



# 2020 ACTIVITY GUIDE

- RUN RESOURCES
- TRAINING TIPS
- INSPIRATION



BROUGHT TO YOU BY



# ABOUT THIS GUIDE

The Cadbury Marathon is arguably Tasmania's favourite running event attracting participants from across the state and the globe. With well deserved Cadbury Chocolate awaiting finishers at the end of each event, it's easy to see why people love to run at Cadbury.

There is an event for everyone. From the Mini Marathoner 1km event to the Full Marathon, Cadbury is all about participation, starting the year right and having fun.

This activity guide aims to help you get the most out of your Cadbury experience by providing you with opportunities to connect with fitness professionals and other runners. Whether you're looking to complete your first marathon or 5km, you can use these resources to help you be your best as you cross the finish line in January 2020.

## **This is not a training program.**

We've brought together fitness professionals to curate a framework of suggested activities, running resources, inspiration and connection to the wider running community. For up to date information on each event (and how to book) in the guide keep an eye on the TRR & Cadbury Marathon Facebook pages.



# RUN LINGO EXPLAINED

Sometimes experienced runners forget they are speaking a foreign language. To help decode some common running jargon we've created this glossary. This glossary elaborates on the running-specific terms you might see or hear during your training.

## LONG RUN

Your Long Run builds endurance. It is an essential part of your training that helps the body and mind adapt to increased distances. It also helps you get familiar with the physical and mental challenges that you might face during a race. Long runs don't need to be run fast! You should be aiming for 1.5 mins slower than your 5km race pace. Run with us every Sunday in the lead up to Cadbury - check the Event Calendar for locations.

## RECOVERY RUN

Recovery Runs both increase stamina and help you recover at the highest quality possible after intense training. Like a Progression Run, start slower and finish faster. Friday Fresh is a perfect opportunity to practice your recovery runs - check out the event calendar for more info.

## SPEED & STRENGTH

Both speed and strength are needed to run your best. These workouts will focus on building the endurance and strength needed to become a better runner. Long intervals, Hills, Fartleks and Tempo runs are all Speed and Strength workouts. We're offering 2 practical sessions on Speedwork - check the event calendar for more info. Strength and Conditioning Coach Jac Liffiton will be hosting a seminar in November on the top so don't miss out!

## TEMPO

Your Tempo runs are hard but controlled pace that built into one of your weekly sessions. Tempo is at 5km race pace. In your tempo session, start easy then include the fast "tempo" section in the middle before finishing slowly again. The purpose of a Tempo run is to build mental and physical endurance and to become comfortable with being uncomfortable. Join us each Thursday at The Running edge at 5:45 for 40 minute tempo run.

## SPLIT

Two different paces in one interval. For example, running a 400-meter interval, with the first 200 meters easy and the last 200 meters fast. This effectively divides the interval into two parts. Want to know more about splits? Come to the Speedwork prac sessions. Times on the event calendar.

## FARTLEK

Fartleks (yes we giggle too!) work on speed and strength by alternating distances and paces during a continuous run. An example Fartlek workout structure could be one minute running easy followed by one minute running hard, repeated for a certain amount of minutes, kilometres or alternating every block/telephone pole etc.

Our favourite Fartlek is the Mona Fartlek made popular by running legend Steve Monaghetti. Do some of these in your training and watch your pace improve! Here's how it goes.

- 15 seconds fast/15seconds off
- 30 seconds fast/30 seconds off
- 60 seconds fast/60 seconds off
- 90 seconds fast/90 seconds off

Trust us it is harder than it looks!

## HILLS

Hill workouts develop speed and form. It takes extra effort to run uphill so you do not need to run as fast as you would on a flat section so don't shy away from a hilly route. While running uphill, remain in control of your breathing. Don't lean too far forward. A light lean with the chin leading the chest is enough. Hill work is speed work in disguise. your hill runs will ensure you come home strong at Cadbury—there is a hill at the end to really make you earn that medal!

## CROSSTRAINING

Crosstraining is essential to prevent injury and to mix up your training a bit. We've partnered with Southern Tasmania's leading fitness providers to offer crosstraining sessions including; Yoga, Cycle, Boxing, Bootcamp, Metafit and Strength training. Check out the activity guide for your options.





