




12KM INTERMEDIATE PROGRAM

Program Overview:

This program has been designed for those who have been running consistently a minimum of 2-3 times per week for the past 6-12months. Perhaps you have run the City Bay a number of times before and this year you are getting serious about a PB or even a sub 60minute clocking! It is an intermediate program to give you the best chance of hitting that goal time.

	Sun	Mon	Tues	Wed	Thur	Fri	Sat	
WEEK 1	Sun July 23rd 10km easy jog	Mon X train 30mins low impact exercise (optional)	Tues 30mins easy jog	Wed 30mins easy jog	Thur REST DAY	Fri w/u: 2km easy jog Tempo: 6x3mins solid run/ 1min steady jog recovery between (24mins) w/d: 2km easy jog	Sat REST DAY	Weekly Summary: The first week is about introducing some structure to your routine. You may have been running already but in the last 7 week build we're going to introduce some intensity to take you to the next level on race day. You will only have one structured session to begin with to make sure it's not too much of a good thing.
WEEK 2	Sun July 30th 12km easy jog	Mon X train 30mins low impact exercise (optional)	Tues w/u: 2km easy jog Intervals: 10x300m hard run, 100m easy jog recovery between w/d: 2km easy jog	Wed 30mins easy jog	Thur REST DAY	Fri w/u: 2km easy jog Tempo: 5x4mins solid run/ 1min steady jog recovery between (25mins) w/d: 2km easy jog	Sat REST DAY	Weekly Summary: In the second week we've introduced a second shorter, higher intensity session. If you are sore you may like to replace this with an easy run as per the first week.
WEEK 3	Sun Aug 6th 5km Fitzy's 5 event or 10km easy jog 	Mon X train 30mins low impact exercise (optional)	Tues 40mins continuous easy jog + 4x100m hard run walk back recovery between	Wed 30mins easy jog	Thur REST DAY	Fri w/u: 2km easy jog Fartlek: 8x 2min solid run, 1min easy jog recovery between (24mins) w/d: 2km easy jog	Sat REST DAY	Weekly Summary: With a few good weeks of training under the belt you may not start off the week with a bit of a hit out 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 use this slight down week to absorb the increases in intensity from the first 2 weeks to get on top of things again!
WEEK 4	Sun Aug 13th 14km easy jog	Mon X train 30mins low impact exercise (optional)	Tues w/u: 2km easy jog Intervals: 10x400m hard run, 1min standing recovery between w/d: 2km easy jog	Wed 30mins easy jog	Thur REST DAY	Fri w/u: 2km easy jog Tempo: 4x6mins solid run/ 1min steady jog recovery between (28mins) w/d: 2km easy jog	Sat REST DAY	Weekly Summary: 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.
WEEK 5	Sun Aug 20th 14km easy jog	Mon X train 30mins low impact exercise (optional)	Tues w/u: 2km easy jog Tempo: 3x7.5mins solid run/ 2min steady jog recovery between (30mins) w/d: 2km easy jog	Wed 30mins easy jog	Thur REST DAY	Fri w/u: 2km easy jog Interval: 10x200m hard run, 100m easy jog recovery between w/d: 2km easy jog	Sat 20mins easy jog	Weekly Summary: Hours 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. We've introduced another run to the week to increase your overall volume. Pushing hard for 12km requires lots of endurance however you can't push that hard all the time. Most sessions don't have to be all out, your body will still benefit.
WEEK 6	Sun Aug 27th 10km test run or Event (Adelaide Marathon Festival) 	Mon REST DAY	Tues 40mins continuous easy jog + 4x100m hard run walk back recovery between	Wed 40mins easy jog	Thur REST DAY	Fri w/u: 2km easy jog Interval: 4x1.6km hard run/ 2min standing recovery w/d: 2km easy jog	Sat 30mins easy jog	Weekly Summary: 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 the first 6 weeks of 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.
WEEK 7	Sun Sept 3rd 16km easy jog	Mon X train 30mins low impact exercise (optional)	Tues w/u: 2km easy jog	Wed 40mins easy jog	Thur	Fri w/u: 2km easy jog Interval: 6x800m hard run/ 400m run steady recovery w/d: 2km easy jog	Sat 30mins easy jog	Weekly Summary: 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.
WEEK 8 (Taper week)	Sun Sept 10th 10km easy jog	Mon	Tues w/u: 2km easy jog	Wed 30mins easy jog	Thur	Fri 30min easy jog 6x100m hard run walk back recovery between	Sat 15min shakeout easy jog	Weekly Summary: 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.
RACE DAY	Sun Sept 17th RACE DAY 							Weekly Summary: Race day is here! Enjoy the race, pace yourself well and finish strong.

Key Terms:

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 to 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
Fartlek = 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.