



Gold Coast Airport MARATHON

1-2 July 2017



IT'S LIVE!
in Queensland

**GOOD
TIMES**
#GCAM17

42

marathon

21

half marathon

10

10km run

5.7

5.7km challenge

Jnr

junior dash

Zespri 4km Junior Dash Training Diary

Running is easy and all you need is a pair of good shoes and a positive attitude. But remember to start out **EASY!**

Always **WARM UP** before you run. Jog on the spot for a few minutes, jump rope or run easy for a few minutes. Anything that gets your heart beating faster and warms up your muscles. Do some light stretching during your warm-up starting with the biggest muscles first, your legs.

Don't overdo your first few days. Don't run too hard so that you are so sore for the next few days.

Run on soft surfaces, such as grass or on sand as much as possible. This helps to avoid injury.

Go down to your local sports field or park and run there. Even your school oval would be a good place to start, as you could run in your lunch hour or before or after school.



10 weeks to go

Zespri 4km Junior Dash Training Diary

9 weeks to go

		Session	Duration	Intensity
Monday	24 April	Walk 1 lap of oval or field, then run 1 lap	Repeat 2 times	Flat & easy on grass
Tuesday	25 April			
Wednesday	26 April	Walk 1 lap of oval or field, then run 1 lap	Repeat 2 times	Flat & easy on grass
Thursday	27 April			
Friday	28 April	Walk 1 lap of oval or field, then run 1 lap	Repeat 3 times	Flat & easy on grass
Saturday	29 April			
Sunday	30 April	Run	5 minutes	Easy & on grass

		Session	Duration	Intensity
Monday	1 May	Walk 1 lap of oval, then run 2 laps	Repeat 2 times	Flat & easy
Tuesday	2 May			
Wednesday	3 May	Walk 1 lap of oval, then run 2 laps	Repeat 2 times	Flat & easy
Thursday	4 May			
Friday	5 May	Walk 1 lap of oval, then run 2 laps	Repeat 3 times	Flat & easy
Saturday	6 May			
Sunday	7 May	Run	7 minutes	Flat & easy on grass or the road

Pace yourself when you start out. Don't start out at full speed because you won't be able to maintain this for a long distance.

Give your bones and muscles a rest from running every other day. Swim, ride your bike or roller blade etc.



Remember to smile when you run!

8 weeks to go

Zespri 4km Junior Dash Training Diary

7 weeks to go

		Session	Duration	Intensity
Monday	8 May	Walk 1 lap of oval, then run 2 laps	Repeat 3 times	Flat & easy
Tuesday	9 May			
Wednesday	10 May	Walk 1 lap of oval, then run 2 laps	Repeat 3 times	Flat & easy
Thursday	11 May			
Friday	12 May	Walk 1 lap of oval, then run 2 laps	Repeat 3 times	Flat & easy
Saturday	13 May			
Sunday	14 May	Run	7 minutes	Flat & easy on grass or road

		Session	Duration	Intensity
Monday	15 May	Run 1 lap easy, then 1 lap faster	Repeat 2 times with a 2 min rest in between	Easy 1st lap, hard 2nd lap
Tuesday	16 May			
Wednesday	17 May	Run 1 lap easy, then 1 lap faster	Repeat 2 times with a 2 min rest in between	Easy 1st lap, hard 2nd lap
Thursday	18 May			
Friday	19 May	Run 1 lap easy, then 1 lap faster	Repeat 2 times with a 2 min rest in between	Easy 1st lap, hard 2nd lap
Saturday	20 May			
Sunday	21 May	Run	10 minutes	Easy

Running with your friend is fun. Together you can push each other to achieve more. Also if you plan to meet one of your friends to run, you are more likely to not put it off.

Don't forget to warm up and stretch well before you do any running session.



Encourage people who can't keep up.

