



GOLD COAST MARATHON

6-7 JULY 2019



IT'S LIVE!
in Queensland



GOOD
TIMES
#GCM19

42

marathon

21

half marathon

10

10km run

5.7

fun run

Jnr

junior dash

Garmin 2km 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

Garmin 2km Junior Dash Training Diary

9 weeks to go

		Session	Duration	Intensity
Monday	29 April	Walk 1 lap of oval or field, then run 1 lap	Repeat 2 times	Flat & easy on grass
Tuesday	30 April			
Wednesday	1 May	Walk 1 lap of oval or field, then run 1 lap	Repeat 2 times	Flat & easy on grass
Thursday	2 May			
Friday	3 May	Walk 1 lap of oval or field, then run 1 lap	Repeat 2 times	Flat & easy on grass
Saturday	4 May			
Sunday	5 May	Run	5 minutes	Flat & easy on grass

		Session	Duration	Intensity
Monday	6 May	Walk 1 lap of oval, then run 2 laps	Repeat 1 time	Flat & easy
Tuesday	7 May			
Wednesday	8 May	Walk 1 lap of oval, then run 2 laps	Repeat 1 time	Flat & easy
Thursday	9 May			
Friday	10 May	Walk 1 lap of oval, then run 2 laps	Repeat 2 times	Flat & easy
Saturday	11 May			
Sunday	12 May	Run	5 minutes	Easy & on grass

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.

GARMIN®



8 weeks to go

Garmin 2km Junior Dash Training Diary

7 weeks to go

		Session	Duration	Intensity
Monday	13 May	Walk 1 lap of oval, skip, run backwards 1 lap, then run 1 lap	Repeat 2 times	Flat & easy
Tuesday	14 May			
Wednesday	15 May	Walk 1 lap of oval, then run 2 laps	Repeat 2 times	Flat & easy
Thursday	16 May			
Friday	17 May	Walk 1 lap of oval, skip, run backwards 1 lap, then run 1 lap	Repeat 3 times	Flat & easy
Saturday	18 May			
Sunday	19 May	Run	6 minutes	Easy & on grass

		Session	Duration	Intensity
Monday	20 May	Run 1 lap easy, then 1/2 lap faster, walk 1/2 lap	Repeat 2 times	
Tuesday	21 May			
Wednesday	22 May	Walk 1 lap of oval or field, then run 1 lap	Repeat 1 time	Flat & easy
Thursday	23 May			
Friday	24 May	Walk 1 lap of oval or field, then run 1 lap	Repeat 2 times	Flat & easy
Saturday	25 May			
Sunday	26 May	Run	7 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.

GARMIN®



Encourage people who can't keep up.

6 weeks to go

Garmin 2km Junior Dash Training Diary

5 weeks to go

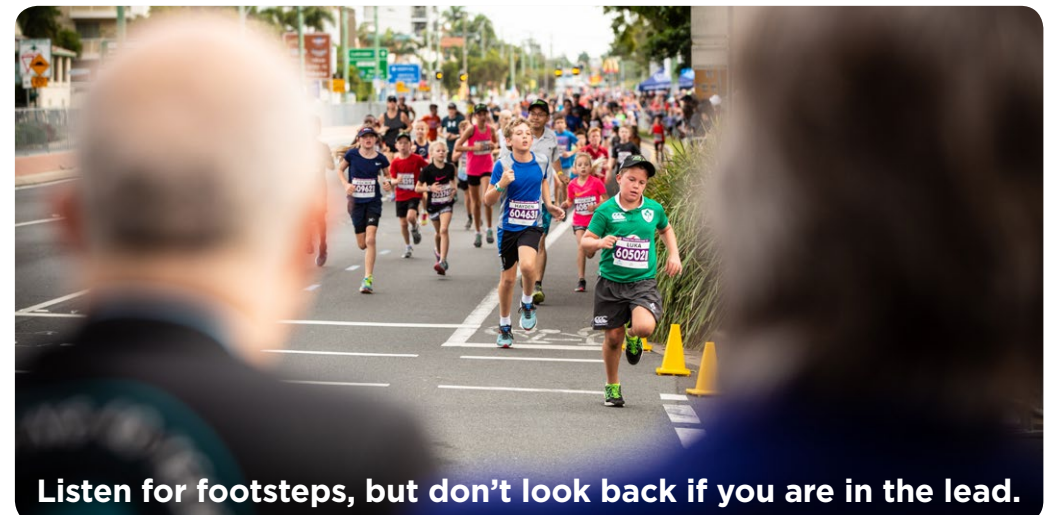
		Session	Duration	Intensity
Monday	27 May	Walk 1 lap, run 1 lap easy, then run 1 lap faster	Repeat 2 times with a 2 min rest in between	Walk 1st lap, run easy 2nd lap, harder 3rd lap
Tuesday	28 May			
Wednesday	29 May	Run 1 lap easy, then 1/2 lap faster, walk 1/2 lap	Repeat 2 times	
Thursday	30 May			
Friday	31 May	Run 2 laps, walk 1 lap, run 2 laps	Repeat 1 time	
Saturday	1 June			
Sunday	2 June	Run	8 minutes	Easy

