

**Lumary**  
**City Bay 50**  
Supported by  
**Sunday Mail**



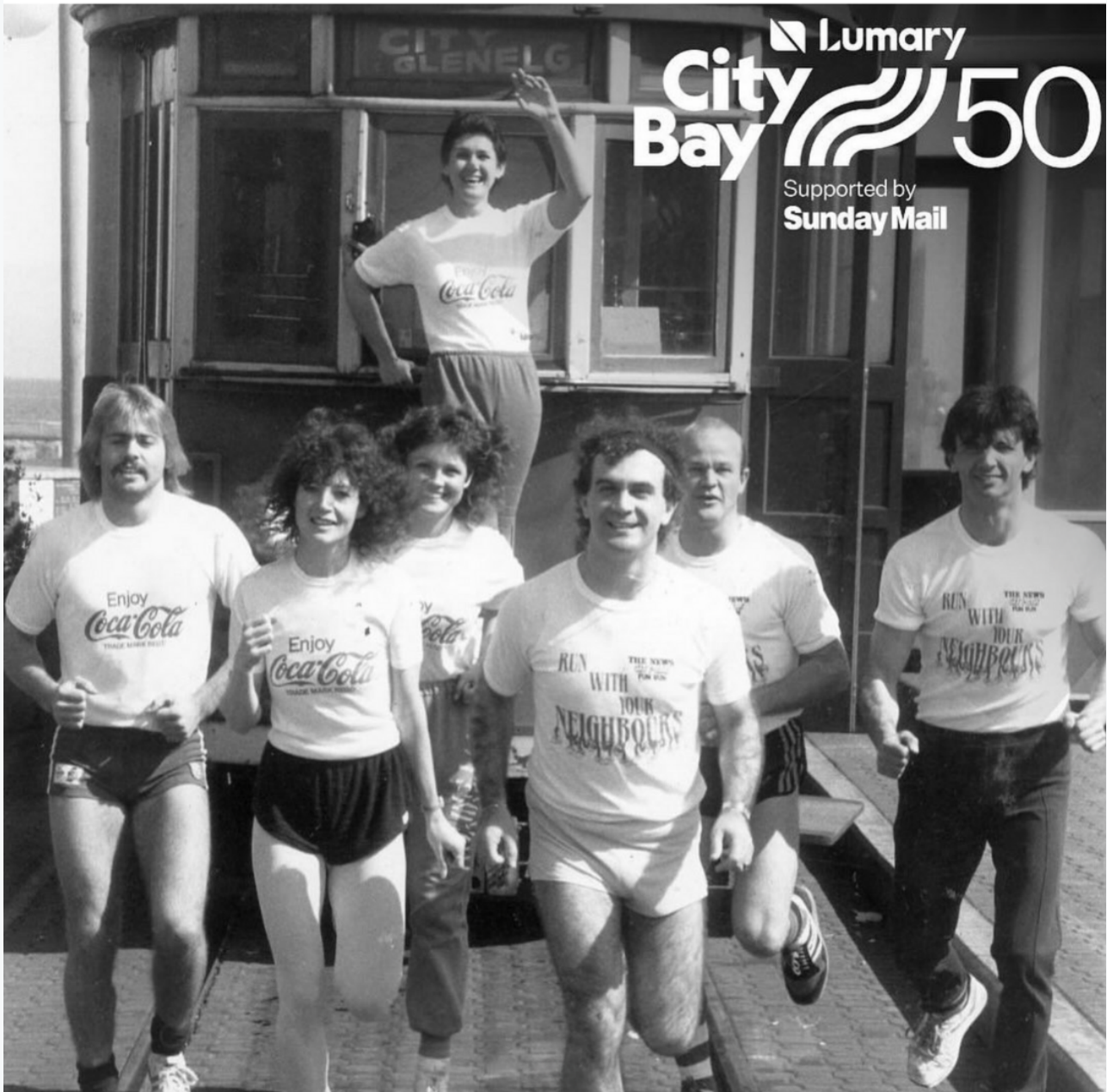
**Lumary**  
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# 50 years and running

Get ready to spring into history with us! Join us in commemorating an incredible half-century of adrenaline-pumping runs at Adelaide's iconic Lumary City-Bay Fun Run! To achieve a record turnout this year we have made the Early Bird entry the most affordable in years - Sign up to the 12k for only \$50 saving \$25 on a regular entry! Enter now before the early bird deal runs out!!

