

City Bay

21 SEPTEMBER 2025

20 Weeks to Go – Let the Training Begin!

The countdown to the 2025 City-Bay Fun Run is officially on – with just 20 weeks until race day, this is your moment to start preparing.

Whether you're running your first City-Bay or aiming to beat your personal best, consistent training is the key to success. **We've brought back the 20-week training guide you loved last year**, written by **Riley Cocks from RunAsOne** – practical, flexible, and designed to support you all the way to the finish line.

Now's the time to commit. Register today, download the training guide, and take the first step toward race day.

Let's get to work.

20-WEEK TRAINING GUIDE

Line up these running plans, so your 20-week program to get race-ready for the 2025 City-Bay Fun Run is the 50th anniversary of the iconic South Australian event – started here, from today. Complete up to 60km and/or 50km from Cocks and Riley's training 101.

The City-Bay is for everyone from beginners to elite athletes. This year's milestone event will be added with a range of new, exciting challenges, including new, exciting prizes and a variety of rewards, all participants will receive a commemorative medal.

As a participant, there's a message in that you don't have to be the fastest runner. To become a runner, you just need to start. There's no better time than the City-Bay. Stick with Riley and Cocks' program to smash your fitness goals and be all set for the running season in 2025.

September 11
Sunday 11th runners can sign up now for a 100km 5000m!
Register now at my.city-bay.org.au

Izzi Batt-Dorje
Riley Cocks

Register now at my.city-bay.org.au

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
WEEK 1 STARTING JUNE 24	10km walk 50km easy run/ 10km walk		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	With 20 weeks to go the first 4 weeks are about establishing a routine and getting a feel for running again. The last two should be your running as a beginner through a walk-run schedule.
WEEK 2 STARTING JUL 1	10km walk 50km easy run/ 10km walk		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	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 10km 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.
WEEK 3 STARTING JUL 8	10km walk 50km easy run/ 10km walk		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 4 STARTING JUL 15	10km walk 50km easy run/ 10km walk		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 5 (ADAPTATION WEEK) STARTING JUL 22	10km walk 50km easy run/ 10km walk		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 6 STARTING JUL 29	5 x 500m run/ 20min walk		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	It is important to have an adaptation 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 7 STARTING AUG 5	7 x 700m run/ 10min walk		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 8 STARTING AUG 12	6 x 800m run/ 10min walk		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 9 (ADAPTATION WEEK) STARTING AUG 19	5 x 500m run/ 20min walk		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 10 STARTING AUG 26	7 x 800m run/ 20min walk		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 11 STARTING SEP 2	8 x 800m run/ 20min walk		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 12 STARTING SEP 9	8 x 900m run/ 20min walk		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 13 STARTING SEP 16	7 x 800m run/ 20min walk		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 14 STARTING SEP 23	80mins easy run		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 15 STARTING SEP 30	80mins easy run		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 16 STARTING OCT 7	80mins easy run		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 17 STARTING OCT 14	70mins easy run		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 18 STARTING OCT 21	10km test run or Funet (Adelaide Marathon Festival)		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 19 STARTING OCT 28	80mins easy run		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	
WEEK 20 (FINAL WEEK) STARTING NOV 4	40km easy run		40km walk	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	40km walk 50km low impact exercise (optional)	

KEY TERMS

WU - warm-up (usually 10-15 minutes) followed by some dynamic stretches.

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Easy - 4-6/10 effort, taking pace with ability to have a near full conversation sustainable for 30-60 mins.

Steady - 5-6/10 effort, ability to speak in short sentences and able to hold effort for 60-90 mins.

Build - 6-7/10 effort, ability to talk 1-2 words only sustainable for short periods as a time before need to recover.

Train - low impact exercise designed to train running muscles in a different way such as swimming, cycling, strength or plyometrics.

Interval - internal training helps to break the distance down into manageable chunks with recoveries so that you can run more pace or faster.

Push - continuous run with changes in running speed. A Swedish work for endurance.

Tempo - tempo is a comfortably hard effort that you can sustain for 60mins it can't get harder the longer you hold this effort.

Steady - short bursts of faster running with recoveries. Accelerate up to 70-80% pace of your top speed and hold for a short period before easing the pace back down.

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3 weeks to go! Great timing for a hit out over 10km. Why not join the Adelaide Marathon Festival? Download our run app on your phone to get a really good understanding of what to expect on race day. Gear, nutrition and pacing are all great to practice here.

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 of your runs.

RACE DAY SUNDAY SEPTEMBER 15

Download your 20 week training guide here!

Lee Morgan first signed up for the City-Bay in 1974 - and he hasn't looked back.

For Lee's first of many segments in 2025, we asked him about his long-running connection with the City-Bay - and what continues to inspire him to sign up year after year.

