



**15 SEPTEMBER 2024**



## **City-Bay Fun Run Launch 2024**

On Wednesday, we officially launched the 50th running of The City-Bay Fun Run 2024, a jubilant celebration that transported us back to its inception in 1973. Hosted by Tom Rehn, the event honored the event's rich legacy with a lively dance warm-up led by Studio Pilates featuring classic tunes spanning the decades.

The occasion paid tribute to the founder, Mr. Bob Clarke AM, through heartfelt words from his family, alongside a celebratory cake commemorating the event's 50th milestone, graciously provided by Vili's Family Bakery.

We were privileged to hear from a number of esteemed speakers including the Hon. Katrine Hilyard MP and key sponsors including Joseph Mercorella from Lumary, whose unwavering support ensures City-Bay's continued success.

The profound impact of the City-Bay Fun Run on the community was evident via moving words from leading fundraisers including Canteen and Flinders Foundation

whose success and testimony provided new motivation for all to achieve their own "CB ie Community Best".

A day filled with nostalgia, festivity, and eager anticipation sets the stage for what promises to be an extraordinary City-Bay Fun Run 2024! ☑☑♂☑☑♀





# A Reminder with 15 weeks to go!

If you haven't started your training yet, now is the perfect time! Even if you have started already a structured training program can help you unlock your potential to go next level. We have a comprehensive training guide available on our website, provided by coach Riley Cocks from Run as One. It offers valuable tips and structured plans to enhance your performance and ensure you're ready for race day. Click through to check it out, start at week 6 and use this expert guide to get your City-Bay on track to be your best yet!



Supported by Sunday Mail

## 20-WEEK TRAINING GUIDE

**Week 1 (Starting April 28)**  
30mins walk  
30mins easy run/30min walk

**Week 2 (Starting April 29)**  
30mins walk  
30mins easy run/30min walk

**Week 3 (Starting April 30)**  
30mins walk  
30mins easy run/30min walk

**Week 4 (Starting May 1)**  
30mins walk  
30mins easy run/30min walk

**Week 5 (Starting May 2)**  
30mins walk  
30mins easy run/30min walk

**Week 6 (Starting May 3)**  
5 x 8min run/20min walk

**Week 7 (Starting May 4)**  
7 x 7min run/15min walk

**Week 8 (Starting May 5)**  
6 x 8min run/15min walk

**Week 9 (Starting May 6)**  
5 x 8min run/20min walk

**Week 10 (Starting May 7)**  
7 x 8min run/20min walk

**Week 11 (Starting May 8)**  
8 x 8min run/20min walk

**Week 12 (Starting May 9)**  
8 x 8min run/20min walk

**Week 13 (Starting May 10)**  
7 x 8min run/20min walk

**Week 14 (Starting May 11)**  
80mins easy run

**Week 15 (Starting May 12)**  
85mins easy run

**Week 16 (Starting May 13)**  
90mins easy run

**Week 17 (Starting May 14)**  
100mins easy run

**Week 18 (Starting May 15)**  
100min test run on River Adelaide (Marathon Practice)

**Week 19 (Starting May 16)**  
80mins easy run

**Week 20 (Starting May 17)**  
40mins easy run

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
WEEK 1	40min walk		40min walk		30min walk 30min low impact exercise (optional)		30min walk 30min easy run/30min walk	
WEEK 2	40min walk		40min walk		30min walk 30min low impact exercise (optional)		30min walk 30min easy run/30min walk	
WEEK 3	40min walk		40min walk		30min walk 30min low impact exercise (optional)		30min walk 30min easy run/30min walk	
WEEK 4	40min walk		40min walk		30min walk 30min low impact exercise (optional)		30min walk 30min easy run/30min walk	
WEEK 5	40min walk		40min walk		30min walk 30min low impact exercise (optional)		20min easy run	
WEEK 6	REST DAY		40min walk		30min walk 30min low impact exercise (optional)		30min easy run	
WEEK 7	REST DAY		40min walk		30min walk 30min low impact exercise (optional)		30min easy run	
WEEK 8	REST DAY		40min walk		30min walk 30min low impact exercise (optional)		30min easy run	
WEEK 9	REST DAY		40min walk		30min walk 30min low impact exercise (optional)		30min easy run	
WEEK 10	REST DAY		40min walk Interval: 10 x 1min solid/ 10 x 1min easy run		30min walk 30min low impact exercise (optional)		30min easy run	
WEEK 11	REST DAY		40min walk Interval: 8 x 2min solid/ 10 x 1min easy run		30min walk 30min low impact exercise (optional)		30min easy run	
WEEK 12	REST DAY		40min walk Interval: 6 x 3min solid/ 10 x 1min easy run		30min walk 30min low impact exercise (optional)	REST DAY	30min test run (100 metres)	
WEEK 13	REST DAY		30mins easy run		30mins low impact exercise (optional)		30min steady run	
WEEK 14	REST DAY		30mins easy run Interval: 10 x 500m hard 10min steady run		30mins low impact exercise (optional)		30min steady run	
WEEK 15	REST DAY		30mins easy run Interval: 2 x 1km hard 10min steady run		30mins low impact exercise (optional)		30min steady run	
WEEK 16	REST DAY		30mins easy run Interval: 3 x 200m hard 10min steady run	REST DAY	30mins low impact exercise (optional)		30min steady run	
WEEK 17	REST DAY		30mins easy run Interval: 10 x 200m hard 10min steady run		30mins low impact exercise (optional)		20min easy run	
WEEK 18	REST DAY		30mins easy jog		30mins low impact exercise (optional)		40mins steady run	
WEEK 19	REST DAY		30mins easy run Interval: 2 x 1km hard 10min steady run		30mins low impact exercise (optional)		40mins steady run	
WEEK 20	REST DAY		30mins easy run Interval: 3 x 200m hard 10min steady run		30mins low impact exercise (optional)		30min easy run	

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

[VIEW THE FULL TRAINING GUIDE HERE](#)

## The Post Race Party is heating up with The Flaming Sambucas!!

At the Launch on Wednesday, we announced that Adelaide's favorite party band will be performing at the finish line post race party on September 15th! They will be playing us through the City-Bay's Decades with Hits

from the 70's, 80's, 90's and 2000's. A perfect opportunity for everyone to unwind, have fun and celebrate crossing the historic 50th finish line.



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### Lumary City-Bay Fun Run

PO Box 10080

Adelaide BC 5000

ABN 62 163 898 527

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<https://city-bay.org.au>

08 8352 2011

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

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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.