[\*\*SIGN UP AN EARLY BIRD REGISTRATION NOW\*\*](#)

# Stopping Adelaide traffic since 1973.



## Celebrate our Golden Jubilee

No ordinary year, it's our golden jubilee where fitness fans and community champions come together to relive 50 years of unforgettable memories. Take part in a festival of fun, fitness,

retro dress-up fashion, and fundraising! Let's fill the streets with a colourful and nostalgic parade of excitement and achievement!

Enter today at early bird prices and start planning how you will celebrate the 50th - there will be prizes for best dressed!

**REGISTER HERE**

## 20 Weeks to go!

Join us on Sunday September 15th 2024 to be a part of something truly once in a lifetime. With 20 weeks to go it's the perfect time to enter and start training and our ambassadors Izzi Batt-Doyle and Riley Cocks have created the a 20-week program to get you fit and ready for the big day. Download the [training program](#) today and be a part of running history!



# 20-WEEK TRAINING GUIDE

Look up these running stars, as your 20-week program to get race-ready for the 2024 Lumory City Bay 50th - the 50th anniversary of this iconic South Australian event - starts here, from today. Champions for Izzie Doyle and Riley Cocks are training!

The City Bay 50th everyone from beginners to those who have completed the event will be in great luck with veteran stars Izzie Doyle and Riley Cocks at the start. 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, all you need is a belief that there's none better than the City Bay. Stick with it and you'll see the results in your fitness goals and be all set for the start of your 50th on Sunday September 15.

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



**NOTES**

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.

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.

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.

