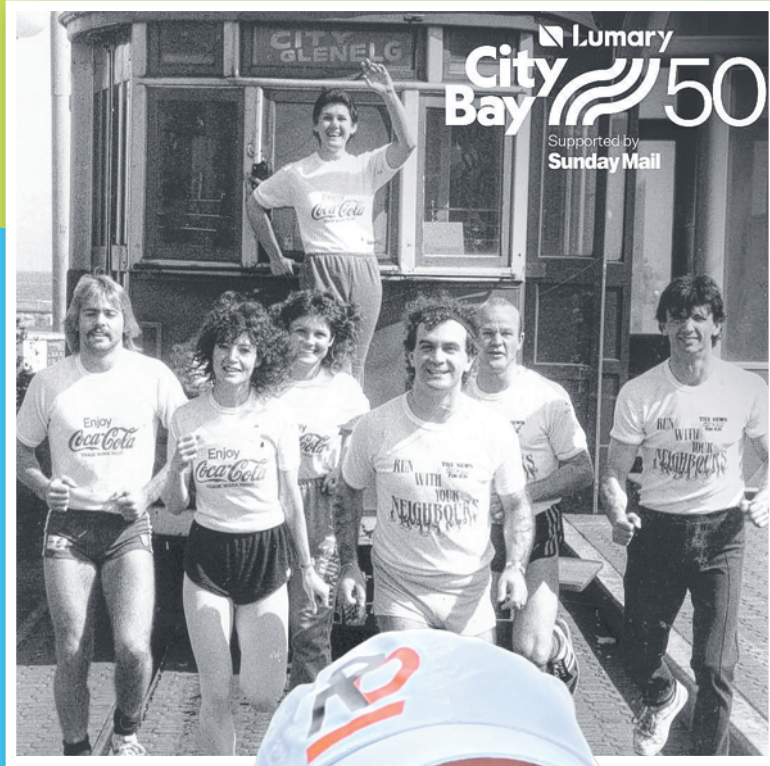


# 20-WEEK TRAINING GUIDE

Lace up those running shoes, as your 20-week program to get race-ready for the 2024 Lumary City-Bay Fun Run – the 50th anniversary of this iconic South Australian event – starts here. From today, Olympian Izz Batt-Doyle and her coach Riley Cocks are training YOU.

The City-Bay is for everyone from beginners to elite athletes. This year's milestone event will be a blast with vintage vibes, tribute bands along the course, retro costume prizes and a party at the end. All participants will receive a commemorative medal. As a physiotherapist, Riley's message is that you don't have to be the fittest or the fastest. To become a runner, aim for an event and in SA there's none better than the City-Bay. Stick with Riley and Izz's program to smash your fitness goals and be all set for the starter's gun on Sunday, September 15.

Sunday Mail readers can sign up now for a "50-year \$50 offer". Register now at [my.city-bay.org.au](http://my.city-bay.org.au)



