



# RioTinto

## Rio Tinto Run Club Weipa

Building a healthy and vibrant community

### 5km 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



# Beginner Program

For those new to running 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	Total 20mins (6min run) 2min walk/1min jog x 6 Finish with 2min walk	Wed 29 May with Coach Jill	Run/walk 1.5km
2	3 June	23mins (7min run) 2min walk/1min jog x 7 Finish with 2min walk	Thurs 6 June, meet at 6pm 30sec fastish internals x 6-8 with 90sec walk recovery	Run/walk 2.5km
3	10 June	26mins (12min run) 90sec walk/90sec run x 8 Finish with 2 min walk	Thurs 13 June, meet at 6pm 30sec fastish internals x 6-8 with 90sec walk recovery	Run/walk 2.5km
4	17 June	30mins (18min run) 1min walk/2min jog x 9 Finish with 3min walk	Thurs 20 June, meet at 6pm 45sec fastish internals x 4-6 with 75sec 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 60sec internals x 5-6 with 60sec 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 45sec intervals x 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 5km Sunday 21 July

## Rio Tinto Run Club Weipa

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	20min run	Wed 29 May with Coach Jill	Easy 3km to shake out the legs	Run 4km
2	3 June	20min run followed by 5 x 100m at faster than goal race pace/jog back recovery	Thurs 6 June, meet at 6pm 6-8 x 45sec fastish with 1:15 walk recovery	Easy 3km to shake out the legs	Run 6km
3	10 June	20min run followed by 5 x 100m at faster than goal race pace/jog back recovery	Thurs 13 June, meet at 6pm 5-6 x 1min reps with 1min walk recovery	Easy 3km to shake out the legs	Run 6km, on the last 1km try and drop the pace by 20 secs
4	17 June	25min run followed by 5 x 100m at faster than goal race pace/jog back recovery	Thurs 20 June, meet at 6pm 6-8 x 1min reps with 1min walk recovery	Easy 3km to shake out the legs	Run 8km
5	24 June	25min run followed by 5 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 6km, on the last 1.5km try and drop the pace by 20 secs
6	1 July	30min run followed by 5 x 100m at faster than goal race pace/jog back recovery	Thurs 4 July, meet at 6pm 6-8 x 90sec reps with 90 sec walk recovery	Easy 3km to shake out the legs	Run 8km, on the last 2km try and drop the pace by 20 secs
7	8 July	20min run followed by 5 x 100m at faster than goal race pace/jog back recovery	Thurs 11 July, meet at 6pm 6-8 x 1min reps with 1min walk recovery	Easy 3km to shake out the legs	Run 4km
8	15 July	15min run followed by 5 x 100m at faster than goal race pace/jog back recovery	Thurs 18 July, meet at 6pm 5 x 30 sec reps with 1min walk recovery	Easy 1km followed by 5 x 100m at slightly faster than goal race pace sessions	RACE DAY 5km Sunday 21 July

**Rio Tinto Run Club Weipa**

Where | Weipa Cricket Oval, Rocky Point

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