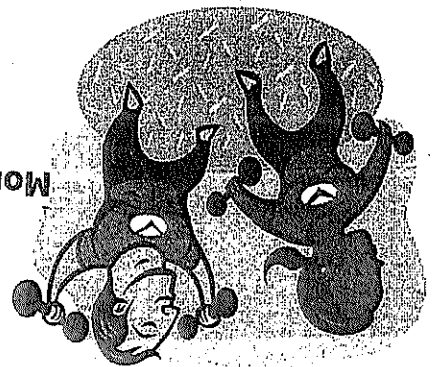
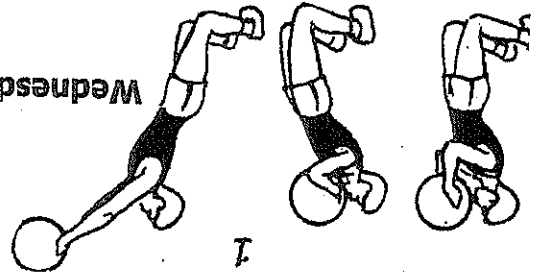


Monday:



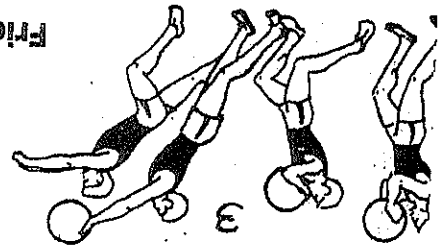
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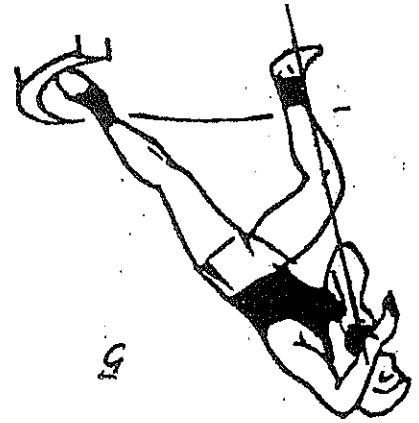
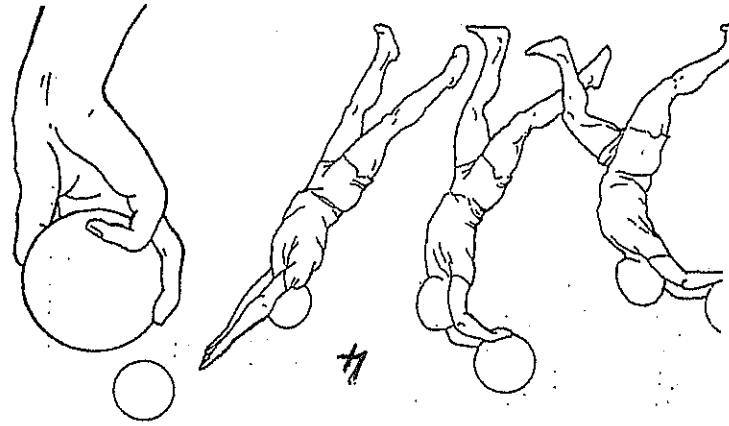
Wednesday:



Thursday:



Friday:



## Shot-put

Warm up exercises

- 50 throws-standing ⑦
- 100 chest pushes with a large ball ③
- 100 throwing from above the head ④
- 20 x 50 metre sprints

Warm up exercises

- Line jumps, one at a time as far as possible x 50
- 100 sit-up throws to standing ②
- 100 chest pushes with large shot ③
- 20 technique throws ⑤ ⑥

Warm up exercises

- 50 throws standing ⑦
- 50 Hurdle jumps (obstacle) ⑩
- 25 x 20 metre sprints
- 100 stair jumps