What started as a way to improve his health and mindset has grown into a lifelong tradition, with Lee preparing to line up for his **50th race in 2025**. His journey is one of resilience, reflection, and the incredible impact one event can have over a lifetime. This is his story:

"I had at least 99 problems, so I went out for a run to ignore them all..." - Unknown

Back in early 1974, 17-year-old Lee was working as an apprentice machinist in Kent Town's grimy government engineering workshops.

"It was like something out of the industrial revolution," he says.

His teenage years were heading in a direction he wasn't proud of.

"My social life was about what pubs you could get into underage. I was unfit, gaining weight, and my self-esteem was low."

Then life took an unexpected turn.

"On Friday night 3 May 1974, I was involved in a major car and motorcycle accident on Torrens Road Croydon West."

"As the late John Lennon once stated 'Life (and perhaps change) happens to you when you are making other plans'....."

Shaken by the experience, Lee knew something had to change.

"After the accident, I developed a 10-point plan to get my life on track. One of those points was to start running again - something I'd enjoyed back in primary school."

He began with short jogs around the block in Lockleys. Before long, he was running further each day. Around that time, he noticed publicity for the second-ever City-Bay Fun Run.

"The 1973 event had caught my attention, and when I saw The News promoting the 1974 race, I decided to enter."

Lee trained hard through winter and completed his first City-Bay in September 1974, crossing the finish line in 49 minutes and 46 seconds.

"Given my experience and well-known benefits that most runners and joggers feel-endorphins, improved fitness, the loss of weight and improved self-esteem-I began to be committed to running, and this has since become a consistent trait in my life from 1974."

From there, a habit was born, and it stuck. Lee has now run in 50 City-Bay events, year after year, with a full list of times that span decades. (Yes, he still has them all, dating back to 1974 – check out the proof below!)

"The times haven't gotten faster, that's for sure," he laughs.

"However, other benefits have emerged over the years, and I am proud to say I feel relatively fit and agile as I approach life 'living in the seventies' (pun intended)."

Now in his seventies, Lee continues to run regularly and uses City-Bay each year as a personal goal and health checkpoint.

"So my story is – running the City-Bay can be life-changing and indeed increase longevity."

As we prepare for the 2025 City-Bay, Lee is once again ready to hit the course, continuing a remarkable tradition that began over 50 years ago.

"I'll be so pleased to hear your story and aspirations at this year's event."

Check out Lee's epic race times below – and get inspired to start your own City-Bay journey!

Run 1	1974	49.46	Run 21	1995	55.32	Run41	2015	73.44
Run 2	1975	52.19	Run22	1996	61.50	Run42	2016	95.46
Run 3	1976	50.40	Run23	1997	62.39	Run43	2017	104.50
Run 4	1977	45.25	Run24	1998	62.39	Run44	2018	73.15
Run 5	1978	42.36	Run25	1999	69.51	Run45	2019	83.47
Run 6	1979	43.19	Run26	2000	108.10	Run46 v	2020	113.20
Run 7	1981	41.41	Run27	2001	75.27	Run47	2022	83.16
Run 8	1982	44.28	Run28	2002	66.00	Run48	2023	84.32
Run 9	1983	45.11	Run29	2003	64.08	Run49	2024	81.03
Run10	1984	43.01	Run30	2004	68.07	Run50	2025	
Run11	1985	41.23	Run31	2005	65.38	Run51		
Run12 (PB)	1986	41.01	Run32	2006	68.44	Run52		
Run13	1987	46.44	Run33	2007	60.54	Run53		
Run14	1988	48.04	Run34	2008	70.30	Run54		
Run15	1989	50.46	Run35	2009	56.47	Run55		
Run16	1990	47.18	Run36	2010	64.29	Run56		
Run17	1991	48.28	Run37	2011	71.39	Run57		
Run18	1992	51.14	Run38	2012	60.5	Run58		
Run19	1993	57.26	Run39	2013	61.3	Run59		
Run20	1994	56.31	Run40	2014	62.31	Run60		

OUR TOP 8 FUNDRAISING TIPS! □


Fundraising can be a challenge, but with the right strategies, you can take your efforts to new heights. Whether you're looking to engage more donors or maximise your impact, these **Top 8 Fundraising Tips** are designed to help you succeed! □

Ready to unlock the secrets to more effective fundraising? Let's dive in! □



OUR TOP 8 FUNDRAISING TIPS

CUSTOMISE YOUR FUNDRAISING PAGE

Want to triple your donations and boost your profile traffic by 5x? Just add a photo! Fundraisers with images get way more attention and support! 

SHARE YOUR STORY

When you share the personal story or passion behind your choice of charity, it helps people connect with your mission. Donors are far more likely to support you when they understand why this cause matters to you – it turns a simple donation into something meaningful.

