include a 1Km steady walk/jog/run without stopping) <b>RPE4-5</b>
Tuesday	Rest				Rest day

# Free Fitness Plan

10 Week Program from 18 May 2015



BUNDABERG • HERVEY BAY • GIN GIN • CHILDERS • GAYDAH • MARYBOUROUGH • MUNDUBBERA

Wednesday or Thursday	General Aerobic	1 hour	Comfortable/moderate	51-60% HRM	Another non running exercise eg; -cycling, -swimming -brisk walk. -a gym class/session including 20 mins of core exercises <b>RPE4-5</b>
Friday	Rest				Rest Day

**\*\*\*\*\*Half Way mark for the 8 Km Training\*\*\*\*\***

## Week Six - Commencing 27 June 2015

Day	Session	Duration	Pace	HR	Comments
Saturday	Interval Training	5 kms	Moderate	51-65% HRM	Warm Up- walk/jog/run fast 1 min walk/jog/run 3 min walk/jog/run fast 1min Warm Down <b>RPE4-6</b>
Sunday	Rest				Rest day
Monday	Steady walk/jog/run	5 kms	Moderate	51-65% HRM	walk/jog/run 5 mins walk/jog/run 1min walk/jog/run 5 minutes(Try including a 2Km steady run without stopping) <b>RPE4-6</b>
Tuesday	Rest				Rest day
Wednesday or Thursday	General Aerobic	1 hour	Moderate	51-60% HRM	Another non running exercise eg; -cycling, -swimming -brisk walk. -a gym class/session including 20 mins of

# Free Fitness Plan

10 Week Program from 18 May 2015



BUNDABERG • HERVEY BAY • GIN GIN • CHILDERS • GAYDAH • MARYBOUROUGH • MUNDUBBERA

					core exercises <b>RPE4-6</b>
Friday	Rest				Rest Day

## Week Seven - Commencing 4 July 2015

Day	Session	Duration	Pace	HR	Comments
Saturday	Interval Training	6 kms	Moderate	51-60% HRM	Warm Up- walk/jog/run fast 2 min tempo walk/jog/run 5 min walk/jog/run fast 2min Warm Down <b>RPE4-6</b>
Sunday	Rest				Rest day
Monday	Steady walk/jog/run	6 kms	Moderate	51-60% HRM	walk/jog/run 5 mins walk/jog/run 3mins walk/jog/run 5 minutes(Include a 2Km steady run without stopping) <b>RPE4-6</b>
Tuesday	Rest				Rest day
Wednesday or Thursday	General Aerobic  OR Steady walk/jog/run	1 hour  5kms	Moderate	51-60% HRM	Another non running exercise eg; -cycling, -swimming -brisk walk. -a gym class/session including 20 mins of core exercises <b>RPE4-6</b>
Friday	Rest				Rest Day

# Free Fitness Plan

## 10 Week Program from 18 May 2015

Friendly Society  
Private Hospital

Wide Bay Hospital  
& Health Service



BUNDABERG • HERVEY BAY • GIN GIN • CHILDERS • GAYDAH • MARYBOUROUGH • MUNDUBBERA

### Week Eight - Commencing 11 July 2015

Day	Session	Duration	Pace	HR	Comments
Saturday	Walk/jog/run Training  (includes intervals)	6 kms	Moderate/Heavy	51-60% HRM	Warm Up- walk/jog/run fast 4 min tempo walk/jog/run 3 min walk/jog/run fast 4min Warm Down <b>RPE 4-7</b>
Sunday	Rest				Rest day
Monday	Steady walk/jog/run	6 kms	Moderate/Heavy	55-75% HRM	Steady walk/jog/run at your pace(Try to Include 3Kms without stopping) <b>RPE 4-7</b>
Tuesday	Rest				Rest day
Wednesday or Thursday	General Aerobic  OR  Steady walk/jog/run	1 hour   5 kms	Moderate	51-60% HRM	Another non running exercise eg; -cycling, -swimming -brisk walk. -a gym class/session including 20 mins of core exercises <b>RPE 4-6</b>
Friday	Rest				Rest Day

### Week Nine - Commencing 18 July 2015

Day	Session	Duration	Pace	HR	Comments
Saturday	Practice full distance	8 kms	Moderate/Heavy	51-75% HRM	Warm Up- Steady walk/jog/run at your pace Warm Down <b>RPE 5-7</b>

# Free Fitness Plan

10 Week Program from 18 May 2015



BUNDABERG • HERVEY BAY • GIN GIN • CHILDERS • GAYDAH • MARYBOUROUGH • MUNDUBBERA

Sunday	Rest				Rest day
Monday	Long walk/jog/run	6-7 kms	Moderate/Heavy	51-75% HRM	Warm Up- Steady walk/jog/run at your pace (Try to Include 3Kms without stopping) Warm Down <b>RPE 5-7</b>
Tuesday	Rest				Rest day
Wednesday or Thursday	General Aerobic  OR  Steady walk/jog/run	1 hour   5kms	Moderate	51-60% HRM	Another non running exercise eg; -cycling, -swimming -brisk walk. -a gym class/session including 20 mins of core exercises <b>RPE 4-6</b>
Friday	Rest				Rest Day

## Week Ten - Commencing 25 July 2015

Day	Session	Duration	Pace	HRM	Comments
Saturday	Practice full distance	8 kms	Moderate/Heavy	51-75% HRM	Warm Up- Steady walk/jog/run at your pace Warm Down <b>RPE 5-7</b>
Sunday	Rest				Rest day
Monday	Long walk/jog/run	6-8 kms	Moderate/Heavy	51-75% HRM	Warm Up A steady walk/jog/run at your pace without stopping Warm Down <b>RPE 5-7</b>



# Free Fitness Plan

10 Week Program from 18 May 2015



BUNDABERG • HERVEY BAY • GIN GIN • CHILDERS • GAYDAH • MARYBOUROUGH • MUNDUBBERA

Tuesday	Rest				Rest day
Wednesday or Thursday	General Aerobic  OR  Steady walk/jog/run	1 hour   5 kms	Moderate	51-60% HRM	Another non running exercise eg; -cycling, -swimming -brisk walk. -a gym class/session including 20 mins of core exercises <b>RPE 4-6</b>
Friday	Rest				Rest Day
Saturday	Rest				Rest day

## Race day Sunday, 2<sup>nd</sup> August 2015

**Have fun, do your best, achieve your goals!**

**Best of Luck! Thank you for being involved!**

## Training table

The Rated Perceived Excursion (RPE) scale is used to measure the intensity of your exercise. The PRE scale runs 0-10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. Eg 0 (nothing at all) would be how you feel when sitting in a chair, 10 (very, very heavy) is how you may feel during very strenuous exercise

The Rated Perceived Excursion (RPE)	Physical Activity	Talk Test	% of Max Heart Rate
0 – Nothing at all	Comfortable very easy walk/jog/running	Very easy. You can talk easily	40-45%
1 -Very Light			46-50%
2 -Light			
3 - Moderate	General aerobic/recovery walk/jog/run	Very easy. You can converse with almost no effort	51-55%
4 – Somewhat Heavy		Moderately easy. You can converse with a little more effort	56-60%
5 Heavy	Long/Medium Long walk/jog/run	Starting to get challenging. Conversation requires effort	61-67%
6		Difficult. Conversation requires a lot of effort	
7 – Very Heavy			
8	Tempo walk/jog/run	Very difficult. Conversation requires maximum effort	81-85%
9	Race pace	Full out effort. No conversation possible	86-92%
10- Very, very heavy	Race pace to win		93-100%