Warm up exercises

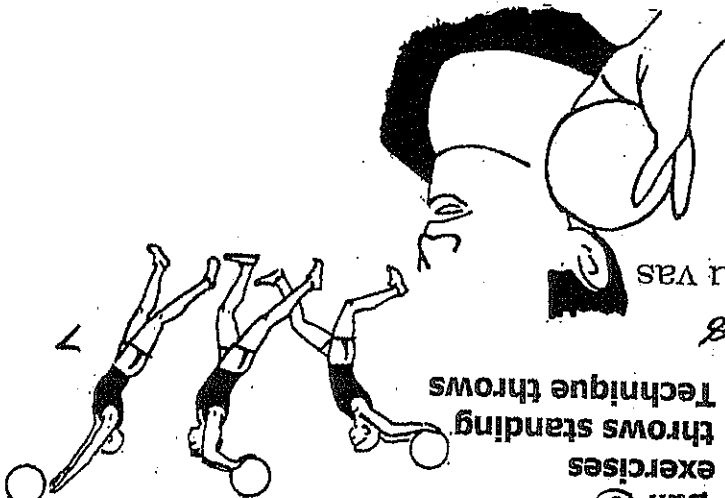
- 100 above the head throws ④
- 50 sit-up to a friend standing ②
- 50 line jumps as far as possible
- 50 over the head, backward throws with a large ball ⑥

Warm up exercises

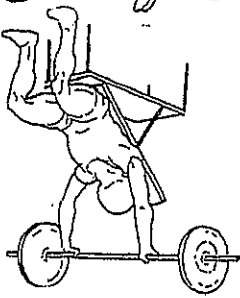
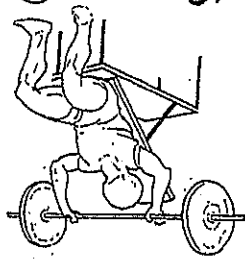
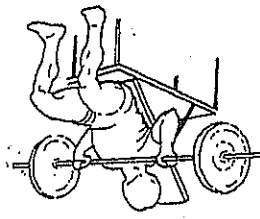
- 25 throws standing
- 50 Technique throws

8

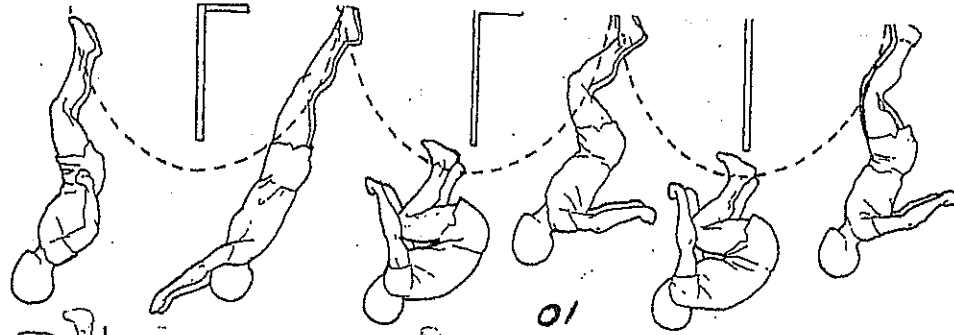
Hou vas



9



10



# Middle-Long Distance

## \* Choose any one of the three programmes

### TRAINING PLANS

## Your First Big Goals



Anybody can run, but where you should start depends on your fitness level. In the training program below, there are two plans: **NEW RUNNER (NR)** and **FIT BEGINNER (FB)**. Both will take you to the finish line of a 5-K. Greg McMillan, "is to make it through the first six weeks, which are the hardest." If you've been exercising regularly for three months or more, you're a fit beginner. "Keep in mind that your body isn't used to running," says McMillan. "So build gradually to avoid injury." Returning runners, pick the programme that best fits your current fitness level.