6 weeks to go

Zespri 4km Junior Dash Training Diary

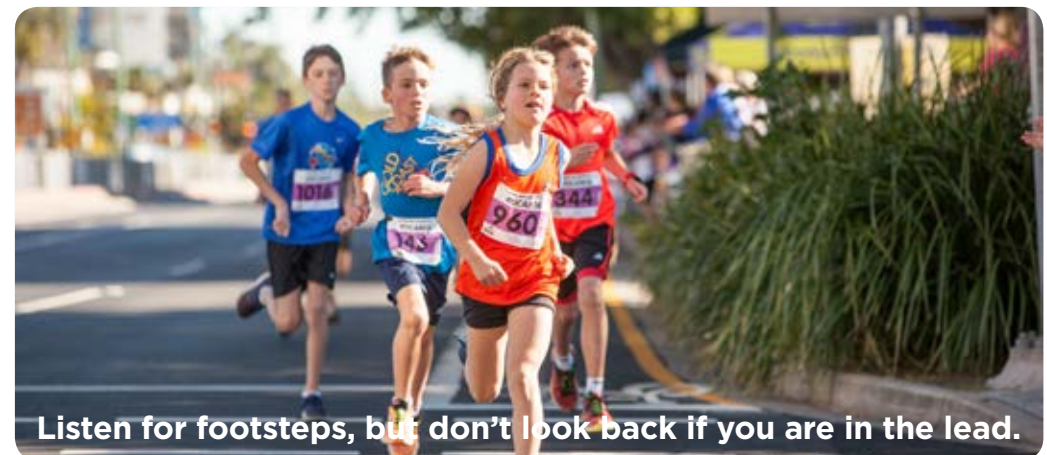
5 weeks to go

		Session	Duration	Intensity
Monday	22 May	Run 1 lap easy, then 1 lap faster	Repeat 3 times with a 2 min rest in between	Easy 1st lap, hard 2nd lap
Tuesday	23 May			
Wednesday	24 May	Run 1 lap easy, then 1 lap faster	Repeat 3 times with a 2 min rest in between	Easy 1st lap, hard 2nd lap
Thursday	25 May			
Friday	26 May	Run 1 lap easy, then 1 lap faster	Repeat 3 times with a 2 min rest in between	Easy 1st lap, hard 2nd lap
Saturday	27 May			
Sunday	28 May	Run	10 minutes	Easy

		Session	Duration	Intensity
Monday	29 May	1 lap easy, 1 lap medium pace, 1 lap hard	Repeat 2 times with a 2 min rest in between	1st lap easy, 2nd lap a little faster, 3rd lap faster again
Tuesday	30 May			
Wednesday	31 May	1 lap easy, 1 lap medium pace, 1 lap hard	Repeat 1 time	1st lap easy, 2nd lap a little faster, 3rd lap faster again
Thursday	1 June			
Friday	2 June	1 lap easy, 1 lap medium pace, 1 lap hard	Repeat 1 time	1st lap easy, 2nd lap a little faster, 3rd lap faster again
Saturday	3 June			
Sunday	4 June	Run	12 minutes	Easy

When running faster make sure that you continue to breathe and focus on your technique. Head held high, a slight lean forward and pump those arms.

When resting between sets, take some deep breaths and walk around. Keep your legs moving. Sitting down will only make your legs sorer as the lactic acid (what makes your legs feel sore) will build up.



Listen for footsteps, but don't look back if you are in the lead.

4 weeks to go

Zespri 4km Junior Dash Training Diary

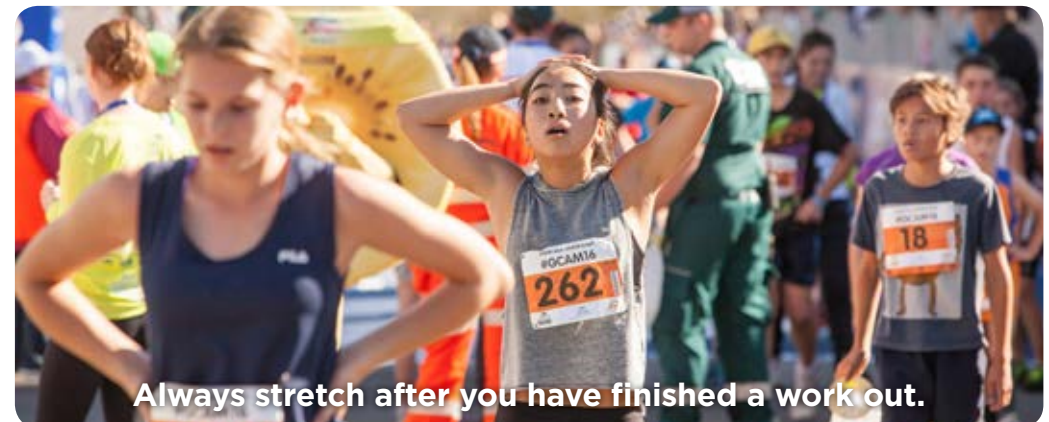
3 weeks to go

		Session	Duration	Intensity
Monday	5 June	Run 2 laps easy, then 2 laps faster	Repeat 3 times with a 2 min rest in between	1st 2 laps easy, 2nd 2 laps steady pace
Tuesday	6 June			
Wednesday	7 June	Run 2 laps easy for warm up. Run 1/2 lap fast, then 1/2 lap easy	Repeat 3 times. Warm down 2 laps very easy	1/2 fast lap should be nice & fast, with the other 1/2 lap very slow
Thursday	8 June			
Friday	9 June	Run 2 laps easy, then 2 laps faster	Repeat 3 times with a 2 min rest in between	1st 2 laps easy, 2nd 2 laps at a steady pace
Saturday	10 June			
Sunday	11 June	Run	15 minutes	Easy over small hills

