

2KM BEACH RUN - INTERMEDIATE



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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 5-10km End with stretch | On Grass: 2 Sets of - 3x500m on 3mins 70%, 80%, 90% | Morning: Swim Afternoon: Core Work 30mins cross training | On Beach: 2 Sets of - 6x500m alternate jog/80% 5x50m turn @ 25m 90% 10 sec rest | Morning: Swim Afternoon: Core Work 30mins cross training | Rest | 4km Beach run 10x50m 5 sec rest (turn @ 25m) 30 sec rest between sets |
| 2 | Morning: Swim Afternoon: Steady road run 5-10km End with stretch | On Grass: 4 x 1km on 6min 70%, 80%, 90%, 90% | Morning: Swim Afternoon: Core Work 30mins cross training | On Beach: 2 sets of: 1x1km 80% 2x500m jog then walk back to start | Morning: Swim Afternoon: Core Work 30mins cross training | Rest | 3-4km Beach Run 10x hill sprints + 5 tuck jumps and push ups between sprints |
| 3 | Morning: Swim Afternoon: Steady road run 5-10km End with stretch | On Grass: 4 x 1km on 5:30min 70%, 80%, 90%, 90% | Morning: Swim Afternoon: Core Work 30mins cross training | On Beach: 1x2km 80% 1x1km80/90% 2x500m 90% | Morning: Swim Afternoon: Core Work 30mins cross training | Rest | 2km Time Trial 10x hill sprints + 5 tuck jumps and push ups between sprints |
| 4 | Morning: Swim Afternoon: Steady road run 5-10km End with stretch | On Grass: 4 x 1km on 5min 70%, 80%, 90%, 90% | Morning: Swim Afternoon: Core Work 30mins cross training | On Beach: 3x1km 80% | Morning: Swim Afternoon: Core Work 30mins cross training | On Grass: 4 x 1km on 5min 90% | 4km Beach run 3 sets of: 5x50m 5 sec rest (turn @ 25m) 30 sec rest between sets |
| 5 | Morning: Swim Afternoon: Steady road run 5-10km 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 30mins cross training | On Grass: 2x500m @ 2:30 1x1km @5:00 1x2km @ 90% | 3-4km Beach Run 10x hill sprints + 5 tuck jumps and push ups between sprints |
| 6 | Morning: Swim Afternoon: Steady road run 5-10km 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 30mins cross training | On Grass: 1x1km @ 5:00 2x2km @ 10:00 | Carnival Race |
| 7 | Morning: Swim Afternoon: Steady road run 5-10km 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 30mins cross training | On Grass: 1x1km @ 5:00 4x500m @ 3:00 80%,90%,90%,100% 1x2km @ 10:00 | 4km Beach run 3 sets of: 5x50m 5 sec rest (turn @ 25m) 30 sec rest between sets |
| 8 | Morning: Swim Afternoon: Steady road run 5-10km 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 30mins cross training | 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 5-10km 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 30mins cross training | 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 5km End with stretch | On Grass: 3 x 1km on 5min 70%, 80%, 90% | Morning: Swim Afternoon: Core Work 30mins cross training | On Beach: 2x1km 80% 5x50m 25m Turn | Morning: Swim Afternoon: Rest | Morning: Easy jog race at location of next race | Major Competition |