|               | MONDAY                 | TUESDAY                                                | THURSDAY                                               | SATURDAY                                               |
|---------------|------------------------|--------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|
| <b>WEEK 1</b> |                        |                                                        |                                                        |                                                        |
| <b>NR</b>     | Cross-training or rest | 5-min walk, 15-min run/walk, 5-min walk (25 min total) | 5-min walk, 15-min run/walk, 5-min walk (30 min total) | 5-min walk, 20-min run/walk, 5-min walk (50 min total) |
| <b>FB</b>     | Cross-training         | 30-min run (with walk breaks as needed)                | 30-min run (with walk breaks as needed)                | 30-min run (with walk breaks as needed)                |
| <b>WEEK 2</b> |                        |                                                        |                                                        |                                                        |
| <b>NR</b>     | Cross-training or rest | 5-min walk, 15-min run/walk, 5-min walk (25 min total) | 5-min walk, 15-min run/walk, 5-min walk (30 min total) | 5-min walk, 20-min run/walk, 5-min walk (50 min total) |
| <b>FB</b>     | Cross-training         | 30-min run (with walk breaks as needed)                | 30-min run (with walk breaks as needed)                | 35-min run (with walk breaks as needed)                |
| <b>WEEK 3</b> |                        |                                                        |                                                        |                                                        |
| <b>NR</b>     | Cross-training or rest | 5-min walk, 15-min run/walk, 5-min walk (25 min total) | 5-min walk, 15-min run/walk, 5-min walk (30 min total) | 5-min walk, 20-min run/walk, 5-min walk (50 min total) |
| <b>FB</b>     | Cross-training         | 30-min run (with walk breaks as needed)                | 30-min run (with walk breaks as needed)                | 40-min run (with walk breaks as needed)                |
| <b>WEEK 4</b> |                        |                                                        |                                                        |                                                        |
| <b>NR</b>     | Cross-training or rest | 5-min walk, 15-min run/walk, 5-min walk (25 min total) | 5-min walk, 15-min run/walk, 5-min walk (30 min total) | 5-min walk, 20-min run/walk, 5-min walk (50 min total) |
| <b>FB</b>     | Cross-training         | 30-min run (with walk breaks as needed)                | 30-min run (with walk breaks as needed)                | 45-min run                                             |
| <b>WEEK 5</b> |                        |                                                        |                                                        |                                                        |
| <b>NR</b>     | Cross-training or rest | 5-min walk, 15-min run/walk, 5-min walk (25 min total) | 5-min walk, 15-min run/walk, 5-min walk (30 min total) | 5-min walk, 20-min run/walk, 5-min walk (50 min total) |
| <b>FB</b>     | Cross-training         | 30-min run (with walk breaks as needed)                | 30-min run (with walk breaks as needed)                | 50-min run                                             |
| <b>WEEK 6</b> |                        |                                                        |                                                        |                                                        |
| <b>NR</b>     | Cross-training or rest | 5-min walk, 15-min run/walk, 5-min walk (25 min total) | 5-min walk, 15-min run/walk, 5-min walk (30 min total) | 5-min walk, 20-min run/walk, 5-min walk (50 min total) |
| <b>FB</b>     | Cross-training         | 30-min run (with walk breaks as needed)                | 30-min run (with walk breaks as needed)                | 55-min run                                             |
| <b>WEEK 7</b> |                        |                                                        |                                                        |                                                        |
| <b>NR</b>     | Cross-training or rest | 5-min walk, 15-min run/walk, 5-min walk (25 min total) | 5-min walk, 15-min run/walk, 5-min walk (30 min total) | 5-min walk, 20-min run/walk, 5-min walk (50 min total) |
| <b>FB</b>     | Cross-training         | 30-min run (with walk breaks as needed)                | 30-min run (with walk breaks as needed)                | 60-min run                                             |
| <b>WEEK 8</b> |                        |                                                        |                                                        |                                                        |
| <b>NR</b>     | Cross-training or rest | 5-min walk, 15-min run/walk, 5-min walk (25 min total) | 5-min walk, 15-min run/walk, 5-min walk (30 min total) | 5-min walk, 20-min run/walk, 5-min walk (50 min total) |
| <b>FB</b>     | Cross-training         | 30-min run (with walk breaks as needed)                | 30-min run (with walk breaks as needed)                | 65-min run                                             |

**TRAINING NOTES**  
 Pace runs slowly enough to allow for conversation.  
 RUN/WALK: You might begin by running eight minutes and walking one, or running 30 seconds and walking two minutes. Do what feels right, or try this: After a warm-up run, you want to rest, then walk, and you've recovered, time both segments and make them your starting point. After week three, add 15 to 60 seconds to the run segments. Use walk breaks frequently or phase them out.  
 CROSS-TRAINING: Other forms of exercise, such as cycling and strength training, two minutes between sprints.



## BEST SUITED FOR First-time 5-K runners who have built to at least a few kilometres (if you haven't run 5-K before, see our beginner programmes at runnersworld.co.za), runners who have never done speedwork before, and those who haven't done regular fast running in the last year.

