



GOLD COAST MARATHON

30 JUNE - 1 JULY 2018



IT'S LIVE!
in Queensland



GOOD
TIMES
#GCM18

42

marathon

21

half marathon

10

10km run

5.7

fun run

Jnr

junior dash

Garmin 4km Junior Dash Training Diary



AUSTRALIA'S
GOLD COAST



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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

Garmin 4km Junior Dash Training Diary

9 weeks to go

		Session	Duration	Intensity
Monday	23 April	Walk 1 lap of oval or field, then run 1 lap	Repeat 2 times	Flat & easy on grass
Tuesday	24 April			
Wednesday	25 April	Walk 1 lap of oval or field, then run 1 lap	Repeat 2 times	Flat & easy on grass
Thursday	26 April			
Friday	27 April	Walk 1 lap of oval or field, then run 1 lap	Repeat 3 times	Flat & easy on grass
Saturday	28 April			
Sunday	29 April	Run	5 minutes	Easy & on grass

		Session	Duration	Intensity
Monday	30 April	Walk 1 lap of oval, then run 2 laps	Repeat 2 times	Flat & easy
Tuesday	1 May			
Wednesday	2 May	Walk 1 lap of oval, then run 2 laps	Repeat 2 times	Flat & easy
Thursday	3 May			
Friday	4 May	Walk 1 lap of oval, then run 2 laps	Repeat 3 times	Flat & easy
Saturday	5 May			
Sunday	6 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.

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Remember to smile when you run!

8 weeks to go

Garmin 4km Junior Dash Training Diary

7 weeks to go

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

		Session	Duration	Intensity
Monday	14 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	15 May			
Wednesday	16 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	17 May			
Friday	18 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	19 May			
Sunday	20 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.

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6 weeks to go

Garmin 4km Junior Dash Training Diary

5 weeks to go

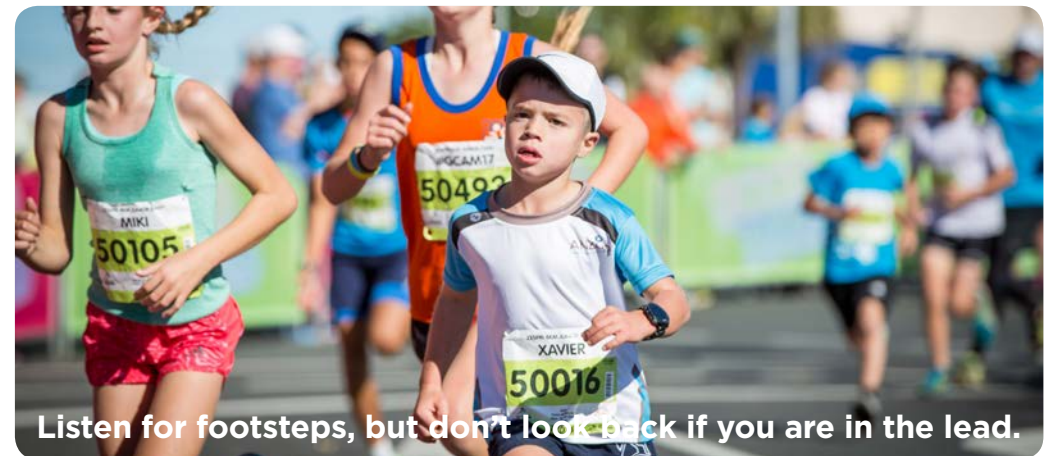
		Session	Duration	Intensity
Monday	21 May	Run 1 lap easy, then 1 lap faster	Repeat 3 times with a 2 min rest in between	Easy 1st lap, hard 2nd lap
Tuesday	22 May			
Wednesday	23 May	Run 1 lap easy, then 1 lap faster	Repeat 3 times with a 2 min rest in between	Easy 1st lap, hard 2nd lap
Thursday	24 May			
Friday	25 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	26 May			
Sunday	27 May	Run	10 minutes	Easy

		Session	Duration	Intensity
Monday	28 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	29 May			
Wednesday	30 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	31 May			
Friday	1 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	2 June			
Sunday	3 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.