# EVENT CALENDAR

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>WEEK 1</b> OCT 14	6:30 AM METAFIT MILITARY MUMMA	5:45 PM SPEEDWORK BASICS WITH BONNIE DAVIES	5:45 PM TRE SHOP RUN MARATHON TRAINING PANEL DISCUSSION			7:30 AM BOOT CAMP DAN'S PT	9:00 AM YOGA LULULEMON
<b>WEEK 2</b> OCT 21	7:00 AM STUDIO YOGA THE STUDIO HQ SOHO		5:30 PM PRE-RUN PREP  5:45 PM TRE SHOP RUN	6:30 PM MMPOW - BOXING MILITARY MUMMA	6:15 AM FRIDAY FRESH SM SEMINAR: PREVENTING INJURY WITH MATT LANCASTER	9:00 AM PARKRUN KINGSTON	7:45 AM PRE-RUN PREP 8:00 AM LONG RUN #1 PIPELINE TRACK
<b>WEEK 3</b> OCT 28	6:30 AM METAFIT MILITARY MUMMA		5:45 PM TRE SHOP RUN			7:30 AM BOOT CAMP DAN'S PT	8:00 AM LONG RUN #2 QUEENS DOMAIN
<b>WEEK 4</b> NOV 4		5:45 PM SPEEDWORK ADVANCED WITH GRANT PAGE	5:45PM TRE SHOP RUN	6:30 PM MMPOW - BOXING MILITARY MUMMA	6:15 AM FRIDAY FRESH SM SEMINAR: STRENGTH & CONDITIONING WITH JAC LIFFITON	7:30 AM BOOT CAMP - DAN'S PT 9:00 AM PARKRUN GEEVESTON	8:00 AM LONG RUN #3 PIPELINE TRACK
<b>WEEK 5</b> NOV 11	6:30 PM STRENGTH FORTITUDE GYM		5:45 PM TRE SHOP RUN  6:15 PM STUDIO CYCLE			9:00 AM PARKRUN MONTROSE	POINT TO PINNACLE
<b>WEEK 6</b> NOV 18	6:00 PM METAFIT DAN'S PT		5:45 PM TRE SHOP RUN + RUNNING SHOE OVERVIEW.			8:30 AM BOOT CAMP MILITARY MUMMA	7:45 AM PRE-RUN PREP 8:00 AM LONG RUN #4 PIPELINE TRACK
<b>WEEK 7</b> NOV 25	6:00 PM METAFIT DAN'S PT		5:45 PM TRE SHOP RUN	6:30 PM MMPOW - BOXING MILITARY MUMMA		9:00 AM PARKRUN QUEENS DOMAIN	8:00 AM LONG RUN #5 MARGATE
<b>WEEK 8</b> DEC 2	6:30 PM STRENGTH FORTITUDE GYM		5:30 PM PRE-RUN PREP  5:45 PM TRE SHOP RUN		SEMINAR: NUTRITION WITH MILLY CLARK	8:30 AM BOOT CAMP MILITARY MUMMA	8:00 AM LONG RUN #6 RASPINS BEACH
<b>WEEK 9</b> DEC 9			5:45 TRE SHOP RUN	6:30 PM MMPOW - BOXING MILITARY MUMMA	6:15 AM FRIDAY FRESH WITH SOLEMATES	9:00 AM PARKRUN HOBART	7:45 AM PRE-RUN PREP 8:00 AM LONG RUN #7 PIPELINE TRACK
<b>WEEK 10</b> DEC 16	6:30 PM STRENGTH FORTITUDE GYM		5:30 PM PRE-RUN PREP 5:45 PM TRE SHOP RUN <b>TRE + TRR XMAS PARTY</b>			8:00 AM COURSE RECON 10:30 AM MAT PILATES THE STUDIO SOHO	8:00 AM LONG RUN #8 ROCHE'S BEACH
<b>WEEK 11</b> DEC 23			PARKRUN XMAS DAY				8:00 AM LONG RUN #9 PIPELINE TRACK
<b>WEEK 12</b> DEC 30			PARKRUN NYD			9:00 AM PARKRUN BELLERIVE	8:00 AM LONG RUN #10 PIPELINE TRACK + EVENT DEBRIEF
<b>WEEK 13</b> JAN 6		5:45 STRETCH & RELEASE THESTUDIO HQ SOHO	5:45 PM TRE SHOP RUN + CADBURY EVENT OVER- VIEW			6:00 PM CADBURY PASTA NIGHT	<b>RACE DAY!</b> <b>TRR AFTERPARTY</b>

