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Chevron

CITY TO SURF
FOR  **activ**

4KM TRAINING GUIDE

 **activ**
improving lives

KARRATHA | 28 JULY 2024

PERTH | 25 AUGUST 2024

RUNNING YOUR FIRST 4KM?

Training for your first 4km run in the Chevron City to Surf for Activ can be a fantastic new tradition – not just for your personal fitness but also as an opportunity to raise funds and awareness for the Activ Foundation, an organisation dedicated to improving the lives of people living with disability across WA. This **8-week guide** will help you reach both your fitness and fundraising goals, ensuring you cross the finish line feeling accomplished in more ways than one!

DON'T FORGET THESE HANDY TIPS!



- Avoid running multiple days in a row to allow your body to recover.
- Purchase good running shoes to prevent injury and provide good support.
- Ensure you properly hydrate yourself the day/night before and after a run.
- Practice good eating habits and avoid running on a full stomach.
- Keep your posture up when running, look forward rather than down!
- Dress in layers as we head into the cooler months, ensure you have the right gear for any type of weather.

WEEK 1-4

All activities include a 5-minute warm-up walk and a 5-minute cool-down walk. This will help your muscles wake up and prevent injury.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
RUN 1 1min run 1min walk X6	RUN 1 1min run 1min walk X8	RUN 1 2min run 1min walk X5	RUN 1 3min run 1min walk X3
RUN 2 1min run 1min walk X8	RUN 2 1min run 1min walk X10	RUN 2 2min run 1min walk X7	RUN 2 3min run 1min walk X6
RUN 3 500m run + 5min walk X2	RUN 3 1km run	RUN 3 1.5km run	RUN 3 2km run

WEEK 5-8

All activities include a 5-minute warm-up walk and a 5-minute cool-down walk. This will help your muscles wake up and prevent injury.

WEEK 5

RUN 1
4min run
1min walk
X4

RUN 2
4min run
1min walk
X6

RUN 3
2.5km run
X2

WEEK 6

RUN 1
10min run
3min walk
X2

RUN 2
10min run
2min walk
X3

RUN 3
3km run

WEEK 7

RUN 1
20min run
2min walk
10min run

RUN 2
25min run
2min walk
5min run

RUN 3
3.5km run

WEEK 8

RUN 1
30 min run

RUN 2
35 min run

RUN 3
4.0km
Chevron City to Surf for Activ!

DAY BEFORE RACE

- Pre-plan your day so you know where the start line is, how you'll get there, what time, if you will be impacted by road closures and what public transport options are available to you.
- Make sure to eat a filling and nutritious meal the night before.
- Go to bed early and rest up so you have plenty of energy for race day!



RACE DAY TIPS

- Don't forget your bib, and any other running essentials.
- Get there nice and early to avoid stress.
- Pace yourself! Stick to a comfortable pace and remember to enjoy yourself.
- Don't forget to look around - the awesome event atmosphere is made even better with entertainment along the way.
- Stay hydrated! Bring your own water or use the water stations on course.



POST RACE

- Don't forget to cool down by walking and then stretching.
- Make sure to have lots of water and food to replenish your body. Water and fruit will be available for free at the finish line!
- Collect your finisher medal!
- For those attending the Perth event, make sure to explore the finish line Carnival for entertainment, food, drinks and rides!
- Share your achievement! Make sure to take lots of pictures and share them on your social media - don't forget to tag us!



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 @CITYTOSURF



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GOOD LUCK!

Wishing you the very best
with your training program
and event day!



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