

RUN YOUR FIRST 5KM

6-week plan for walkers building up to running the whole way • Race day: Sunday 18 April 2027 • Cbus Super Stadium, Robina

WEEK OF	MON	TUE	WED	THU	FRI	SAT OR SUN	TIPS FOR THE WEEK
Week 1 Mar 8	Rest	3km Walk 1min - Run 1min	Rest	3km Walk 1min - Run 1min	Rest	5.5km Walk 1min - Run 1min	Welcome! Keep every session easy - you should be able to chat as you go.
Week 2 Mar 15	Rest	2km Walk 1min - Run 2min	Rest	2km Walk 1min - Run 2min	Rest	2.5km Walk 1min - Run 2min	Slightly longer runs this week. If it feels tough, slow the run down rather than stopping.
Week 3 Mar 22	Rest	3km Walk 1min - Run 3min	Rest	3km Walk 1min - Run 3min	Rest	2.5km Walk 1min - Run 3min	Running 3 minutes at a time now - keep it relaxed and steady.
Week 4 Mar 29	Rest	2km Walk 1min - Run 4min	Rest	2km Walk 1min - Run 4min	Rest	4.5km Walk 1min - Run 4min	Your longest run intervals yet. Great work getting this far!
Week 5 Apr 5	Rest	1.5km Walk 1min - Run 4min	Rest	1.5km Walk 1min - Run 4min	Rest	2.5km Run as much as you can with short 30sec walks as needed	This weekend is your big one - run as much as you can and walk whenever you need to.
Week 6 Apr 12	Rest	1.5km Walk 1min - Run 3min	Rest	1.5km Walk 1min - Run 3min	Rest	RACE DAY! 5km - Gold Coast Running Festival!	Get your feet up and conserve your energy this week. Trust your training and enjoy race day!

How it works: each session shows a distance to cover and the walk/run intervals to use. Keep every session on flat ground at a comfortable pace - you should be able to chat as you go.

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FREQUENTLY ASKED QUESTIONS - 5KM

When and where do I collect my race packet?

If you didn't have it posted, collect it at The Event Crew Office (2/28 Hutchinson St, Burleigh Heads) on Thursday 15 April 3-7pm or Friday 16 April 10am-2pm, or at Cbus Super Stadium on Saturday 17 April 10am-2pm or race morning Sunday 18 April 5-9am.

What time does the 5km start?

8:45am on Sunday 18 April, from Cbus Super Stadium, Robina. The Half Marathon and 3/4 Marathon start at 6:00am, the 10km at 7:30am, the 2.5km at 7:45am, and the 1km Dash at 9:25am.

What's the course, and is there a cut-off time?

The 5km is a single-lap, out-and-back course on closed roads, starting and finishing at Cbus Super Stadium. There's no cut-off for the 5km - take all the time you need.

What aid stations are on course?

There are drink stations at approximately 2km and 3km (water only).

Can I walk some or all of it?

Absolutely - walkers and walk/runners are welcome. Please keep left where you can so faster runners can pass.

Can I bring a pram, or my dog?

Prams are welcome across all distances, but please start at the back of the field, and prams aren't permitted into the stadium seating area. Please leave pets at home - no animals are allowed in the event or venue.

What's included, and will there be photos?

Every finisher receives a Gold Coast Running Festival finisher's medal as you cross the line. Our official event photography partner will be on course and at the finish line for the duration of the event - photos are free to access via your individual results or through postrace.com.au.

Can I store a bag on race day?

Yes - there's contactless, secure bag storage at the Northern End of the internal concourse, near Gate F. Attach the numbered bag tag from your race bib before drop-off. This service is provided for convenience, but please leave valuables at your own risk.

Can I wear headphones?

We discourage headphones for safety, but if you must use them, please use only one ear (or keep the volume low) so you can still hear vehicles and other participants approaching from behind.

Where do I park, and how do I get there?

The venue is Cbus Super Stadium, Stadium Drive, Robina. Parking area A opens from 5am (access via Robina Station Road); parking area B has no time restriction but is limited - follow the boardwalk over the train line for pedestrian access. With the longer events starting from 6:00am, both areas fill well before the 5km start, so arrive early, carpool where you can, or check the parking map in the full event manual.

What should I wear / bring?

Whatever you're comfortable walking and running in - check the forecast and dress for Gold Coast autumn conditions. Bring your race bib (numbers are emailed out in race week), a water bottle if you like, and a hat and sunscreen for the mid-morning start.

I'm new to this - any advice?

Stick to the walk/run intervals you've trained with right from the start - it's easy to get carried away by the crowd. There's no shame in walking more than planned. You've done the training - trust it and enjoy the day!

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