# ACTIVITY GUIDE PARTNERS

## FITNESS

### MILITARY MUMMA

2/18 Kennedy Drive, Cambridge  
0422 633 445  
facebook.com/militarymumma

The MM crew will be running Metafit, MMPOW (Boxing) and Bootcamp classes in the lead up to Cadbury. MMHQ is a family friendly space welcoming all abilities.

### THE STUDIO HQ

273 Davey Street, South Hobart  
0407 122 950  
thestudiohq.com.au

The Studio HQ team will be offering Yoga, Cycle, Pilates and a special stretch and release session as part of the Cadbury Activity program. The Studio HQ is a boutique fitness studio with highly educated instructors to motivate you.

### FORTITUDE GYM

6 Pear Avenue, Derwent Park  
0422 224 516

Fortitude will be offering Strength training for runners during the Cadbury Activity program. Blake from Fortitude, is a motivating, knowledgeable and supportive personal trainer.

### DAN'S PT

Foreshore Road, Montrose  
0478 439 016  
danspt.com.au

Personal Trainer, Dan, will be offering Metafit and Boot Camp Classes to get you in your best shape for Cadbury. Dan aims to engage and encourage people of all ages and fitness abilities to have a go and participate in physical activity

## GROUP RUNS

### THE RUNNING EDGE (TRE)

73 Murray Street, Hobart  
03 6234 2844

Hobart's home of running and proud sponsors of the 5km event at the Cadbury Marathon, The Running Edge (TRE), is hosting a series of 40 minute out and back runs from the shop. In addition to the run, TRE's Jay Armstrong will be providing an overview of running shoes after the run on 20 November.

### PARKRUN

Locations Statewide  
parkrun.com.au

parkrun is a free 5km weekly timed running event held at 9AM on Saturday mornings around the state. parkrun is a perfect opportunity to check your training progress and catch up with fellow runners. Check the event schedule for suggested parkrun locations.

### SOLEMATES

solemates.run

The friendly Solemates crew will be leading a series of "Friday Fresh" runs as part of the program. You can find out more about them at solemates.run.

### TRR

tasmanianroadrunners.org.au

In addition to producing the guide, TRR will be offering guided long runs for the duration of the Cadbury training period. On Saturday 21 December, TRR will lead a "course Recon" run to help with pre-race jitters. The recon run will include drink station simulations so you can practice. TRR will be there on Race Day to support with pacing Angels, cake and will host an afterparty to celebrate your achievement.

## SEMINARS & PRACS

### BONNIE DAVIES

Bonnie will be running a practical session in speedwork. The session is designed with beginners in mind and will demystify this important element of training. Bonnie is an accomplished marathon runner and has represented the state in this distance.

### GRANT PAGE

Grant will be leading a practical session in advanced speedwork. Grant is an accomplished middle-distance runner and perennial podium finisher.

### MATT LANCASTER

Matt Lancaster is a Specialist Sports Physiotherapist and is the Director of Allcare Physiotherapy. Matt has worked extensively in elite sport including working at the Olympic level with the UK and AUS teams. Matt has a particular interest in running and sport related injuries. Join Matt on Friday 26 October as he shares his top tips on Injury Prevention.

### JACQUELINE LIFFITON

Certified Athletics coach, member of the Australian Strength and Conditioning Association, Yogi and Lululemon Ambassador, Jac Liffiton is a woman of many talents. Jac will be delivering a seminar on Strength and Conditioning on Friday 8 November where she will share her knowledge and passion for running.

### MILLY CLARK

Milly Clark is a Tasmanian-born long-distance runner. She qualified for the 2016 Rio Olympics (marathon) where she placed 18th. Milly is a qualified sports dietician and now works at Physiotas. Milly will be sharing her extensive knowledge by delivering a seminar on Nutrition on Friday 7 December.





**GOOD LUCK WITH TRAINING!**

