

Carman's FUN RUN

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LET'S RUN TOGETHER



6 WEEK TRAINING PLANS

HALF MARATHON • 10K • 5K

18 February 2024



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MAMAMAG
Support and fun for the everyday mum

RUNNER'S
WORLD

Grassrootz

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BROOKS



5K BEGINNER

If you're someone who can't run 20-minutes without needing to stop, you find it hard to increase your pace or you have never done speed work before – this program is perfect for you.

GOAL = TO RUN 5K!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	15min walk	Rest	Warm-up: 5min walk 3 x (1min run + 2min walk) Cool down: 7min walk	Rest	Cross training/Gym	6 x (1min run + 1min walk)
2	Rest	15min walk	Rest	Warm up: 5min walk 4 x (1min run + 2min walk) Cool down: 7min walk	Rest	Cross training/Gym	6 x (1min run + 1min walk)
3	Rest	20min walk	Rest	Warm up: 5min walk 6 x (1min run + 2min walk) Cool down: 1min walk	Rest	Cross training/Gym	5 x (2min run + 2min walk)
4	Rest	20min walk	Rest	Warm up: 5min walk 8 x (1min run + 2min walk) Cool down: 1min walk	Rest	Cross training/Gym	6 x (2min run + 2min walk)
5	Rest	25min walk	Rest	Warm up: 5min walk 5 x (3min run + 2min walk)	Rest	Cross training/Gym	4 x (4min run + 2min walk)
6	Rest	25min walk	Rest	Warm up: 5min walk 5 x (2min run + 2min walk)	Rest	15min easy run	RACE DAY

LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

EFFORT KEY:

EASY - You can hold a conversation | **MODERATE** - You can say short phrases

HARD - Speaking is virtually impossible

5K INTERMEDIATE

If you can run 20 minutes but want to run even faster to help you get that PB – this is the perfect guide for you. It will help you build up speed within a 6 week period.

GOAL = TO RUN 5K!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	15min walk	Rest	Warm-up: 5min walk 6 x (1min run + 2min walk) Cool down: 7min walk	Rest	Cross training/Gym	10 x (1min run + 1min walk)
2	Rest	15min walk	Rest	Warm up: 5min walk 6 x (1min run + 2min walk) Cool down: 7min walk	Rest	Cross training/Gym	10 x (1min run + 1min walk)
3	Rest	20min walk	Rest	Warm up: 5min walk 6 x (2min run + 2min walk) Cool down: 1min walk	Rest	Cross training/Gym	6 x (3min run + 2min walk)
4	Rest	20min walk	Rest	Warm up: 5min walk 6 x (2min run + 2min walk) Cool down: 1min walk	Rest	Cross training/Gym	6 x (3min run + 2min walk)
5	Rest	25min walk	Rest	Warm up: 5min walk 5 x (4min run + 2min walk)	Rest	Cross training/Gym	4 x (6min run + 2min walk)
6	Rest	25min walk	Rest	Warm up: 5min walk 5 x (2min run + 2min walk)	Rest	15min easy run	RACE DAY

LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

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10K BEGINNER

If you have run on and off for six months, this program will help guide you from running/walking to tackling a 10K run in 6 weeks.

GOAL = TO RUN 10K!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	30min walk	Rest	Warm up: 5min walk 6 x (2min run + 1min walk) Cool down: 5min walk	Rest	Cross training/Gym	5 x (1K run + 2min walk)
2	Rest	30min walk	Rest	Warm up: 5min walk 6 x (2min run + 1min walk) Cool down: 5min walk	Rest	Cross training/Gym	5 x (1K run + 2min walk)
3	Rest	25min walk + 5min run	Rest	Warm up: 5min walk 6 x (3min run + 1min walk) Cool down: 5min walk	Rest	Cross training/Gym	5 x (6min run + 2min walk)
4	Rest	25min walk + 5min run	Rest	Warm up: 6min walk 6 x (3min run + 1min walk) Cool down: 5min walk	Rest	Cross training/Gym	5 x (6min run + 2min walk)
5	Rest	20min walk + 10min run	Rest	Warm up: 5min run 6 x (4min run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	3 x (2K run + 2min walk)
6	Rest	20min walk + 10min run	Rest	Warm up: 5min run 5 x (2min moderate run + 1min walk) Cool down: 5min easy run	Rest	15min easy run	RACE DAY

LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

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10K INTERMEDIATE

If you've run 10K fun runs before but want to improve your time, this guide is perfect for you.
Use the 6 week plan to build up your speed and smash your target on race day.

