

2KM BEACH RUN - BEGINNER



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Department of Sport and Recreation

SURF LIFE SAVING
WESTERN AUSTRALIA



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Morning: Swim Afternoon: Steady road run 3-5km End with stretch	On Grass: 2 Sets of - 3x500m on 3mins 70%, 80%, 90%	Morning: Swim Afternoon: Core Work	On Beach: 2 Sets of - 6x500m alternate jog/80% 5x50m turn @ 25m 90% 10 sec rest	Morning: Swim Afternoon: Core Work	Rest	Steady beach run 1-2km 10x50m turn @ 25m 100%
2	Morning: Swim Afternoon: Steady road run 3-5km End with stretch	On Grass: 4 x 1km on 6min 70%, 80%, 90%, 90%	Morning: Swim Afternoon: Core Work	On Beach: 2 sets of: 1x1km 80% 2x500m jog then walk back to start	Morning: Swim Afternoon: Core Work	Rest	Steady beach run 1-2km followed by sprints
3	Morning: Swim Afternoon: Steady road run 5km End with stretch	On Grass: 4 x 1km on 5:30min 70%, 80%, 90%, 90%	Morning: Swim Afternoon: Core Work	On Beach: 1x2km 80% 1x1km80/90% 2x500m 90%	Morning: Swim Afternoon: Core Work	Rest	2km Time Trial 5x hill sprints + 5 tuck jumps between sprints
4	Morning: Swim Afternoon: Steady road run 5km End with stretch	On Grass: 4 x 1km on 5min 70%, 80%, 90%, 90%	Morning: Swim Afternoon: Core Work	On Beach: 3x1km 80%	Morning: Swim Afternoon: Core Work	On Grass: 4 x 1km on 5min 90%	3km Beach run 2 sets of: 5x50m 5 sec rest (turn @ 25m) 30 sec rest between sets
5	Morning: Swim Afternoon: Steady road run 5km End with stretch	On Grass: 5 x 1km on 5min 70%, 80%, 90%, 90%, 90%	Morning: Swim Afternoon: Core Work 30mins cross training	On Beach: 9x500m 15 sec rest (70%, 80%, 90%) x 3	Morning: Swim Afternoon: Core Work	On Grass: 2x500m @ 2:30 1x1km @5:00 1x2km @ 90%	3-4km Beach Run 5x hill sprints + 5 tuck jumps between sprints
6	Morning: Swim Afternoon: Steady road run 5km End with stretch	On Grass: 5 x 1km on 5min 70%, 80%, 90%, 90%, 90%	Morning: Swim Afternoon: Core Work 30mins cross training	On Beach: 1x2km 80% 1x1km80/90% 4x500m 90%	Morning: Swim Afternoon: Core Work	On Grass: 1x1km @ 5:00 2x2km @ 10:00	Carnival Race
7	Morning: Swim Afternoon: Steady road run 5-8km End with stretch	On Grass: 6 x 1km on 5min 70%, 80%, 90%, 70%, 80%, 90%	Morning: Swim Afternoon: Core Work 30mins cross training	On Beach: 3 sets of: 1x1km 80% 2x500m 90% jog back to start	Morning: Swim Afternoon: Core Work	On Grass: 1x1km @ 5:00 4x500m @ 3:00 80%,90%,90%,100% 1x2km @ 10:00	3km Beach run 2 sets of: 5x50m 5 sec rest (turn @ 25m) 30 sec rest between sets
8	Morning: Swim Afternoon: Steady road run 5-8km End with stretch	On Grass: 3 x 1km on 5min 6 x 500m 10 sec rest 80%, 90%, 100%, 80%, 90%, 100%	Morning: Swim Afternoon: Core Work 30mins cross training	On Beach: 1x1km 80% 2x500m80/90% 1x2km 90%	Morning: Swim Afternoon: Core Work	On Grass: 3x1km @ 5:00 12x250m (100%, easy, jog)x4	2km Time Trial 5x50m 5 sec rest (turn @ 25m) 1km easy jog
9	Morning: Swim Afternoon: Steady road run 5-8km End with stretch	On Grass: 5 x 1km on 5min 70%, 80%, 90%, 70%, 80%	Morning: Swim Afternoon: Core Work 30mins cross training	On Beach: 1x1km 80% 1x2km80,90,80,90% every 500m 10x50m 100%	Morning: Swim Afternoon: Core Work	On Grass: 1x1km @ 5:00 1x2km @ 10:00 (500m 90,80,90,80) 9x250 (100% easy Jog) x 3	Easy 2-4km Beach Run
10	Morning: Swim Afternoon: Steady road run 3km End with stretch	On Grass: 3 x 1km on 5min 70%, 80%, 90%	Morning: Swim Afternoon: Core Work	On Beach: 2x1km 80% 5x50m 25m Turn	Morning: Swim Afternoon: Rest	Morning: Easy jog race at location of next race	Major Competition