



Rio Tinto

Rio Tinto Run Club Weipa

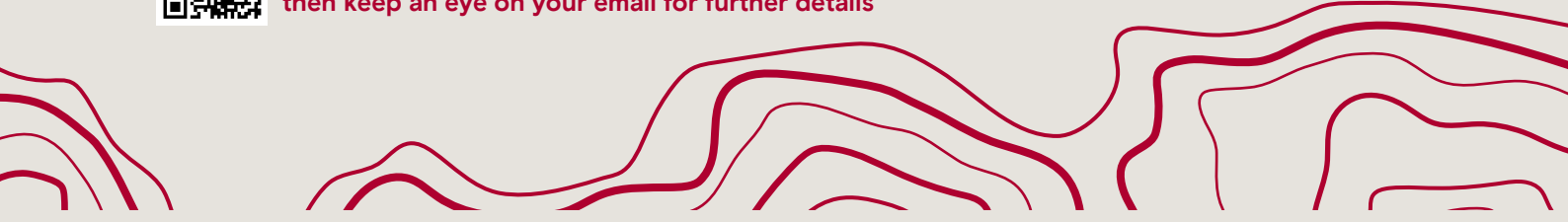
Building a healthy and vibrant community

Half Marathon 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 8k run/walk and just want to finish the distance.

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	Run 4km	Wed 29 May with Coach Jill	Easy 3km to shake out the legs	Run 8km
2	3 June	Run 5km	Thurs 6 June, meet at 6pm 8-10 x 1min intervals with 1min walk recovery	Easy 3km to shake out the legs	Run 10km
3	10 June	Run 6km	Thurs 13 June, meet at 6pm 6-8 x 75sec intervals with 75sec walk recovery	Easy 3km to shake out the legs	Run 12km
4	17 June	Run 8km	Thurs 20 June, meet at 6pm 8-10 x 1min intervals with 1min walk recovery	Easy 3km to shake out the legs	Run 15km
5	24 June	Run 8km	Wed 26 June with Coach Jill	Easy 3km to shake out the legs	Run 15km
6	1 July	Run 8km	Thurs 4 July, meet at 6pm 6-8 x 90sec intervals with 90sec walk recovery	Easy 3km to shake out the legs	Run 18km
7	8 July	Run 6km	Thurs 11 July, meet at 6pm 6-8 x 90sec intervals with 1min walk recovery	Easy 3km to shake out the legs	Run 10km
8	15 July	Run 4km	Thurs 18 July, meet at 6pm 8 x 90sec reps with 1min walk recovery	Easy 1km followed by 5 x 100m at slightly faster than goal race pace sessions	RACE DAY 22km 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	5km followed by 6 x 20 sec at goal race pace/40 sec jog	Wed 29 May with Coach Jill	Easy 5km to shake out the legs	Run 10km
2	3 June	6km followed by 6 x 20 sec at goal race pace/40 sec jog	Thurs 6 June, meet at 6pm 10-12 x 1min intervals with 1min walk recovery	Easy 5km to shake out the legs	Run 12km
3	10 June	8km followed by 6 x 20 sec at goal race pace/40 sec jog	Thurs 13 June, meet at 6pm 8 x 90sec intervals with 1min walk recovery	Easy 5km to shake out the legs	Run 15km
4	17 June	6km followed by 6 x 20 sec at goal race pace/40 sec jog	Thurs 20 June, meet at 6pm 10-12 x 1min intervals with 1min walk recovery	Easy 5km to shake out the legs	Run 17km
5	24 June	6km followed by 6 x 20 sec at goal race pace/40 sec jog	Wed 26 June with Coach Jill	Easy 5km to shake out the legs	Run 12km
6	1 July	8km followed by 6 x 20 sec at goal race pace/40 sec jog	Thurs 4 July, meet at 6pm 6-8 x 2min intervals with 1min walk recovery	Easy 5km to shake out the legs	Run 19km
7	8 July	5km followed by 6 x 20 sec at goal race pace/40 sec jog	Thurs 11 July, meet at 6pm 8 x 90 sec intervals with 1min walk recovery	Easy 5km to shake out the legs	Run 10km
8	15 July	5km followed by 6 x 20 sec at goal race pace/40 sec jog	Thurs 18 July, meet at 6pm 8 x 90sec reps with 1min walk recovery	Easy 1km followed by 5 x 100m at slightly faster than goal race pace sessions	RACE DAY 22km Sunday 21 July

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