

8 SUBARU TRAINING PROGRAMME

week

INTERMEDIATE

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 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



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
Warm up 3km Jog Warm down/stretch	REST DAY	EFFORTS: 5min Easy jog warm up Dynamic Stretches 15sec Fast jog 45sec Jog/walk 5min Warm down Repeat 5x	REST DAY	REST DAY	Warm up 5km Jog Warm down/stretch	RESISTANCE TRAINING: e.g. Single leg squats, calf raises & leg press
Warm up 3km Jog Warm down/stretch	REST DAY	FARTLEK: 5min Easy jog warm up Dynamic Stretches 30sec Fast 30sec Jog 20sec Fast 20sec Jog 10sec Fast 60sec Jog 5min Warm down Repeat 3x	REST DAY	REST DAY	Warm up 5km Jog Warm down/stretch	RESISTANCE TRAINING: e.g. Single leg squats, calf raises & leg press
Warm up 4km Jog Warm down/stretch	REST DAY	HILLS: 5min Easy jog warm up Dynamic Stretches 20sec Hills Walk Down recovery 5min Warm down Repeat 10x	REST DAY	REST DAY	Warm up 6km Jog Warm down/stretch	RESISTANCE TRAINING: e.g. Single leg squats, calf raises & leg press
Warm up 4km Jog Warm down/stretch	REST DAY	TEMPO: 5min Easy jog warm up Dynamic Stretches 10min Tempo at race pace Option Run 5min Kms/2km run 5min Warm down Tip: Tempos are shorter than the real race and should be slightly uncomfortable	REST DAY	REST DAY	Warm up 6km Jog Warm down/stretch	RESISTANCE TRAINING: e.g. Single leg squats, calf raises & leg press
Warm up 3km Jog Warm down/stretch	REST DAY	EFFORTS: 5min Easy jog warm up Dynamic Stretches 40min Fast hilly power walk 5min Warm down	REST DAY	REST DAY	Warm up 7km Jog Warm down/stretch	RESISTANCE TRAINING: e.g. Single leg squats, calf raises & leg press
Warm up 5km Jog Warm down/stretch	REST DAY	FARTLEK: 5min Easy jog warm up Dynamic Stretches 45sec Fast 45sec Jog 30sec Fast 30sec Jog 15sec Fast 60sec Jog 5min Warm down Repeat 3x	REST DAY	REST DAY	Warm up 8km Jog Warm down/stretch	RESISTANCE TRAINING: e.g. Single leg squats, calf raises & leg press
Warm up 5km Jog Warm down/stretch	REST DAY	HILLS: 5min Easy jog warm up Dynamic Stretches 30sec Hills Walk Down recovery 5min Warm down Repeat 5x	REST DAY	REST DAY	Warm up 7km Jog Warm down/stretch	RESISTANCE TRAINING: e.g. Single leg squats, calf raises & leg press
Warm up 4km Jog Warm down/stretch	REST DAY	JOG + STRIDE OUTS: 3km Jog 10sec Stride outs 30sec Rest between reps Repeat 4x Stride Out Tip: Go faster than a jog but slower than a sprint - strides should feel easy + flowing	REST DAY	REST DAY	REST DAY	Now it's time put your training to the test and have fun doing your 8km run!