This programme serves as an introduction (or reintroduction) to fast running. The workouts are challenging at first, but they'll remain tough, but remember that you control the pace, so back off when you need to. You'll likely find that you feel invigorated (if a little tired) after interval and stride workouts. To avoid injury, be sure you have a base of at least six continuous months of running at least three days a week. Two weeks before you start this programme, add four or five 30-second pick-ups (just increase your pace a little) to two of your weekly runs to get your legs and lungs primed for a faster pace.  
 If you're new to speedwork, aim to run repeats about 30 seconds a kilometre faster than your usual pace. Never run on a track before! Here are two pointers: (1) 400 metres is one lap. (2) Once you've finished an interval, move to an outer lane for your recovery jog to get out of the way of runners on the track.

| WEEK     | MON                                     | TUE                                                                               | WED                                                                             | THU                                                             | FRI           | SAT           | SUN           |
|----------|-----------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------|---------------|---------------|---------------|
| <b>1</b> | Short, easy run, cross-training or rest | Aerobic intervals (A1) Warm-up, 4 x 400 metres, 2-min rest between intervals (B1) | Endurance Run (ER) 30 min, Option: four 30-sec strides with 2-min recovery walk | Short, easy run or cross-train                                  | Rest          | ER 30-40 min. | ER 30-40 min. |
| <b>2</b> | Same as above                           | At Warm-up, 4 x 400 metres, 2 min, R1                                             | Same as above                                                                   | Same as above                                                   | Same as above | Rest          | ER 30-40 min. |
| <b>3</b> | Same as above                           | At Warm-up, 3 x 800 metres, 2 min, R1                                             | Same as above                                                                   | Same as above                                                   | Same as above | Rest          | ER 30-40 min. |
| <b>4</b> | Same as above                           | Race Pace (RP) Warm-up, 4 x 400 metres, 2 min, R1                                 | Rest                                                                            | RP Warm-up, 4 x 400 metres, 2 min, R1                           | Same as above | Rest          | ER 30-40 min. |
| <b>5</b> | Rest                                    | RP Warm-up, 3 x 800 metres, 2 min, R1                                             | Rest                                                                            | ER 20 min, Option: four 30-sec strides with 2-min recovery walk | Rest          | ER 30-40 min. | ER 30-40 min. |

**15-17: Aerobic intervals (A1)** If you've done speedwork, run 5 to 10 seconds a kilometre slower than goal 5-K pace. If not, go 20 to 40 seconds a kilometre faster than your usual running pace. Race between intervals (B1) Unless noted otherwise, jog at least a full minute slower than your usual running pace. Endurance Run (ER) Easy, conversational pace. Strides Short, 30-second bursts just under maximum speed. If you're new to speedwork, do them faster than you did the interval. When running, those pace (RP) 5-K goal pace. If you don't have a previous 5-K time to base your pace on, do a time trial. Run 2km as fast and evenly paced as you can use your average pace as your goal 5-K pace.



## Stay Strong

Running fast can hurt. So we asked three 5-K specialists with Olympic aspirations how they get through a tough spot. Here are five of their favourite tricks.

**RECALL YOUR TRAINING** "Preparing for a 5-K involves some pretty uncomfortable work," says two-time US college champ Chris Solinsky. "In the race, tell yourself that you've felt this before and you can deal with it now."

**CHAMBER YOUR ANKLES** When Solinsky starts thinking he should back off in the second half of the race, he says, "I get mad at myself, tell myself to stop wimping out, and start pushing again."

**STICK IT OUT** "Usually between halfway and 3km, you start thinking you can't hold the pace," says fence Melvior, who owns a 15:15 PB. "When this happens, I tell myself that is the make-or-break point to override the negative thoughts."

**BREATHE DEEP** So she doesn't spend the whole race freaking out about the inevitable pain, Jen Rhines (with a PB of 14:55) says, "I take to one kilometre at a time. By breaking it down, I don't get ahead of myself."

**BE PREPARED FOR THE WORST** "I tell myself before every race that it's going to be the most painful race of my life," says Solinsky. "Then if it is, I'm ready for it. And if it's not, I think what a nice surprise that is."

## RUNNING THE NUMBERS

**252** Number of 5-K runs and fun runs held in South Africa last year.

**13:00** Men's 5-K world record (Kenya's Sammy Kipketer at the Carlsbad 5000 in 2000)

**13:00** Women's 5-K world record (Ethiopia's Meseret Defar at the Carlsbad 5000 in 2006)

**39,012** Finishers in the 2007 South African 5-K race in Westbury, D.C., the world's largest 5-K

**39** Marion McMillan's age in 1995 when she ran 48:55 5-K, setting a US age-group record

**3** Job Christiansen's age in 1994 when he ran 25:53, setting an age-group record