

City-Bay Training Programme For Primary Schools

If you have not run consistently for some time, aim for three training days a week. It is preferable to run on every other day in order to allow sufficient time for recovery.

Before you start training there are a few things you should address:

1. Are there any medical issues that might affect your ability to train; if you should consult your doctor.
2. If you have asthma ensure that you have your “puffer” with at all times.
3. Have you any injuries during the past three months, if so, are you now injury free?

The most important item of equipment is a good pair of running shoes. Running in good shoes will save you from possible injury problems as your training progresses. Visit a store that specializes in the fitting of the correct shoe for your particular build and running style.

Before you start remember that the City-Bay is a fun run and you are more likely to have an enjoyable experience if you are fit enough to cover the distance comfortably. Before each training session you should warm-up by jogging at an easy pace for 5 minutes and then stretch the muscles you are about to use. Concentrate on a light foot landing; run over the ground and not into it.

Primary School Programme.

Week One

Day One.

- Warm-up.
- 5 minutes easy running at a pace you can comfortably talk at.
- 2 x 5 minutes brisk running—only slightly out of breath. This should about the pace you are aiming at for the fun-run. Rest for 2 minutes between runs or until you get your breath back.
- 5 minutes easy running.
- Stretch.

Day Two.

- Warm-up.
- 5 minutes easy running.
- 10 x 100m (roughly the length of a football field) with a walk back recovery. These should be run at about $\frac{3}{4}$ pace concentrating on a faster leg turnover rate with the foot landing directly under the knee in order to avoid over-striding. Try to land on the fore or mid foot and not on heel first.
- 5 minutes walk and stretch.

Day Three.

- Warm-up.
- 5 minutes easy running
- 10 minutes brisk running.
- 5 minutes easy running.
- Stretch.

Week Two

Day One.

- 5 minutes easy running.
- 2 x 6 minutes brisk running with 2 minutes rest.
- 5 minutes easy running.
- Stretch.

Day Two.

- 5 minutes easy running.
- 10 x 100m with walk back recovery.
- 5 minutes easy running.
- Stretch.

Day Three.

- 5 minutes easy running.
- 12 minutes brisk running.
- 5 minutes easy running.
- Stretch.

Week Three

Day One.

- 5 minutes easy running.
- 2 x 7 minutes brisk running with 2 minutes rest.
- 5 minutes easy running.
- Stretch.

Day Two.

- 5 minutes easy running.
- 5 x 200m at $\frac{3}{4}$ speed with 200m slow jog recovery.
- 5 minutes easy running.
- Stretch.

Day Three.

- 5 minutes easy running.
- 14 minutes brisk running.
- 5 minutes easy running.
- Stretch.

Week Three

Day One.

- 5 minutes easy running.
- 2 x 8 minutes brisk running with 2 minutes rest.
- 5 minutes easy running.
- Stretch.

Day Two.

- 5 minutes easy running.
- 6 x 200m at $\frac{3}{4}$ speed with 200m slow jog recovery.
- 5 minutes easy running.
- Stretch.

Day Three.

- 5 minutes easy running.
- 16 minutes brisk running.
- 5 minutes easy running.
- Stretch.

Week Four

Day One.

- 5 minutes easy running.
- 2 x 10 minutes brisk running with 2 minutes rest.
- 5 minutes easy running.
- Stretch.

Day Two.

- 5 minutes easy running.
- 5 x 300m at $\frac{3}{4}$ pace with 300m slow jog recovery.
- 5 minutes easy running.
- Stretch.

Day Three.

- 5 minutes easy running.
- 20 minutes brisk running.
- 5 minutes easy running.
- Stretch.

Week Five

Now you have completed 4 weeks of training it is time to pick up the pace of your runs. Because you are fitter you should be able to run faster with the same effort; but remember “train don’t strain”. Monitor any unusual aches or pains—ease off if necessary. Don’t try and run injury or colds, a few days off is often the best cure.

Day One.

- 30 minutes easy running.
- Stretch.

Day Two.

- 5 minutes easy running.
- 5 x 400m at $\frac{3}{4}$ pace with 400m slow jog recovery.
- 5 minutes easy running.
- Stretch.

Day Three.

- 5 minutes easy running.
- 6 x 100m at $\frac{3}{4}$ pace with walk back recovery.
- 20 minutes easy running.
- Stretch.

Week Six

Day One.

- 30 minutes easy running.
- Stretch.

Day Two.

- 5 minutes easy running.
- 6 x 400m at $\frac{3}{4}$ pace with 400m slow jog recovery.
- 5 minutes easy running.
- Stretch.

Day Three.

- 5 minutes easy running.
- 6 x 100m at $\frac{3}{4}$ pace with walk back recovery.
- 20 minutes easy running.
- Stretch.

Week Seven

Day One.

- 30 minutes easy running.
- Stretch.

Day Two.

- 5 minutes easy running.
- 7 x 400m at $\frac{3}{4}$ pace with 400m slow jog recovery.
- 5 minutes easy running.
- Stretch.

Day Three.

- 5 minutes easy running.
- 6 x 100m at $\frac{3}{4}$ pace with walk back recovery.
- 20 minutes easy running.
- Stretch.

Week Eight

Day One.

- 30 minutes easy running.
- Stretch.

Day Two.

- 5 minutes easy running.
- 5 x 3 minutes at race pace with 2 minutes recovery.
- 5 minutes easy running.
- Stretch.

Day Three.

- 5 minutes easy running.
- 6 x 100m at $\frac{3}{4}$ pace with walk back recovery.
- 20 minutes easy running.
- Stretch.

Week Nine

Day One.

- 30 minutes easy running.
- Stretch.

Day Two.

- 5 minutes easy running.
- 3 x 5 minutes at race pace with 2 minutes recovery.
- 5 minutes easy running.
- Stretch.

Day Three.

- 5 minutes easy running.
- 6 x 100m at $\frac{3}{4}$ pace walk back recovery.
- 20 minutes easy running.
- Stretch.

Week Ten

Day One.

- 30 minutes easy running.
- Stretch.

Day Two.

- 5 minutes easy running.
- Measure out your proposed race distance. Run that distance at a hard effort, try to run it at an even pace. This should give you a good idea of the sort of pace to aim at on race day.
- 5 minutes easy running.
- Stretch.

Day Three.

- 20 minutes easy running.
- Stretch.

Week Eleven

Day One.

- 20 minutes easy running.
- Stretch.

Day Two.

- 5 minutes easy running.
- 3 x 5 minutes at race pace with 2 minutes recovery.
- 5 minutes easy running.
- Stretch.

Day Three.

- 20 minutes easy running.
- Stretch.

Week Twelve

Days 1, 2.

- 20 minutes easy running.

Day Three.

Race day!!

Check all your equipment the previous day. Get to the start in plenty of time to allow a 5 to 10 minute warm-up. Don't get carried away in all the excitement of the start.