		Session	Duration	Intensity
Monday	3 June	Run 2 laps, walk 1 lap then run 3 laps	Repeat 1 time	Run easy
Tuesday	4 June			
Wednesday	5 June	1 lap easy, 1 lap medium pace, 1 lap harder	Repeat 1 time	1st lap very easy, 2nd lap a little faster, 3rd lap faster again
Thursday	6 June			
Friday	7 June	Run 2 laps, walk 1 lap then run 4 laps	Repeat 1 time	Run easy
Saturday	8 June			
Sunday	9 June	Run	9 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.

GARMIN®



4 weeks to go

Garmin 2km Junior Dash Training Diary

3 weeks to go

		Session	Duration	Intensity
Monday	10 June	Walk 1 lap, run 2 laps, then run 3 laps	Repeat 1 time	
Tuesday	11 June			
Wednesday	12 June	Run 2 laps easy for warm up. Run 1/2 lap fast, then 1/2 lap easy	Repeat 1/2 fast, then 1/2 easy 3 times	1/2 fast lap should be nice & fast, with the other 1/2 lap very slow. Warm down 2 laps easy
Thursday	13 June			
Friday	14 June	Run 2 laps easy, then 1 lap faster	Repeat 2 times with a 2 min rest in between	1st 2 laps easy, then next 1 lap at a steady pace
Saturday	15 June			
Sunday	16 June	Run	10 minutes	Easy over small hills

		tSession	Duration	Intensity
Monday	17 June	Run 4 laps easy, rest 2 min then run 3 laps	Repeat 1 time	Flat & easy
Tuesday	18 June			
Wednesday	19 June	Run 2 laps easy for warm up. Run 1/2 lap very fast, then 1/2 lap very easy	Repeat 1/2 fast, then 1/2 easy 3 times	Make sure you stick to the fast/slow cycle. Warm down 2 laps easy
Thursday	20 June			
Friday	21 June	Run 2 laps easy, 1 lap skip & run backwards, then 2 laps easy run	Repeat 1 time	Flat & easy
Saturday	22 June			
Sunday	23 June	Run	12 minutes	Flat

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.

GARMIN®



2 weeks to go

Garmin 2km Junior Dash Training Diary

1 week to go

		Session	Duration	Intensity
Monday	24 June	Run 3 laps easy, walk 1 lap, then run 4 laps easy	Repeat 1 time	Easy
Tuesday	25 June			
Wednesday	26 June	Run 2 laps easy, 1 lap faster	Repeat 2 times with no rest	Fast laps easy then next lap hard, 2 laps easy, 1 hard etc
Thursday	27 June			
Friday	28 June	Run 6 laps	Repeat 1 time	Run the 6 laps & pretend you are in a race
Saturday	29 June			
Sunday	30 June	Run	12 minutes	Flat & easy

		Session	Duration	Intensity
Monday	1 July	Run 1 lap easy, then 1/2 lap faster then walk 1/2 lap	Repeat 3 times	
Tuesday	2 July			
Wednesday	3 July	Run 5 laps easy		Flat & easy. Think about the race while running
Thursday	4 July			
Friday	5 July	Rest		
Saturday	6 July	Garmin 2km 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.**

A photograph of four children, two boys and two girls, sitting outdoors and smiling. They are all wearing race medals around their necks. The boy on the far left is wearing a blue and white shirt. The boy next to him is wearing a black shirt. The girl next to him is wearing a pink shirt and a white visor. The girl on the far right is wearing a bright pink tank top and a black cap. They are all holding their medals up. The background is a blurred green landscape.

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

2019 Gold Coast Marathon Training Diary Disclaimer

Events Management Queensland and its sponsors, employees and agents responsible for the 2019 Gold Coast Marathon and Garmin 2km Junior Dash Training Program believe that the information contained in this diary is correct and appropriate. However, no representation or warranties of any nature whatsoever are given, intended or implied.

Events Management Queensland makes no representations about the content and suitability of this information for any purpose. It is provided "as is" without express or implied warranty. You should rely on your own review, inquiry and assessment as to the accuracy of any information made available within this diary.

Events Management Queensland and its sponsors disclaims all responsibility and liability for any direct or indirect loss or damage suffered by any person as a consequence of using this Training Diary or the information supplied within it.

Acknowledgments



Thank you to former Gold Coast Marathon race winner and Gold Coaster Samantha Hughes for writing this Garmin 2km

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.