

12-WEEK TRAINING GUIDE

Prepare to get on your marks, as your 12-week program to be race-ready for the 2025 City-Bay Fun Run, supported by the Sunday Mail, starts here.

And from today, Olympian Izzi Batt-Doyle and her coach, Riley Cocks, are training YOU. The City-Bay is for everyone, from elite athletes to beginners. Riley, a physiotherapist, says you don't have to be the fastest or the fittest to become a runner – just aim for an event and in SA there's none better than the City-Bay.

Stick with Riley and Izzi's program to meet and beat your fitness goals and be set for the starter's gun on Sunday, September 21.

Register now at city-bay.org.au



Runners in last year's City-Bay. Picture: Dean Martin

WIN THE ULTIMATE CITY-BAY FUN RUN PRIZE PACK!

The Sunday Mail is giving 10 lucky digital subscribers the chance to win an ultimate prize pack valued at \$435 for this year's City-Bay Fun Run

Each prize includes:

- 2 x City-Bay complimentary entries (RRP \$65 each)
- 1 x Asics shoe voucher (RRP \$280)
- 1 x Vilis voucher (RRP \$25)

Entrants must be SA residents and an active subscriber to advertiser.com.au. Competition opens at 5am on June 29, and last entries close at 5am on July 7. Winners will be drawn at 10am on July 7, and contacted by the Promoter via phone or email and the prize and instructions will be emailed to the winners.

Scan the QR to enter or go to advertiser.com.au/competitions



Riley Cocks and Izzi Batt-Doyle. Picture: Tom Huntley

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
WEEK 1 STARTING JUNE 29	10min walk w/u 5 x 2min run/1min walk 5min walk w/d		X train 30-60mins low impact exercise e.g. Pilates, Yoga, PT, bike, swim.	10min walk w/u 5 x 2min run/1min walk 5min walk w/d		Easy 30-60min walk		There is still a long way to go until the event but the earlier you start the easier it gets. Presumably it's been quite a while since you last ran so we're going to start really gently with some gradual walk/runs. This should be comfortable enough to incorporate around any existing exercise routines.
WEEK 2 STARTING JULY 6	5min walk w/u 5 x 3min run/1min walk 5min walk w/d		X train 30-60mins low impact exercise e.g. Pilates, Yoga, PT, bike, swim.	5min walk w/u 5 x 3min run/1min walk 5min walk w/d		Easy 30-60min walk		Consistency and routine are everything. The first couple of weeks are the hardest to get going. We've made it very achievable now it's up to you to get out the door, things will start to click.
WEEK 3 STARTING JULY 13	5min walk w/u 6 x 4min run/1min walk 5min walk w/d		X train 30-60mins low impact exercise e.g. Pilates, Yoga, PT, bike, swim.	5min walk 20min continuous run 5min walk		Easy 30-60min walk		As you will see/feel things are gradually progressing and heading in the right direction. At this stage your body will be adjusting back in to running and you're ready to attempt a continuous run.
WEEK 4 STARTING JULY 20	5min walk w/u 5 x 5min run/1min walk 5min walk w/d		X train 30-60mins low impact exercise e.g. Pilates, Yoga, PT, bike, swim.	5min walk 20min continuous run 5min walk		Easy 30-60min walk		You will see great progress from adding consistent weeks, not every week has to be a big jump up from the previous. Find a manageable level of training and add small progressions over time to stay injury free and on the path to success.
WEEK 5 STARTING JULY 27	5min walk 30min continuous jog 5min walk		X train 30-60mins low impact exercise e.g. Pilates, Yoga, PT, bike, swim.	5min walk 30min continuous jog 5min walk		Easy 30-60min walk		This week we are going to move towards two continuous runs as the body is now ready to handle this! If you need a short break during the run that is completely fine.
WEEK 6 STARTING AUGUST 3	5min walk 35min continuous jog 5min walk		5min walk 20min continuous jog 5min walk	X train 30-60mins low impact exercise e.g. Walk, Pilates, Yoga, PT, bike, swim.		w/u: 10min walk/jog Interval: 10 x 1min solid / 1min easy w/d: 5min walk		As we are halfway there to race day now and you've spent some time building up to continuous running over the last 6 weeks, we can start to add in a little bit more intensity where your heart rate starts to go up a bit higher and the perceived effort heads towards a 7-8/10. This will boost your fitness along nicely and make your continuous running pace perceptually easier.
WEEK 7 STARTING AUGUST 10	5min walk 40min continuous jog 5min walk	REST DAY	5min walk 25min continuous jog 5min walk	X train 30-60mins low impact exercise e.g. Walk, Pilates, Yoga, PT, bike, swim.	REST DAY	w/u: 10min walk/jog Interval: 8 x 2min solid / 1min easy w/d: 5min walk	REST DAY	The focus for this week is another chance to incrementally build towards the 12km goal with an increase in volume across all 3 runs.
WEEK 8 STARTING AUGUST 17	5min walk 50min continuous jog 5min walk		5min walk 30min continuous jog 5min walk	X train 30-60mins low impact exercise e.g. Walk, Pilates, Yoga, PT, bike, swim.		w/u: 10min walk/jog Interval: 6 x 3min solid / 1min easy w/d: 5min walk		The focus for this week is to again incrementally build towards the 12km goal with an increase in volume across all 3 runs.
WEEK 9 STARTING AUGUST 24	5min walk 6 x 8min run/2min walk 5min walk		5min walk 30min continuous jog 5min walk	X train 30-60mins low impact exercise e.g. Walk, Pilates, Yoga, PT, bike, swim.		w/u: 10min walk/jog Interval: 5 x 4min solid / 1min easy w/d: 5min walk		As the long run/walk extends out to 60mins and beyond we add intermittent walk breaks to make it more manageable and perhaps practice what you might do on race day to ensure you're able to complete the 12km distance feeling strong all the way, feel free to run continuously if you prefer but for many beginner runners the short walk break leads to the same or better overall pace for the run.
WEEK 10 STARTING AUGUST 31	5min walk 7 x 8min run/2min walk 5min walk		5min walk 30min continuous jog 5min walk	X train 30-60mins low impact exercise e.g. Walk, Pilates, Yoga, PT, bike, swim.		w/u: 10min walk/jog Interval: 4 x 5min solid / 1min easy w/d: 5min walk		This week begins 3 weeks out from race day and will be the peak volume week of the build. Everything from here on is going to get relatively more achievable as your body is allowed to absorb the training and prepare for the big race day effort.
WEEK 11 STARTING SEPTEMBER 7	5min walk 60min continuous jog 5min walk		5min walk 25min continuous jog 5min walk	X train 30-60mins low impact exercise e.g. Walk, Pilates, Yoga, PT, bike, swim.		w/u: 10min walk/jog Tempo run: 6km @ goal 12k pace w/d: 5min walk		This week is about getting specific to what you're about to experience. On the Friday (10 days out) we will do a bit of a rehearsal with a 6km tempo effort at your goal 12km race pace. If you've set a challenging but realistic pace target this run should feel relatively hard but not too much so that you're unable to recover before the race.
WEEK 12 STARTING SEPTEMBER 14	5min walk 45min continuous jog 5min walk		5min walk 2 x 90sec solid / 90sec easy 4 x 60sec solid / 60 sec easy 4 x 30sec solid / 30sec easy 4 x 15sec solid 15 sec easy 5min walk			5min walk 20min continuous jog 5min walk		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.

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 into 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.

Strides: 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

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RACE DAY SUNDAY SEPTEMBER 21

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 around to fit in around your schedule however please acknowledge the rest days between runs.

Register now at city-bay.org.au