



SEVEN-WEEK TRAINING PLAN 12KM BEGINNER

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Beginner: This is an introductory program designed to ensure you are safely able to complete the 12km distance. Ideally, you would have completed a number of 5km events such as Park Run in the past and have been running for a number of months.

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

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FUN RUN

7 November 2021

www.city-bay.org.au



12KM BEGINNER – WEEK 1 & 2

12km BEGINNER – WEEK 1

#1 Session

w/u: 5min jog easy

Main set: 5x4mins steady run, 1min easy walk recovery between

w/d: 5min jog easy

#2 X train:

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

#3 Session

w/u: 5min jog easy

Main set: 4x800m steady run, 2mins standing recovery between

w/d: 5min jog easy

#4 Long Run/Walk:

4x7mins run easy/3mins walk easy between

Notes:

This first week is not about intensity. It is about getting used to the amount of running required to be ready for the 12km event. This is a similar concept that will run right throughout much of this program as the goal is to complete the distance.

12km BEGINNER – WEEK 2

#1 Session

w/u: 5min jog easy

Main set: 4x6mins steady run, 1min easy walk recovery between

w/d: 5min jog easy

#2 X train:

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

#3 Session

w/u: 5min jog easy

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

w/d: 5min jog easy

#4 Long Run/Walk:

5x8mins run easy/2mins walk easy between

Notes:

In week 2 the structure and purpose are much the same with a slight increase in volume across each session for the week.

12KM BEGINNER – WEEK 3 & 4

12km BEGINNER – WEEK 3

#1 Session

w/u: 5min jog easy

Main set: 5x5mins steady run, 2mins easy walk recovery between

w/d: 5min jog easy

#2 X train:

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

#3 Session

w/u: 10min jog easy

Main set: 8x500m steady run, 90sec standing recovery between

w/d: 5min jog easy

#4 Long Run/Walk:

5x9mins run easy/1min walk easy between

Notes:

As the long run/walk continues to increase this week, break it down into the smaller segments, a walk break every 10minutes can be a great strategy to use come race day and won't have too much effect on your overall average pace.

12km BEGINNER – WEEK 4

#1 Session

w/u: 10min jog easy

Main set: 4x1.2km steady run, 2mins standing recovery between

w/d: 10min jog easy

#2 X train:

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

#3 Session

w/u: 10min jog easy

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

w/d: 10min jog easy

#4 TEST:

w/u: 10min jog easy

Main set: 5km TT (park run?) @ Goal 12km goal C2B pace

w/d: 5min jog easy

Notes:

Over halfway to Race Day! Things are starting to take shape. It's perfect timing to test yourself a little with a TT to get a better idea of your race pace.

12KM BEGINNER – WEEK 5 & 6

12km BEGINNER – WEEK 5

#1 Run:

30mins continuous easy

#2 X train:

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

#3 Session

w/u: 10min jog easy

Main set: 5x800m steady run, 2mins standing recovery between

w/d: 10min jog easy

#4

Long Run/Walk:

7x9mins run easy/1min walk easy between

Notes:

With two weeks to go before the event a run/walk of 70mins in duration should give you the confidence in knowing you can be on your feet moving for over an hour. 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.

12km BEGINNER – WEEK 6

#1 Session

w/u: 5min jog

Main set: 3x7mins steady run, 3mins easy walk between

w/d: 5min jog

#2 X train:

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

#3 Session

w/u: 10min jog easy

Main set: 5x1km steady run, 2mins standing recovery between

w/d: 10min jog easy

#4 Continuous Run:

7km easy jog

Notes:

The sessions this week are a great opportunity to finalise your pacing for the event and get used to the feeling of that intensity/effort. A shorter continuous run at the end of the week is good practice if you're wanting to attempt to run the whole way without a walk break.

12KM BEGINNER – WEEK 7 & RACE DAY

12km BEGINNER - WEEK 7

#1 Session

w/u: 10min jog easy

Main set: 10x300m steady run, 100m easy walk recovery between

w/d: 5min jog easy

#2 X train:

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

#3 Run

20min easy jog

+ 6x20sec hard run/40sec easy walk recovery

#4 C2B 12km 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! Short walk breaks during the event can be used strategically to ensure you finish feeling strong.

Key Terms

w/u: Warm Up

w/d: Warm down

TT: Time Trial

Easy: An easy effort means you should be able to talk in full sentences at this intensity. However, this same intensity may be increasingly difficult when held for a longer period of time or if placed as a recovery period between harder efforts. I.e. 500m easy run will feel easier than 5km continuous at the same intensity.

Steady: This level of effort is a touch harder than easy. Engaging in a conversation becomes increasingly challenging and you should only be able to speak in very short sentences.

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.