SET THE EXAMPLE


Kick things off by making the first donation to your own fundraiser. When people see that you're personally invested, it builds trust and shows your commitment to the cause – making them much more likely to jump in and support you too!

SPREAD THE WORD


You're doing something awesome – so don't keep it a secret! Shout it from the rooftops, post it, 'Gram it, even drop it in the group chat. The more eyes on your page, the bigger your support squad!



THANK YOUR DONORS

With Grassrootz, you can personally respond to every donation on your page. Take a moment to thank your supporters and show them some love – they'll feel appreciated and might even donate again!" 


DOLLAR – MATCH

Check with your workplace to see if they'll match your donations! Every dollar you raise could be doubled – making your impact even greater. It's an easy way to supercharge your fundraising efforts! 

SHARE YOUR PAGE... AGAIN!

As your event date creeps closer, don't be shy – send a little reminder! If someone hasn't donated yet, they probably just got busy. A friendly nudge with an update on how you're crushing your goal could be just the thing to get them to chip in.

INCREASE YOUR FUNDRAISING TARGET

Hit your goal? Great – now aim higher! If supporters see you're close, they might hold back on bigger donations. Keep pushing and turn that target into a stepping stone! 

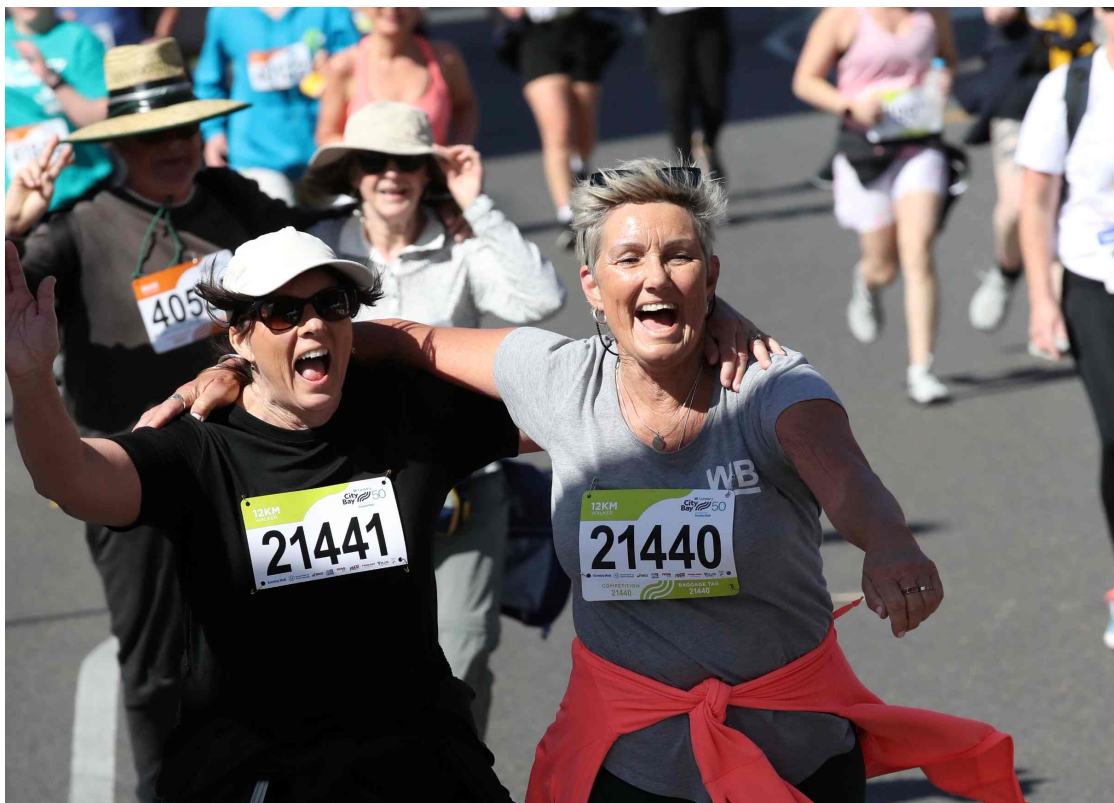
GET FUNDRAISING NOW!

📅 JUST 3 WEEKS LEFT TO GRAB EARLYBIRD PRICING!

The countdown is on! This is your chance to lock in **Earlybird pricing** for South Australia's biggest fun run.

Whether you walk, run, or roll – secure your spot at the start line now and save before prices go up!

📅 **Earlybird ends at midnight, May 31 – get in quick!**



📅 Register now before prices go up!

City-Bay Fun Run

PO Box 10080

Adelaide BC 5000

ABN 62 163 898 527

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08 8352 2011
admin@city-bay.org.au

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