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

4 weeks to go

Garmin 4km Junior Dash Training Diary

3 weeks to go

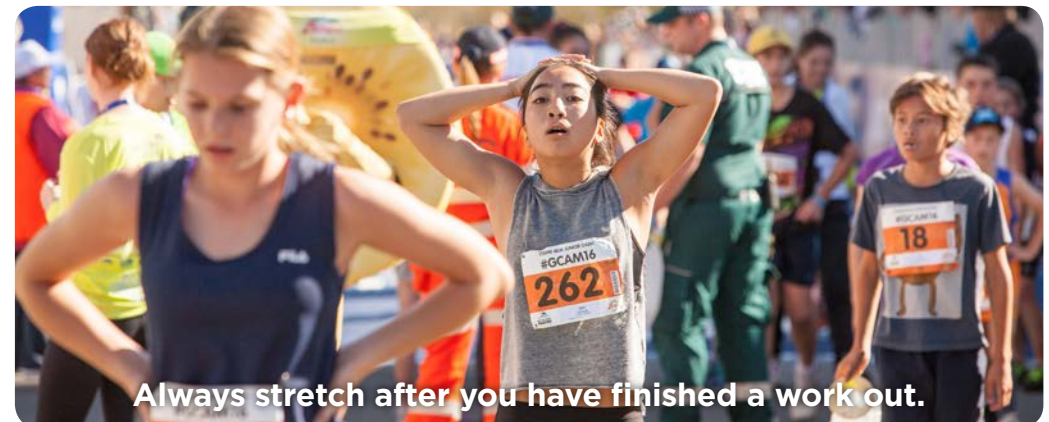
		Session	Duration	Intensity
Monday	4 June	Run 2 laps easy, then 2 laps faster	Repeat 3 times with a 2 min rest in between	1st 2 laps easy, 2nd 2 laps steady pace
Tuesday	5 June			
Wednesday	6 June	Run 2 laps easy for warm up. Run 1/2 lap fast, then 1/2 lap easy	Repeat 3 times. Warm down 2 laps very easy	1/2 fast lap should be nice & fast, with the other 1/2 lap very slow
Thursday	7 June			
Friday	8 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	9 June			
Sunday	10 June	Run	15 minutes	Easy over small hills

		Session	Duration	Intensity
Monday	11 June	Run 4 laps easy	Repeat 2 times, with a 1 min rest in between	Flat & easy
Tuesday	12 June			
Wednesday	13 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	14 June			
Friday	15 June	Run 5 laps easy, rest 2 mins then 6 laps easy	Only do once	Flat & easy
Saturday	16 June			
Sunday	17 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.

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Always stretch after you have finished a work out.

2 weeks to go

Garmin 4km Junior Dash Training Diary

1 week to go

		Session	Duration	Intensity
Monday	18 June	Run 3 laps easy, 1 lap fast then 1 lap easy	Repeat 2 times	Easy 3 laps, fast 1 lap
Tuesday	19 June			
Wednesday	20 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	21 June			
Friday	22 June	Run 5 laps	Repeat 2 times with 2 mins rest in between	Run the 5 laps & pretend you are in a race
Saturday	23 June			
Sunday	24 June	Run	20 minutes	Small hills

		Session	Duration	Intensity
Monday	25 June	Run 2 laps easy, 1 lap fast	Repeat 3 times with 1 min rest in between	
Tuesday	26 June			
Wednesday	27 June	Run 5 laps		Flat & easy. Think about the race while running
Thursday	28 June			
Friday	29 June	Rest		
Saturday	30 June	Garmin 4km Junior Dash - GO FOR IT! You have done all the training you can and you are ready. Good luck!		



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A large crowd of young runners, mostly girls, are gathered at the start of a race. They are wearing various athletic gear, including tank tops, shorts, and caps. Some are looking forward, while others are looking around. The background shows a city street with buildings and trees. A banner in the background reads "THE STAR", "Zingari", "CITIZEN".

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 to eat at the same time.

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

About Garmin

GARMIN®

Garmin is a leading worldwide provider of wearable activity trackers and encourages children to incorporate physical activity into their lives.

Garmin is extremely proud of its efforts in producing activity trackers specifically for children so they can stay active and be rewarded for keeping fit, a bit like the finisher rewards kids receive when they cross the line on the Gold Coast to the cheers of their mums and dads.

Garmin's specialist children's activity tracker, the vivofit jr. 2, helps keep fitness fun for kids – an objective shared by the Gold Coast Marathon.

Find out more about Garmin at Garmin.com.au



Acknowledgments



Thank you to former Gold Coast Marathon race winner and Gold Coaster Samantha Hughes for writing this Garmin 4km

Junior Dash Training Program. Sam has run many marathons and won the Gold Coast 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.

2018 Gold Coast Marathon Training Diary Disclaimer

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