Izz Batt-Doyle



Riley Cocks

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
<b>WEEK 1</b> STARTING APRIL 28	10min walk 5x(1min easy run/ 1min walk) 10min walk	REST DAY	45min walk	X train 30mins low impact exercise (optional)	REST DAY	10min walk 5x(2min easy run/ 1min walk) 5min walk	REST DAY	With 20 weeks to race day the first 4 weeks are about establishing a routine and getting a feel for running again. The best way to build up your running as a beginner is through a walk/run schedule
<b>WEEK 2</b> STARTING MAY 5	10min walk 5x(2min easy run/ 1min walk) 10min walk		45min walk	X train 30mins low impact exercise (optional)		10min walk 5x(3min easy run/ 1min walk) 5min walk		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 into 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 are to be used as a guide, you are able to shuffle the training sessions to fit in around your schedule, however please acknowledge the rest days between runs.
<b>WEEK 3</b> STARTING MAY 12	10min walk 5x(3min easy run/ 1min walk) 10min walk		45min walk	X train 30mins low impact exercise (optional)		10min walk 5x(4min easy run/ 1min walk) 5min walk		
<b>WEEK 4</b> STARTING MAY 19	10min walk 5x(4min easy run/ 1min walk) 10min walk		45min walk	X train 30mins low impact exercise (optional)		10min walk 5x(5min easy run/ 1min walk) 5min walk		It is important to have an absorption week every 4-5 weeks to allow your body to catch up and absorb the increases in training. This can be seen as a small reduction in volume and intensity
<b>WEEK 5</b> (ABSORPTION WEEK) STARTING MAY 26	10min walk 5x(5min easy run/ 1min walk) 5min walk		45min walk	X train 30mins low impact exercise (optional)		20min easy run		
<b>WEEK 6</b> STARTING JUNE 2	5 x 8min run/ 2min walk		45min walk	X train 30mins low impact exercise (optional)		30min easy run		<b>KEY TERMS</b> <b>w/u:</b> warm up (easy jog followed by some dynamic stretches) <b>w/d:</b> warm down (easy jog followed by some dynamic stretches) <b>Easy:</b> 3-4/10 effort, talking pace with ability to have a near to full conversation sustainable for over 90mins <b>Steady:</b> 5-6/10 effort, ability to speak in short sentences and able to hold effort for 60-90mins <b>Solid:</b> 7-8/10 effort, ability to speak 1-2 words at a time and sustainable for up to 60mins <b>Hard:</b> 9-10/10 effort, ability to talk 1-2 words only sustainable for short periods at a time before rest is required <b>X train:</b> low-impact exercise designed to train running muscles in a different way such as swimming, biking, hiking, PT or pilates <b>Interval:</b> interval training helps to break the distance down into manageable chunks with recoveries so that you can run race pace or faster <b>Fartlek:</b> continuous run with changes in running speed. A Swedish work for speedplay <b>Tempo:</b> tempo is a comfortably hard effort that you can sustain for 60mins it starts to get harder the longer you hold this effort. <b>Strides:</b> short bouts of faster running with recovery inbetween. Accelerate up to 70 to 90 per cent of your top-end speed and hold that for a short period before easing the pace back down
<b>WEEK 7</b> STARTING JUNE 9	7 x 7min run/ 1min walk		45min walk	X train 30mins low impact exercise (optional)		30min easy run		
<b>WEEK 8</b> STARTING JUNE 16	6x 9min run/ 1min walk		45min walk	X train 30mins low impact exercise (optional)		30min easy run		Copyright RunAsOne 2024
<b>WEEK 9</b> (ABSORPTION WEEK) STARTING JUNE 23	5 x 8min run/ 2min walk		45min walk	X train 30mins low impact exercise (optional)		30min easy run		
<b>WEEK 10</b> STARTING JUNE 30	7 x 8min run/ 2min walk		REST DAY	w/u: 10mins easy run Interval: 10 x 1min solid/ 1min steady w/d: 5mins easy run		X train 30mins low impact exercise (optional)		20min easy run
<b>WEEK 11</b> STARTING JULY 7	8 x 8mins/ 2min walk	w/u: 10mins easy run Interval: 8 x 2min solid/ 1min steady w/d: 5mins easy run		X train 30mins low impact exercise (optional)	25min easy run			
<b>WEEK 12</b> STARTING JULY 14	8 x 9mins/ 1min walk	w/u: 10mins easy run Interval: 6 x 3min solid/ 1min steady w/d: 10mins easy run		X train 30mins low impact exercise (optional)	<b>REST DAY</b> 5km test run (try parkrun)			
<b>WEEK 13</b> (ABSORPTION WEEK) STARTING JULY 21	7 x 8min run/ 2min walk	30min easy run		X train 30mins low impact exercise (optional)	30min steady run	The taper is hard to get right. A good rule of thumb is to back off the volume of your training by 30-50% and keep the frequency and intensity in your runs.		
<b>WEEK 14</b> STARTING JULY 28	80mins easy run	w/u: 10mins easy run Interval: 10 x 500m hard 75sec standing rest w/d: 10mins easy run		X train 30mins low impact exercise (optional)	30min steady run			
<b>WEEK 15</b> STARTING AUGUST 4	85mins easy run	w/u: 10mins easy run Interval: 5 x 1km hard 90sec standing rest w/d: 10mins easy run		X train 30mins low impact exercise (optional)	35min steady run	<b>RACE DAY SUNDAY SEPTEMBER 15</b>		
<b>WEEK 16</b> STARTING AUGUST 11	90mins easy run	<b>REST DAY</b>		X train 30mins low impact exercise (optional)	35min steady run			
<b>WEEK 17</b> (ABSORPTION WEEK) STARTING AUGUST 18	70mins easy run	w/u: 10min easy run Intervals: 10x200m hard run, 200m easy run between w/d: 10min easy run		X train 30mins low impact exercise (optional)	25min easy run			
<b>WEEK 18</b> STARTING AUGUST 25	10km test run or Event (Adelaide Marathon Festival)	30mins easy jog		X train 30mins low impact exercise (optional)	40min steady run			
<b>WEEK 19</b> STARTING SEPTEMBER 1	80mins easy run	w/u: 10mins easy run Interval: 6 x 1km hard 90sec standing rest w/d: 10mins easy run		X train 30mins low impact exercise (optional)	40min steady run			
<b>WEEK 20</b> (Taper week) STARTING SEPTEMBER 8	40min easy run	w/u: 10mins easy run Fartlek: 3 x 2mins hard 3 x 1mins hard 1min easy run between [15mins] w/d: 5mins easy run	X train 30mins low impact exercise (optional)	20min easy run				

Register now at [my.city-bay.org.au](http://my.city-bay.org.au)