



Your Guide To The Finish Line

A complete 8-week training
plan for runners of all levels
completing 14km distance.



Get Ready To Run With #TeamACRF

Welcome to ACRF's complete 8-week training plan - a guide designed to help support you on your running journey and get you across the finish line with ease. Whether you're just starting out, already know the basics, or are a complete pro, this plan will improve your fitness levels and get your mind and body ready to run. Simply choose your running level, save or print out your custom training plan and start running! Each plan can be adapted according to your schedule, fitness level and injury history.

About Australian Cancer Research Foundation

At Australian Cancer Research Foundation, we know that only brilliant ideas can tackle something as big as cancer. That is why we give scientists the technology, equipment and infrastructure they need for pioneering research. By funding research that seeks to progress and transform the way we prevent, detect and treat ALL cancers, we are committed to our vision of one day reaching a world without cancer.

To stay motivated and connected with other #TeamACRF runners, join our [Facebook group here](#).

8-Week Training Plan Outline



Weeks 1-3

Kick-off your running journey with the fundamentals, slowly building volume to allow your muscles, tendons, ligaments and aerobic function to adapt.



Week 4

Running volume (distance) decreases during 'Recovery Week' to allow your body to rest, adapt and prepare for the second half of the training program.



Week 5-6

Running volume increases during this period in the lead up to the final weeks' of training.



Week 7-8

Running volume decreases during 'Taper Weeks' but training consistency is maintained, allowing your body to "freshen up" ahead of race day.

Training Plan Index

Your training plan will include a range of different types of sessions throughout each week. Here's a quick explanation of each type of session you'll see in your program, what it's for and how it fits into your overall plan.

<p>Aerobic Pace</p>	<p>You should be able to talk comfortably in full sentences during these runs, they should feel easy, and once completed you should feel good – not exhausted. The purpose is to allow your body to adapt, so that you can build the volume/distance. Effort level would be around 5-6 out of 10.</p>	<p>Tempo Pace</p>	<p>This is a faster pace than an Aerobic run, but you should still be able to talk in short sentences. Effort level would be around 7 out of 10.</p>
<p>Pick Ups</p>	<p>These are done near the end of session (in the last 5-10 mins) and are a bit of fun ! It's a great way to improve your cadence (leg turnover) and speed. You should aim for short strides, fast turnover of your legs and stand tall. You walk between the pick ups to allow your heart rate to come back down before the next one. Effort level for the pick ups would be around 8 out of 10 – NOT a full 10 out of 10 sprint session!!</p>	<p>Hill Repeats</p>	<p>These should be done mid-way through your session, allowing time either side for warm up and cool down. These are best done on a moderate gradient and you should work hard on the climbs, 8 out of 10, or only able to speak in 2-3 words at a time, but NOT an all out sprint. Allow your heart rate to come back down before starting the next repeat.</p>
<p>Yoga / Pilates / Strength Sessions</p>	<p>These sessions can include stretching, stability, strength, and are important to use different muscle groups that are low impact.</p>	<p>Walk / Run</p>	<p>If you are new to running it is important that you start out slowly to build up strength in the muscles and ligaments to minimize the risk of injury. Alternating between running and walking allows your body to adapt and over the 8 weeks you can gradually build up so that you can run the 10kms on event day.</p>
<p>Rolling Hills</p>	<p>Running on a hilly course helps to build endurance and strength. Hills don't need to be steep or long, but consistently throughout the run. You may choose to run a loop course several times to achieve this.</p>	<p>Flat</p>	<p>Ideally pick somewhere flat to complete these sessions. Running on flat course allows active recovery, without too much fatigue so that you can increase distance. Small undulations are fine if you don't have access to completely flat route.</p>
<p>Easy or Recovery Day</p>	<p>Enjoy some active recovery on these days with an easy walk, swim or cycle. You may also take this as an additional rest day if you are feeling fatigued.</p>	<p>Rest Day</p>	<p>The only training you benefit from is the training you recover from. Without adequate rest, you are more likely to become injured or ill. Enjoy some extra sleep on these days.</p>

14km Training Plan - Beginner



Are you new to running? Or have had a break from running?

This program starts with short runs / walks, which will allow your body to adapt and become strong enough to cope with the longer runs and harder mid-week sessions later in the program.

