

# 8 SUBARU TRAINING PROGRAMME

week

BEGINNER

This programme was initially written for those training for the Round the Bays fun run.

Looking for more training tips?

ROUNDTHEBAYS.CO.NZ



PORTS OF AUCKLAND  
**THE ROUND THE BAYS** | **do** the spirit of Subaru

The Subaru training programme was created through consultation with FITTER Coaching and Subaru does not take any responsibility for any injuries as a result of following this training programme.

Unite against COVID-19

\*You must follow all NZ Government rules when leaving your home to do exercise. Stay close to home. Do not drive anywhere, you must leave your house by foot. If you go outside, you must keep a 2-metre distance from other people at all times. For more info about the guidelines, please visit [www.covid19.govt.nz](http://www.covid19.govt.nz)



SUBARU

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5  
RECOVERY WEEK

WEEK 6

WEEK 7

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5min</b> Fast walk <b>3min</b> Jog Repeat 4x <b>2min</b> Fast walk <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	<b>5min</b> Fast walk <b>3min</b> Jog Repeat 4x <b>2min</b> Fast walk <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	REST DAY	<b>5min</b> Fast walk <b>3min</b> Jog Repeat 4x <b>2min</b> Fast walk <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY
<b>5min</b> Fast walk <b>5min</b> Jog Repeat 4x <b>90sec</b> Fast walk <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	<b>5min</b> Fast walk <b>5min</b> Jog Repeat 4x <b>90sec</b> Fast walk <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	REST DAY	<b>5min</b> Fast walk <b>5min</b> Jog Repeat 4x <b>90sec</b> Fast walk <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY
<b>5min</b> Fast walk <b>7min</b> Jog Repeat 3x <b>1min</b> Fast walk <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	<b>5min</b> Fast walk <b>7min</b> Jog Repeat 3x <b>1min</b> Fast walk <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	REST DAY	<b>5min</b> Fast walk <b>7min</b> Jog Repeat 3x <b>1min</b> Fast walk <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY
<b>5min</b> Fast walk <b>10min</b> Jog Repeat 2x <b>2min</b> Fast walk <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	<b>5min</b> Fast walk <b>10min</b> Jog Repeat 2x <b>2min</b> Fast walk <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	REST DAY	<b>5min</b> Fast walk <b>10min</b> Jog Repeat 2x <b>2min</b> Fast walk <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY
<b>5min</b> Fast walk <b>40min</b> Fast hilly power walk <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	<b>5min</b> Fast walk <b>40min</b> Fast hilly power walk <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	REST DAY	<b>5min</b> Fast walk <b>12min</b> Jog Repeat 2x <b>2min</b> Fast walk <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY
<b>5min</b> Fast walk <b>20min</b> Jog <b>2min</b> Fast walk <b>5min</b> Jog <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	<b>5min</b> Fast walk <b>20min</b> Jog <b>2min</b> Fast walk <b>5min</b> Jog <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	REST DAY	<b>5min</b> Fast walk <b>20min</b> Jog <b>2min</b> Fast walk <b>5min</b> Jog <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY
<b>5min</b> Fast walk <b>20min</b> Jog <b>2min</b> Fast walk <b>10min</b> Jog <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	<b>5min</b> Fast walk <b>30min</b> Jog <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	REST DAY	<b>5min</b> Fast walk <b>20min</b> Jog <b>2min</b> Fast walk <b>10min</b> Jog <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY
<b>5min</b> Fast walk <b>5min</b> Jog <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	<b>5min</b> Fast walk <b>5min</b> Jog <b>5min</b> Warm down walk <b>10min</b> Stretch	REST DAY	REST DAY	REST DAY	Now it's time to put your training to the test and have fun doing your 8km run!

**Stretch Tip:**  
Do your calves, hamstrings, quads, glutes, and hips