




### 12KM BEGINNER PROGRAM

**Program Overview:** This program is best suited to those who have been on a small hiatus from running over the last couple of years or just getting in to running for the first time. This is an introductory program designed to ensure you are safely able to complete the 12km distance. The days of the week below are to be used as a guide, you are able to shuffle the training sessions around to fit in around your schedule however please acknowledge the rest days between runs.

	Sun Jul 23rd	Mon	Tues	Wed	Thur	Fri	Sat	
<b>WEEK 1</b>	3x8mins run steady/2mins walk easy between		Easy 20min run	X train 30mins low impact exercise		w/u: 5min easy jog Farlek: 8x2mins solid run/ 1min easy jog recovery between (24mins) w/d: 5min easy jog		<b>Weekly Summary:</b> The first week is about establishing a routine and getting a feel for running again. You will only have one structured session and should ease in to this with a solid effort.
<b>WEEK 2</b>	4x8mins run steady/2mins walk easy between		w/u: 5min easy jog Intervals: 8x300m solid run, 100m easy walk recovery between	X train 30mins low impact exercise		w/u: 5min easy jog Tempo: 6x3mins solid run/ 1min easy walk recovery between (24mins)		<b>Weekly Summary:</b> Now that the first week has passed all the hype of beginning the journey may have worn off and the reality of 7 more weeks of training looms. Keep getting out to the door to start to develop consistency with the new routine.
<b>WEEK 3</b>	5km Fitzy's 5 event or 5 x 8min steady run/ 2min walk easy between 		Easy 30mins continuous jog	X train 30mins low impact exercise		w/u: 5min easy jog Tempo: 4x6mins solid run/ 1min easy walk recovery between (28mins) w/d: 5min easy jog		<b>Weekly Summary:</b> With a couple weeks of training under the belt why not start off the week with a bit of a hit over 5km at the popular Fitzy's 5 event. This will give you a great gauge on pacing for the rest of the program. If you are struggling with fatigue or soreness after a recent ramp in training you may like to instead catch your breath and absorb the increases in intensity from the first 2 weeks to get on top of things again!
<b>WEEK 4</b>	6x8mins run easy/2mins walk easy between		w/u: 5min easy jog Intervals: 10x500m hard run, 1min standing recovery between w/d: 5min easy jog	X train 30mins low impact exercise		w/u: 10min easy jog Farlek: 3x 3/2 1mins solid run, 1min easy jog recovery between (27mins) w/d: 5min easy jog		<b>Weekly Summary:</b> You're halfway through the program and feel as though your goal is becoming more realistic. Enjoy the progress you have made up to this point and prepare yourself for the second half of the program.
<b>WEEK 5</b>	6x9mins run easy/1mins walk easy between		w/u: 5min easy jog Tempo: 5x5mins solid run/ 1min easy walk recovery between (30mins) w/d: 5min easy jog	X train 30mins low impact exercise		w/u: 10min easy jog Interval: 10x200m hard run, 100m easy walk recovery between w/d: 5min easy jog		<b>Weekly Summary:</b> You're over the hump and can see race day in the distance. The fatigue of increasing load means the legs are a little heavy but the training is adding up and you're feeling strong. Most sessions don't have to be all out, your body will still benefit.
<b>WEEK 6</b>	10km test run or Event (Adelaide Marathon Festival) 		30mins continuous easy jog	X train 30mins low impact exercise		w/u: 10min easy jog Interval: 5x1km solid run, 2mins standing recovery w/d: 10min easy jog		<b>Weekly Summary:</b> Race day is looming and you want to see where you're at and set a benchmark to motivate the last couple of weeks. You're feeling pretty good with 5 weeks of structured training behind you. Perhaps enter in the 10km event at the Adelaide Marathon Festival or find a nice flat course and practice pacing, fuel and race day clothing on your own.
<b>WEEK 7</b>	7x8mins run easy/1min walk easy between		w/u: 5min easy jog Tempo: 3x7mins solid run/ 3min easy jog recovery between (30mins) w/d: 5min easy jog	X train 30mins low impact exercise		w/u: 10min easy jog Interval: 5x1.2km solid run, 2mins standing recovery w/d: 10min easy jog		<b>Weekly Summary:</b> Last week of training before taper week. You can start to visualise yourself completing the 12km City Bay and there's talk around the workplace about the upcoming event and who is running. Some runners will be putting their shoes on for the first time and cramming some last minute sessions in. Don't get sucked in by them you've been doing the right training all the way through and have nothing to worry about.
<b>WEEK 8</b>	7km easy jog continuous		w/u: 10min easy jog Interval: 10x300m hard run/ 100m walk recovery between w/d: 5min easy jog	X train 30mins low impact exercise		20min easy jog + 6x20sec hard run/40sec easy walk recovery		<b>Weekly Summary:</b> Taper week is here! Make sure you do all the little things right such as sleep and nutrition to give yourself the best chance of a staying healthy and having a good race. Perhaps you've earned yourself a mid week massage to freshen the legs up.
<b>RACE DAY</b>	Sun Sept 17th RACE DAY 							<b>Weekly Summary:</b> Race day is here! Enjoy the race, pace yourself well and finish strong.
<p><b>Key Terms:</b>  w/u = warm up (easy jog followed by some dynamic stretches)  w/d = warm down (easy jog followed by some dynamic stretches)  Easy = 3-4/10 effort, talking pace with ability to have a near to full conversation sustainable for over 90mins  Steady = 5-6/10 effort, ability to speak in short sentences and able to hold effort for 60-90mins  Solid = 7-8/10 effort, ability to speak 1-2 words at a time and sustainable for up to 60mins  Hard = 9-10/10 effort, ability to talk 1-2 words only sustainable for short periods at a time before rest is required  X train = low impact exercise designed train running muscles in a different way such as swimming, biking, hiking, PT or pilates  Interval = Interval training helps to break the distance down in the manageable chunks with recoveries so that you can run race pace or faster  Farlek = continuous run with changes in running speed. A Swedish work for speedplay  Tempo = Tempo is a comfortably hard effort that you can sustain for 60mins it starts to get harder the longer you hold this effort.</p>								