If you have already been running 2-4km over the past few months, this program is ideal for you too.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest day	2km aerobic pace. 1 min walk / 1 min run on the flat.	Yoga, Pilates or Strength training.	3km aerobic pace. 1 min walk / 1 min run on the flat.	Rest day	2km aerobic pace. 1 min walk / 1 min run on the flat.	5km aerobic pace. 1 min walk / 2 min run on the flat.
Week 2	Rest day	3km aerobic pace. 1 min walk / 1 min run on the flat.	Yoga, Pilates or Strength training.	3km aerobic pace. 1 min walk / 3 min run on rolling hills.	Rest day	3km aerobic pace on the flat.	6km aerobic pace. 1 min walk / 2 min run on rolling hills.
Week 3	Rest day	3km aerobic pace on the flat.	Yoga, Pilates or Strength training.	4km aerobic pace. 1 min walk / 3 min run on rolling hills.	Easy day - Walk, Cycle or Swim for 30 mins.	3km aerobic pace on the flat.	7km aerobic pace. 1 min walk, 4 min run on rolling hills.
Week 4 Recovery Week	Rest day	3km aerobic pace on the flat.	Yoga, Pilates or Strength training.	3km aerobic pace on rolling hills.	Easy Walk, Cycle or Swim for 30 mins.	3km aerobic pace on the flat.	5km aerobic pace on rolling hills
Week 5	Rest day	4km aerobic pace on rolling hills.	Yoga, Pilates or Strength training.	4km aerobic pace, including 4 x 1 min hill repeats in the middle of run on rolling hills.	Easy Walk, Cycle or Swim for 30 mins.	4km aerobic pace on the flat.	9km aerobic pace. 1 min walk / 5 min run on rolling hills.
Week 6	Rest day	4km aerobic pace on rolling hills.	Yoga, Pilates or Strength training.	5km aerobic pace, including 4 x 2 min hill repeats in the middle of run on rolling hills.	Easy Walk, Cycle or Swim for 30 mins.	4km aerobic pace on the flat.	12km aerobic pace on rolling hills - walk some sections if you need to.
Week 7 Tapering	Rest day	3km aerobic pace on the flat.	Yoga, Pilates or Strength training.	3km aerobic pace, including 3 x 2 min hill repeats in the middle of run on rolling hills.	Easy Walk, Cycle or Swim for 30 mins.	4km aerobic pace on the flat.	9km aerobic pace on rolling hills.
Week 8 Event Week	Rest day	4km aerobic pace on the flat.	Stretch / Core - Gentle Exercise Only	3 km aerobic pace on the flat.	Easy day - Walk, Cycle or Swim for 20 mins.	3km aerobic pace on the flat - OPTIONAL.	Event Day

14km Training Plan - Intermediate

8
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If you have already been training consistently for at least six months, and are able to run 8-10km comfortably, and may already have completed a few 10km races, this program will help you to improve your performance. If you have had a break from running for a few months, this program is not suitable as the volume increases quickly combined with hill training – the beginner program is a better option so that you do not risk injury.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest day	5km aerobic pace run on the flat.	4km aerobic pace on the flat.	6km aerobic pace on rolling hills.	Yoga, Pilates or Strength training.	4km tempo pace (2km) - 1km warm, 1km cool down on the flat.	7km aerobic pace on rolling hills.
Week 2	Rest day	5km aerobic pace. 4 x 30 sec pick ups on the flat.	4km aerobic pace on the flat.	6km aerobic pace including 4 x 1 min hill repeats in the middle of run on rolling hills.	Yoga, Pilates or Strength training.	5km tempo pace (3km) - 1km warm up, 1km cool down on the flat.	8km aerobic pace on rolling hills.
Week 3	Rest day	5km aerobic pace. 4 x 30 sec pick ups on rolling hills.	6km aerobic pace on the flat.	6km aerobic pace, including 4 x 2 min hill repeats in the middle of run on rolling hills.	Yoga, Pilates or Strength training.	5km tempo pace (3km) - 1km warm up, 1km cool down on the flat.	10km aerobic pace on rolling hills.
Week 4 Recovery Week	Rest day	5km aerobic pace. 4 x 30 sec pick ups on rolling hills.	Easy day - Walk, Cycle or Swim for 30 mins.	6km aerobic pace on rolling hills.	Yoga, Pilates or Strength training.	5km tempo pace (3km) - 1km warm up, 1km cool down on the flat.	7km aerobic pace on rolling hills.
Week 5	Rest day	6km aerobic pace. 4 x 30 sec pick ups on rolling hills.	6km aerobic pace on the flat.	7km aerobic pace including 4 x 3 min hill repeats in the middle of run on rolling hills.	Yoga, Pilates or Strength training.	5km tempo pace (3km) - 1km warm up, 1km cool down on the flat.	12km aerobic pace on rolling hills.
Week 6	Rest day	5km aerobic pace. 6 x 30 sec pick ups on rolling hills.	7km aerobic pace on the flat.	7km aerobic pace including 4 x 4 min hill repeats in the middle of run on rolling hills.	Yoga, Pilates or Strength training.	7km tempo pace (5km) - 1km warm up, 1km cool down on the flat.	13km aerobic pace on rolling hills.
Week 7 Tapering	Rest day	5km aerobic pace. 4 x 30 sec pick ups on the flat.	4km aerobic pace on the flat.	6km aerobic pace, including 3 x 4 min hill repeats in the middle of run on rolling hills.	Yoga, Pilates or Strength training.	7km tempo pace (5km) - 1km warm up, 1km cool down on the flat.	11km aerobic pace on rolling hills.
Week 8 Event Week	Rest day	5km aerobic pace. 4 x 30 sec pick ups on the flat.	4km with 2km tempo, 1km warm up, 1km cool down on the flat.	3km aerobic pace, 3 x 30 sec pick ups on the flat.	Easy Walk, Cycle or Swim for 20 mins.	3km aerobic pace on the flat - OPTIONAL.	Event Day

Thank you



Thank you so much for choosing to run as part of **#TeamACRF**, we are so grateful for your support. Your run is helping to raise vital funds for life-saving cancer research, backing brilliant scientists with the technology they need for pioneering projects.

We are here to support you, so please get in touch with the team via the details below if you need anything. We wish you the best of luck with your running and fundraising, and look forward to staying up to date with your amazing progress! You will smash it on race day!



#TeamACRF is here to help!

Get in touch with us at atrun@acrf.com.au or on 02 9223 7833.