GOAL = TO RUN 10K!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	20min run + 10min walk	Rest	Warm up: 7min run 6 x (2min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	5-6K
2	Rest	20min run + 10min walk	Rest	Warm up: 7min run 6 x (2min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	6-7K
3	Rest	20min run + 10min walk	Rest	Warm up: 6min run 6 x (3min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	6-7K
4	Rest	20min run + 10min walk	Rest	Warm up: 6min run 6 x (3min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	7-8K
5	Rest	30min easy run	Rest	Warm up: 6 min run 6 x (3min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	9-10K
6	Rest	30min easy run	Rest	Warm up: 5min run 5 x (2min moderate run + 1min walk) Cool down: 5min easy run	Rest	15min easy run	RACE DAY

LONG RUN:

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21.1K BEGINNER

You might be an experienced 10K or 5K runner, but now you want to step it up.

This is the perfect guide to take you from running/walking a 21.1K to running to the finish line in 6 weeks. You should be able to run 10-12K at the start of this training plan.

GOAL = TO RUN A HALF MARATHON!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	20min run + 10min walk	Rest	Warm up: 7min run 6 x (2min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	10-12K
2	Rest	20min run + 10min walk	Rest	Warm up: 15min run 6 x (2min moderate run + 1min walk) Cool down: 2min easy run	Rest	Cross training/Gym	12-14K
3	Rest	20min run + 10min walk	Rest	Warm up: 6min run 6 x (3min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	14-16K
4	Rest	20min run + 10min walk	Rest	Warm up: 11 min run 6 x (3min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	16-18K
5	Rest	30min easy run	Rest	Warm up: 10min run 5 x (4min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	18-20K
6	Rest	30min easy run	Rest	Warm up: 15min run 5 x (2min moderate run + 1min walk) Cool down: 5min easy run	Rest	15min easy run	RACE DAY

LONG RUN:

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21.1K INTERMEDIATE

Take on this guide if you've run a few Half Marathons before and are ready to chase the time you've always wanted. Use this plan to score yourself your dream 21.1K goal. You should be able to run 12-14K at the start of this training plan.

GOAL = TO RUN A HALF MARATHON & PB!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	30min easy run	Rest	Warm up: 10min run 6 x 3min mod/hard run + 1min walk Cool down: 6min easy run	Rest	Cross training/Gym/ easy 30-40min run	12-14K
2	Rest	30min easy run	Rest	Warm up: 10min run 6 x 3min mod/hard run + 1min walk Cool down: 6min easy run	Rest	Cross training/Gym/ easy 30-40min run	14-16K
3	Rest	30min easy run	Rest	Warm up: 6min run 5 x 1K mod/hard run + 2min walk Cool down: 5min easy run	Rest	40min run including a 20min tempo	18-20K 10K (race pace)
4	Rest	40min easy run	Rest	Warm up: 6min run 5 x 1K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym/ easy 30-40min run	14-16K
5	Rest	40min easy run	Rest	Warm up: 15min run 1min fast + 1min easy + 2min fast + 1min easy + 3min fast + 2min easy + 3min fast + 2min easy + 2min fast + 1min easy + 1min fast + 1min easy Cool down: 10min easy run	Rest	Cross training/Gym/ easy 30-40min run	16-18K
6	Rest	40min easy run	Rest	Warm up: 10min run 5 x (3 mins tempo + 1 min easy) 5min easy warm down	Rest	15min easy run	RACE DAY

TEMPO:

A run that's faster than moderate pace but not exactly hard.

LONG RUN:

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