



Provided by
**The Blackmores Sydney
 Running Festival and
 Pat Carroll Online
 Coaching**

THE BLACKMORES SYDNEY RUNNING FESTIVAL is on Sunday 17 September, 2006. What better way to see Sydney than in one of the four events that are part of the Blackmores Sydney Running Festival. The events include the Blackmores Sydney Marathon and Blackmores Half Marathon, while if you want a more leisurely time you can try the 4km The Sunday Telegraph Family Fun Run or the 9km Sunday Telegraph body+soul Bridge Run. All four events are spectacular, taking in the Sydney Harbour Bridge and finishing on the steps of the Sydney Opera House.

R4YL in conjunction with the Blackmores Sydney Running Festival is proud to provide an 8 week training program for the 9km Sunday Telegraph body+soul Bridge Run. There are programs for beginner, intermediate and advanced levels of runner and these have been provided by the online coaching guru Pat Carroll (www.patcarroll.com.au). So now there is no reason not to get out there and to give it a go!

Basic Information

While you should stick to the training program, it is flexible, and you may decrease the distance or number of times a week you walk or run if it becomes too hard or if your body is becoming sore. If you haven't done any walking or running activities for a while or have a chronic health condition (e.g. heart disease, diabetes) it is advisable you consult your doctor before starting your training program.

You will find a number of sessions where you will be running out of your comfort zone. Ideally, you need to vary your pace in training. This adds variety to your program as well as being a more efficient way to improve your fitness. Apart from the designated fast sessions in the table below, the majority of your training will be performed within your comfort zone, that is you can talk comfortably the whole run.

For your faster session, before the workout you should jog for 10-15 minutes as a warm up, and then do it again after the session for your cool down. Following your warm up do

some light stretching followed by six sprints over 80 metres with a walk back recovery. Run the first sprint at 70% effort, gradually get faster with each effort until the last is run at close to 100% effort. Then the session begins.

The faster sessions are set based on either:

- Time only, for example one minute efforts
- A combination of time and distance, such as 1km efforts

Your fast sessions are to be run at between 75% and 85% effort, depending on the distance. When the program refers to 75% - 85% effort, it means compare this to a 100% all out sprint. 100% is an effort that you could hold for 100metres, no more. You should be holding yourself back to the extent that when you get to the end of the one minute effort (for example) you are just starting to feel you have had an honest workout. If your session consisted of 6 x 1min with 1min recovery, ideally you would have pushed yourself throughout the session to the extent that a 7th or

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8th effort, at the same pace, would be difficult. Also, ideally all of your efforts in a session should be run at close to the same pace.

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R4YL

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To help you get into shape for the big event, free training runs will be held in the Sydney CBD, mid-week, for eight weeks leading up to the Blackmores Sydney Running Festival. Also, we are holding Sunday morning training runs in your local area for all levels of fitness. Go to the training and health section on the Festival website www.runthebridge.com.au for more details.

