

SEVEN-WEEK TRAINING PLAN 6KM BEGINNER

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Beginner: This program has been designed for those new to running or those who haven't run for a long time. It is an introductory program to ensure you are safely able to complete the 6km distance.

Make sure to have a rest day between each run on this program.

 Lumary
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FUN RUN

7 November 2021

www.city-bay.org.au

6KM BEGINNER – WEEK 1 & 2

6km BEGINNER – WEEK 1

#1 Walk/Run

w/u: 5min easy walk

Main set: 5x500m easy run/100m easy walk between

w/d: 5min easy walk

#2 Walk/Run

w/u: 5min easy walk

Main set: 4x650m easy run/150m easy walk between

w/d: 5min easy walk

#3 X train:

20-30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

Notes:

The first week is about familiarising your body with running again so please be mindful of the intensity that you are completing the run sections at. Walk breaks and X training are great ways to top up your training without the impact of running. If you have some soreness from introducing running, low impact exercise to increase the blood flow can help relieve the soreness before your next run.

6km BEGINNER – WEEK 2

#1 Walk/Run

w/u: 5min easy walk

Main set: 8x400m easy run/100m easy walk between

w/d: 5min easy walk

#2 Walk/Run

w/u: 5min easy walk

Main set: 4x800m easy run/200m easy walk between

w/d: 5min easy walk

#3 Continuous Run:

3km easy jog

Notes:

Having built up the duration of running across a number of walk/run sessions by the end of week two you should feel ready to attempt a continuous run. This run should not be done at a high intensity, instead, focus on completing the distance without stopping. If you have to stop and walk for small sections, don't panic, there is still plenty of time.

6KM BEGINNER – WEEK 3 & 4

6km BEGINNER – WEEK 3

#1 Run/Walk

w/u: 5min easy jog

Main set: 5x400m steady run/200m easy jog between

w/d: 5min easy walk

#2 X train:

20-30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#3 Run/Walk

w/u: 5min easy jog

Main set: 4x600m steady run/200m easy jog between

w/d: 5min easy walk

#4 Continuous Run:

4km easy jog

Notes:

This week there is a reduction in the overall volume of the run/walk sessions but a shift towards more running and the introduction of some higher intensity running. Again you may experience some slight muscle soreness so use the X-training as a way of relieving the soreness by means of low impact, low-intensity exercise. If you comfortably managed the 3km distance on your continuous run last week it's time to add another km, remember to keep the intensity low as your body is still getting used to running.

6km BEGINNER – WEEK 4

#1 Session

w/u: 5min easy jog

Main set: 6x400 hard run, 2mins standing recovery between

w/d: 5min easy jog

#2 X train:

20-30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#3 Run/Walk

w/u: 5min easy jog

Main set: 10x100m hard run/100m easy walk between

w/d: 5min easy jog

#4 TEST:

w/u: 5min easy jog

Main set: 3km TT @ Goal C2B 6km effort

w/d: 5min easy jog

Notes:

Over halfway to Race Day! Things are starting to take shape. Your body is getting used to running and you've completed a number of continuous runs. It's now time to add some more structure to your sessions and begin to establish a pace that you think is sustainable for 6km.

6KM BEGINNER – WEEK 5 & 6

6km BEGINNER – WEEK 5

#1 Session

w/u: 5min easy jog

Main set: 4x800 hard run, 2mins standing recovery between

w/d: 5min easy jog

#2 X train:

20-30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#3 Steady Run

3x8min steady run/2min easy walk between

#4 Continuous Run:

5km easy jog

Notes:

With two weeks to go before the event, this is the highest volume week you will complete. A 5km continuous run will give you the confidence in knowing that the 6km distance is well within reach. Use this run to practice pre-run fuelling and equipment (shoes & apparel). If anything goes wrong there is still plenty of time to make changes. Make sure to prioritise rest & recovery between runs.

6km BEGINNER – WEEK 6

#1 Intervals

w/u: 5min easy jog

Main set: 4x1km hard run, 2mins standing recovery between

w/d: 5min easy jog

#2 X train:

20-30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#3 Walk/Run

w/u: 5min easy jog

Main set: 8x200m hard run/200m easy jog between

w/d: 5min easy jog

#4 Continuous Run:

4km easy jog

Notes:

An interval session early in the week is a great chance to practice goal 6km pace before turning up the pace a little for the 200s. A shorter continuous run should have you feeling fresh and confident heading into race week.

6KM BEGINNER – WEEK 7 & RACE DAY

6km BEGINNER – WEEK 7

#1 Intervals

w/u: 5min easy jog

Main set: 8x300m hard run, 100m walk between

w/d: 5min easy jog

#2 X train:

20-30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#3 Walk/Run

w/u: 5min easy jog

Main set: 10x20sec steady run/40sec easy walk between

w/d: 5min easy walk

#4 CITY BAY 6km RACE DAY

Notes:

Well done, you've made it to race week. Now it's about putting the icing on the cake and enjoying the event. Some shorter, sharper efforts should have you feeling nice and poppy come race day. Make sure not to get too carried away at the start with fresh legs and adrenaline. Stick to the pace you have been practicing in training!

Key Terms

w/u: Warm Up

w/d: Warm down

TT: Time Trial

Easy: This level of effort should largely feel easy aerobically but won't always be easy. For example a 10min easy jog at an easy pace vs a 60min+ long run at an easy pace. The pace will likely be the same however, due to the increase in duration, it will likely not feel easy towards the end until you adapt to the increase. But a good, simple test to tell you are in the easy/aerobic zone is the talk test. You should be able to have a conversation. If you can't, you're probably going too hard.

Solid: This level of effort is a touch harder than easy. It's more of a tempo effort. A simple test would be you should be able to chat but not at the same level as Easy/aerobic. For example, you might be able to have a conversation but it would be very difficult

Hard: This level of effort should be difficult and uncomfortable to sustain. You won't feel like talking and if you tried would only be a few words, as you should be breathing quite heavily.