



SEVEN-WEEK TRAINING PLAN 12KM INTERMEDIATE

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Intermediate: This program has been designed for those who have been running consistently 3 or more times per week for the past 12+months and looking to improve on their 12km time. Perhaps you have run the C2B a number of times before and this year you are getting serious about a PB! It is an intermediate program to give you the best chance of hitting that goal time.

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7 November 2021

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12KM INTERMEDIATE – WEEK 1 & 2

12KM INTERMEDIATE – WEEK 1

#1 Session

w/u 2km jog easy

Main Set: 5x3mins steady run with 1min easy jog recovery between
w/d 2km jog easy

#2 Run: 30mins easy jog

#3 Session

w/u 2km jog easy

Main set: 8x600m hard run with 90-sec standing recovery
w/d 2km jog easy

#4 X train: 30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#5 Long Run: 12km easy jog

Notes:

Much like the upcoming weeks this first week mixes some shorter higher intensity efforts with easier recovery days and some longer steady intervals. It is best to start out conservatively and pick up the pace towards the end of the sessions than to run into fatigue too early and lose your form. Make sure to run easy on the easy days so that you are ready to go for the higher intensity efforts.

12KM INTERMEDIATE – WEEK 2

#1 Session

w/u 2km jog easy

Main set: 8x2mins steady run with 1 min easy jog recovery between
w/d 2km jog easy

#2 Run: 30mins easy jog

#3 Session

w/u 2km jog easy

Main Set: 6x800m hard run with 90sec standing recovery between
w/d 2km jog easy

#4 X train:

30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#5 Long Run: 13km easy jog

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 INTERMEDIATE – WEEK 3 & 4

12KM INTERMEDIATE – WEEK 3

#1 Session

w/u 2km jog easy

Main set: 4x5mins steady run with 2mins easy jog recovery between

w/u 2km jog easy

#2 Run: 30mins easy jog

#3 X train: 30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#4 Session

w/u 2km jog easy

Main set: 12x400m hard run with 60sec standing recovery

w/u 2km jog easy

#5 Run: 30mins easy jog

#6 Long Run: 14km easy jog

Notes:

This week sees the addition of an extra-low intensity/recovery run. With 6 sessions on during the week, it's very important to prioritise your rest day, perhaps schedule in a massage.

12KM INTERMEDIATE – WEEK 4

#1 Session

w/u 1.5km easy

Main set: 10x1min hard with 1 min solid jog recovery between

w/d 1.5km easy

#2 Run: 30mins easy jog

#3 X train: 30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#4 Run: 30mins easy jog + 4x100m hard run, walk back recovery between

#5 TEST

w/u 2km easy

Main set: 5km TT (park Run?)

w/d 2km easy

#6 Long Run: 12km easy

Notes:

Over halfway through the program is a great time to test how the first 4 weeks of training have gone with a short time trial. This will give you a good gauge on what you think you can hold for just over double the distance in a few week's time.

12KM INTERMEDIATE – WEEK 5 & 6

12KM INTERMEDIATE – WEEK 5

#1 Session

w/u 2km jog easy

Main set: 4x1.5km hard run, 2mins standing recovery between
w/d 2km jog easy

#2 Run: 30mins easy jog

#3 X train: 30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#4 Session

w/u 2km jog easy

Main set: 2x14mins steady run, 2mins easy jog recovery between
w/d 2km jog easy

#5 Run: 30mins easy jog

#6 Long Run: 15km easy jog

Notes:

With two weeks to go before the event, this is the highest volume week you will complete. Use one of the sessions this week to practice pre-run fuelling and equipment (shoes & apparel). Do the session in the morning at a similar time to race start. If anything goes wrong there is still plenty of time to make changes. Make sure to prioritise rest & recovery between runs.

12KM INTERMEDIATE – WEEK 6

#1 Session

w/u 2km jog easy

Main set: 20mins steady run, 4mins easy jog between, 6min hard run to finish
w/d 2km jog easy

#2 Run: 30mins easy

#3 X train:

30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#4 Session

w/u 2km jog easy

Main Set: 6x600m hard run with 400m steady jog recovery between
w/d 2km jog easy

#5 Run: 30mins easy jog

#6 Taper Long Run: 12km easy jog

Notes:

The 1st session for this week should give you a good feeling of what the last bit of the 12km event will feel like. Practicing running fast on tired legs will mean there are no surprises after halfway. A shorter long run will mean you're itching to let loose next week.

12KM INTERMEDIATE – WEEK 7 & RACE DAY

12KM INTERMEDIATE – WEEK 7

#1 Session

w/u 2km jog easy

Main set: 3km steady run, 2mins standing recovery, 6x300m hard run with 60sec standing recovery between
w/d 2km jog easy

#2 Run:

30mins easy jog

#3 Run:

30mins easy jog + 6x100m hard walk back to start for 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!

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.