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THE 9KM SUNDAY TELEGRAPH BO DY+SOUL BRIDGE RUN TRAINING PROGRAM

DATE	BEGINNER	INTERMEDIATE	ADVANCED	NOTES
Mon. 24 July	Rest	Rest	Rest	8 weeks to go
Tues. 25 July	40min run	40min run	50min run	
Wed. 26 July	Rest or X-Train	50min run	1hr run	
Thurs. 27 July	40min run	Rest or X-Train	Rest or X-Train	
Fri. 28 July	Rest or X-Train	5x1km, 1.30min SR	5x1km, 1.30min SR	
Sat. 29 July	Rest or X-Train	40min run	40min run	
Sun. 30 July	40min run/walk	70min run	90min run	
Mon. 31 July	Rest	Rest	Rest	7 weeks to go
Tues. 1 August	15min of Hills SR	4km @ race pace	4km @ race pace	
Wed. 2 August	Rest or X-Train	50min run	50min run	
Thurs. 3 August	Rest or X-Train	6x500m, ample recovery	6x500m, ample recovery	
Fri. 4 August	3x4min, 1min recovery	40min run	40min run	
Sat. 5 August	Rest or X-Train	Rest	Rest	
Sun. 6 August	50min run	Possible Race or 5km time trial	Possible Race or 10km time trial	
Mon. 7 August	Rest	Rest	Rest	6 weeks to go
Tues. 8 August	6x500m, 1min SR	40min run	50min run	
Wed. 9 August	Rest or X-Train	50min run	1hr run	
Thurs. 10 August	Rest or X-Train	Rest or X-Train	Rest or X-Train	
Fri. 11 August	4x1km, 2min SR	6x2min, 1min SR	6x2km, 1min SR	
Sat. 12 August	Rest or X-Train	40min run	40min run	
Sun. 13 August	50min run	80min run	90min run	
Mon. 14 August	Rest	Rest	Rest	5 weeks to go
Tues. 15 August	3km time trial	3km time trial	3km time trial	
Wed. 16 August	50min run	50min run	50min run	
Thurs. 17 August	15x30sec, 30sec SR	15x30sec, 30sec SR	15x30sec, 30sec SR	
Fri. 18 August	40min run	40min run	40min run	
Sat. 19 August	Rest	Rest	Rest	
Sun. 20 August	Possible race or 5km time trial	Possible race or 10km time trial	Possible Race or 10km time trial	

KEY ABBREVIATIONS

SR – Standing Recovery
 JR – Jog Recovery
 X-Train – Cross Training consisting of walking, cycling, swimming or circuit training
 Sprints – 80 to 100m efforts at 80-90% with jog back recovery

DATE	BEGINNER	INTERMEDIATE	ADVANCED	NOTES
Mon. 21 August	Rest	Rest	Rest	4 weeks to go
Tues. 22 August	40min run	40min run	50min run	
Wed. 23 August	Rest or X-Train	50min run	1hr run	
Thurs. 24 August	Rest or X-Train	Rest or X-Train	Rest or X-Train	
Fri. 25 August	6x2km, 1min SR	2x10min, 1min SR	3x3km, 1.30min SR	
Sat. 26 August	Rest or X-Train	Rest or X-Train	40min run	
Sun. 27 August	1hr run	80min run	90min run	
Mon. 28 August	Rest	Rest	Rest	3 weeks to go
Tues. 29 August	6x1min, 45sec SR	15min of sprints	15min of sprints	
Wed. 30 August	Rest or X-Train	1hr run	1hr run	
Thurs. 31 August	Rest or X-Train	Rest or X-Train	Rest or X-Train	
Fri. 1 September	2x2km, 1.30min SR	3x2km, 1.30min SR	Efforts & Hills	
Sat. 2 September	Rest or X-Train	40min run	40min run	
Sun. 3 September	1hr run	80min run	90min run	
Mon. 4 September	Rest	Rest	Rest	2 weeks to go
Tues. 5 September	3km time trial	20min of hills JR	8x500m, 1min SR	
Wed. 6 September	Rest or X-Train	50min run	50min run	
Thurs. 7 September	Rest or X-Train	Rest or X-Train	Rest or X-Train	
Fri. 8 September	15x30sec on 30sec off JR	6x2km, 1min JR	6x2min, 1min recovery	
Sat. 9 September	Rest or X-Train	Rest or X-Train	40min run	
Sun. 10 September	40min run	70min run	80min run	
Mon. 11 September	Rest	Rest	Rest	1 week to go
Tues. 12 September	3km @ pace race	3km time trial	3km time trial	
Wed. 13 September	Rest or X-Train	50min run	50min run	
Thurs. 14 September	10x30sec, 30sec SR	15x30sec on 30sec off SR	15x30sec on 30sec off SR	
Fri. 15 September	Rest	40min run	40min run	
Sat. 16 September	Rest	Rest	Rest	
Sun. 17 September	The Sunday Telegraph body+soul Bridge Run			Race Day

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