



Rio Tinto

Rio Tinto Run Club Weipa

Building a healthy and vibrant community

10km Training Program

Rio Tinto Run Club (RTRC) is an opportunity for Rio Tinto employees, Cat 1 contractors and our local community to join a weekly social run/walk in preparation for the 2024 Weipa Running Festival.



Everyone is welcome, join at any time!

New members can scan the QR code to register your interest then keep an eye on your email for further details



Intermediate Program

For those who are comfortable with a 3k run/walk and just want to finish the distance

Week	Date	Monday	Rio Tinto Run Club	Weekend
Info Session	Wed 15 May		Wed 15 May with Aaron from Athletics North Queensland	
Meet the team	Thurs 23 May		Thurs 23 May, meet at 6pm	
1	27 May	26mins (12min run) 2min walk/2min jog x 6 Finish with 2min walk	Wed 29 May with Coach Jill	Run/walk 3km
2	3 June	34min (17:30min run) 2min walk/2:30min jog x 7 Finish with 2:30min walk	Thurs 6 June, meet at 6pm 45sec fastish internals x 6-8 with 75sec walk recovery	Run/walk 5km
3	10 June	37mins (21min run) 2min walk/3 min run x 7 Finish with 2 min walk	Thurs 13 June, meet at 6pm 60sec fastish internals x 5-6 with 60sec walk recovery	Run/walk 6km
4	17 June	35mins (24min run) 1min walk/4min jog x 8 Finish with 3min walk	Thurs 20 June, meet at 6pm 60sec fastish internals x 6-8 with 60sec walk recovery	Run/walk 3.0km
5	24 June	35mins (20min run) 1:30 walk /2:30 run x 8 Finish with 3min walk	Wed 26 June with Coach Jill	Run/walk 3.5km
6	1 July	40mins (27min run) 1min walk/3min jog x 9 Finish with 4min walk	Thurs 4 July, meet at 6pm 90sec internals x 6-8 with 90sec walk recovery	Run/walk 4.0km
7	8 July	45min (30min run) 1min walk/3min jog x 10 Finish with 5min walk	Thurs 11 July, meet at 6pm 60sec internals x 6-8 with 60sec walk recovery	Run/walk 4.5km
8	15 July	20mins (15min run) 30sec walk/90s jog x 10 30sec walk/90s jog x 10	Thurs 18 July, meet at 6pm 30sec intervals x 5 with 60sec walk recovery	RACE DAY 10km Sunday 21 July

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Where | Weipa Cricket Oval, Rocky Point

When | Thursdays @ 6pm (Note : the sessions with Coach Jill are on Wednesdays)

Advanced Program

For those already who are able to cover the distance but have a time in mind.

Week	Date	Monday	Rio Tinto Run Club	Optional Session	Weekend
Info Session	Wed 15 May		Wed 15 May with Aaron from Athletics North Queensland		
Meet the team	Thurs 23 May		Thurs 23 May, meet at 6pm		
1	27 May	30min run	Wed 29 May with Coach Jill	Easy 3km to shake out the legs	Run 6km
2	3 June	30min run followed by 6 x 100m at faster than goal race pace/jog back recovery	Thurs 6 June, meet at 6pm 8-10 x 1min intervals with 1min walk recovery	Easy 3km to shake out the legs	Run 6km
3	10 June	35min run followed by 6 x 100m at faster than goal race pace/jog back recovery	Thurs 13 June, meet at 6pm 6-8 x 75sec intervals with 75sec walk recovery	Easy 3km to shake out the legs	Run 8km, on the last 1km try and drop the pace by 20secs
4	17 June	40min run followed by 6 x 100m at faster than goal race pace/jog back recovery	Thurs 20 June, meet at 6pm 8-10 x 1min intervals with 1min walk recovery	Easy 3km to shake out the legs	Run 12km
5	24 June	45min run followed by 6 x 100m at faster than goal race pace/jog back recovery	Wed 26 June with Coach Jill	Easy 3km to shake out the legs	Run 10km, on the last 1.5km try and drop the pace by 20 secs
6	1 July	40min run followed by 6 x 100m at faster than goal race pace/jog back recovery	Thurs 4 July, meet at 6pm 6-8 x 90sec intervals with 90sec walk recovery	Easy 3km to shake out the legs	Run 10km, on the last 2km try and drop the pace by 20 secs
7	8 July	35min run followed by 6 x 100m at faster than goal race pace/jog back recovery	Thurs 11 July, meet at 6pm 6-8 x 90sec intervals with 1min walk recovery	Easy 3km to shake out the legs	Run 6km
8	15 July	20min run followed by 6 x 100m at faster than goal race pace/jog back recovery	Thurs 18 July, meet at 6pm 5 x 30 sec intervals with 1min walk recovery	Easy 1km followed by 5 x 100m at slightly faster than goal race pace sessions	RACE DAY 10km Sunday 21 July

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Where | Weipa Cricket Oval, Rocky Point

When | Thursdays @ 6pm (Note : the sessions with Coach Jill are on Wednesdays)