		Session	Duration	Intensity
Monday	12 June	Run 4 laps easy	Repeat 2 times, with a 1 min rest in between	Flat & easy
Tuesday	13 June			
Wednesday	14 June	Run 2 laps easy for warm up. Run 1/2 lap fast, then 1/2 lap easy	Repeat 3 times. Warm down 2 laps very easy	1/s fast lap should be nice and fast, with the other 1/2 lap very slow
Thursday	15 June			
Friday	16 June	Run 5 laps easy, rest 2 mins then 6 laps easy	Only do once	Flat & easy
Saturday	17 June			
Sunday	18 June	Run	20 minutes	Over a few small hills

With the race only about 2 weeks away, start thinking about the race.

When you are training this week imagine you are in the race. Concentrate on breathing and staying focused and remember not to go out too hard. Pace yourself.



Always stretch after you have finished a work out.

2 weeks to go

Zespri 4km Junior Dash Training Diary

1 week to go

		Session	Duration	Intensity
Monday	19 June	Run 3 laps easy, 1 lap fast then 1 lap easy	Repeat 2 times	Easy 3 laps, fast 1 lap
Tuesday	20 June			
Wednesday	21 June	Run 2 laps easy, 1 lap faster	Repeat 4 times with no rest	Fast 2 laps easy then next lap hard, 2 laps easy, 1 hard etc
Thursday	22 June			
Friday	23 June	Run 5 laps	Repeat 2 times with 2 mins rest in between	Run the 5 laps & pretend you are in a race
Saturday	24 June			
Sunday	25 June	Run	20 minutes	Small hills

		Session	Duration	Intensity
Monday	26 June	Run 2 laps easy, 1 lap fast	Repeat 3 times with 1 min rest in between	
Tuesday	27 June			
Wednesday	28 June	Run 5 laps		Flat & easy. Think about the race while running
Thursday	29 June			
Friday	30 June	Rest		
Saturday	1 July	Zespri 4km Junior Dash - GO FOR IT! You have done all the training you can and you are ready. Good luck!		





The day before the race

Get organised

This is the time to ensure you have everything you need and to figure out all the details such as where the toilets are and what to do with your warm up gear.

In the morning of the race if you can wake at least 2 hours before the race you will feel wide awake and ready to run. Have your breakfast early and have a drink before the race. You might need to go to the toilet just before your race - so find out where the nearest toilets are.

Generally it is a good idea to do some light jogging the day before the race, particularly to wake your body up after a couple of weeks of light training, like a pre race warm up.

Race day

You have trained for this race. You have completed probably the hardest part of the event - the training. Now comes the fun bit!

You need to be highly organised on race morning so you can relax knowing that all the details have been taken care of.

Arrive at the race start with plenty of time. Take care of the details, such as applying your race number and knowing where you have to start.

Getting nervous before a race is normal, in fact it is a good thing. This means you are ready to run and your body is psyched.

Think positively! You will only do as well as you **THINK YOU CAN.**



During the race

Remember to keep well hydrated, particularly if it is a hot day. Do not drink too much. Once you are hydrated you will not benefit from over hydrating.

Be careful you don't get caught up in the hype of the start. It is easy to think that you are not running hard enough. You will feel good for the first part of the run because you are very fit.

Don't try and run too fast - make sure you relax and have some fun!

Immediately after the race

Have a drink straight after your race - water is very good for you.

It is also a good idea to have a piece of fruit, like Zespri SunGold Kiwifruit, to eat at the same time.

Then have a good rest for a few hours. And don't forget to keep drinking lots!

About Zespri



Zespri is a world leader in Kiwifruit and encourages children to incorporate physical activity and healthy eating habits into their lives.

Zespri will be providing delicious Zespri SunGold Kiwifruit for all Zespri Junior Dash finishers to enjoy after the race!

Zespri Kiwifruit can help you 'go for gold' every day. Just one Zespri SunGold Kiwifruit provides all your daily vitamin C needs.

Find out more about Zespri at zespri.com.au



2017 Gold Coast Airport Marathon Training Diary Disclaimer

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Acknowledgments



Thank you to former Gold Coast Airport Marathon race winner and Gold Coaster Samantha Hughes for writing this Zespri 4km Junior Dash Training Program. Sam has run many marathons and won the Gold Coast Airport Marathon in the year 2000. She loves her running and likes to encourage others to have a go and experience the benefits that running can provide.