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
<b>WEEK 1</b> STARTING APRIL 28	30min walk 50min easy run/ 30min walk		45min walk	X train 30mins low impact exercise (optional)		40min walk 50min easy run/ 30min walk		<p><b>KEY TERMS</b></p> <p><b>w/u</b> warm up (easy jog followed by some dynamic stretches)</p> <p><b>w&amp;E</b> warm down (easy jog followed by some dynamic stretches)</p> <p><b>Easy</b> 3-4/10 effort, talking pace with ability to have a near to full conversation sustainable for over 90mins</p> <p><b>Steady</b> 5-6/10 effort, ability to speak in short sentences and able to hold effort for 60-90mins</p> <p><b>Solo</b> 7-8/10 effort, able to speak 1-2 words at a time and sustainable for up to 60mins</p> <p><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</p> <p><b>X</b> extra low-impact exercise designed to train running muscles in a different way such as swimming, biking, hiking, PT or pilates</p> <p><b>Interval</b> interval training helps to break the distance down into manageable chunks with recoveries so that you can run faster</p> <p><b>Pace</b> continuous run with changes in running speed. A Swedish work for speed</p> <p><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.</p> <p><b>Sprints</b> short bursts 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</p> <p>Copyright Runbook 2024</p>
<b>WEEK 2</b> STARTING MAY 5	30min walk 50min easy run/ 30min walk		45min walk	X train 30mins low impact exercise (optional)		40min walk 50min easy run/ 30min walk		
<b>WEEK 3</b> STARTING MAY 12	30min walk 50min easy run/ 30min walk		45min walk	X train 30mins low impact exercise (optional)		40min walk 50min easy run/ 30min walk		
<b>WEEK 4</b> STARTING MAY 19	30min walk 50min easy run/ 30min walk		45min walk	X train 30mins low impact exercise (optional)		40min walk 50min easy run/ 30min walk		
<b>WEEK 5</b> (ABSORPTION WEEK) STARTING MAY 26	30min walk 50min easy run/ 30min walk		45min walk	X train 30mins low impact exercise (optional)		20min easy run		
<b>WEEK 6</b> STARTING JUNE 2	5 x 8min run/ 20min walk		45min walk	X train 30mins low impact exercise (optional)		30min easy run	<p><b>REST DAY</b></p>	
<b>WEEK 7</b> STARTING JUNE 9	7 x 7min run/ 20min walk		45min walk	X train 30mins low impact exercise (optional)		30min easy run		
<b>WEEK 8</b> STARTING JUNE 16	6 x 9min run/ 20min walk		45min walk	X train 30mins low impact exercise (optional)		30min easy run		
<b>WEEK 9</b> (ABSORPTION WEEK) STARTING JUNE 23	5 x 8min run/ 20min walk		45min walk	X train 30mins low impact exercise (optional)		30min easy run		
<b>WEEK 10</b> STARTING JUNE 30	7 x 8min run/ 20min walk		w/u 10mins easy run Interval: 10 x 3min solid/ 1min steady w/E 50min easy run	X train 30mins low impact exercise (optional)		20min easy run	<p><b>REST DAY</b></p>	
<b>WEEK 11</b> STARTING JULY 7	8 x 8min run/ 20min walk		w/u 10mins easy run Interval: 8 x 2min solid/ 1min steady w/E 50min easy run	X train 30mins low impact exercise (optional)		25min easy run		
<b>WEEK 12</b> STARTING JULY 14	8 x 8min run/ 20min walk		w/u 10mins easy run Interval: 8 x 3min solid/ 1min steady w/E 50min easy run	X train 30mins low impact exercise (optional)		30min steady run		
<b>WEEK 13</b> (ABSORPTION WEEK) STARTING JULY 21	7 x 8min run/ 20min walk		30min easy run	X train 30mins low impact exercise (optional)		30min steady run		
<b>WEEK 14</b> STARTING JULY 28	80mins easy run		w/u 10mins easy run Interval: 10 x 500m hard 75sec standing rest w/E 10mins easy run	X train 30mins low impact exercise (optional)		30min steady run	<p><b>REST DAY</b></p>	
<b>WEEK 15</b> STARTING AUGUST 4	85mins easy run		w/u 10mins easy run Interval: 7 x 3min hard 90sec standing rest w/E 10mins easy run	X train 30mins low impact exercise (optional)		30min steady run		
<b>WEEK 16</b> STARTING AUGUST 11	90mins easy run		30min easy run	X train 30mins low impact exercise (optional)		30min steady run		
<b>WEEK 17</b> (ABSORPTION WEEK) STARTING AUGUST 18	70mins easy run		w/u 10mins easy run Interval: 10 x 200m hard run, 200m easy run between w/E 10mins easy run	X train 30mins low impact exercise (optional)		20min easy run		
<b>WEEK 18</b> STARTING AUGUST 25	10km test run or Event (Adelaide Marathon Festival)		30min easy jog	X train 30mins low impact exercise (optional)		40min steady run	<p>3 weeks to go! Great timing for a hit out over 10km. Why not win the Adelaide Marathon Festival 10km event or run on your own to get a really good understanding of what to expect on race day. Gear, nutrition and pacing are all great to practice here.</p>	
<b>WEEK 19</b> STARTING SEPTEMBER 1	80mins easy run		w/u 10mins easy run Interval: 3 x 3min hard 90sec standing rest w/E 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 Interval: 3 x 2min hard 1min rest between 15mins w/E 30min easy run	X train 30mins low impact exercise (optional)		20min easy run		

**RACE DAY SUNDAY SEPTEMBER 15**

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

Were you there in '73?



We are looking for the long term legends of City-Bay's history. Were you there at the first City-Bay Fun Run in 1973? We know of at least a couple of dedicated City-Bay champs who have run all 49 races and are getting ready to celebrate their 50th run this year, and we are searching for any of you that have run it for 20, 30, or 40+ years? We would love to hear from you and create an exclusive club to recognise your achievements - we'd also love to see any photos, footage, memorabilia or stories you may have saved from the good ol' days!

Please email us your story to:

[admin@city-bay.org.au](mailto:admin@city-bay.org.au)

### **Lumary City-Bay Fun Run**

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City-Bay Fun Run Committee Inc. acknowledges and pays respect to all traditional custodians of the lands of which we Run, Walk, Work and Live throughout Australia.  
We pay respect to elders both past, present and emerging.

