



21 SEPTEMBER 2025

Running through motherhood with Jess Stenson ♀

Join our ambassador, Olympian and mum Jess Stenson, as she shares her journey of running through motherhood in a special four-part series. Whether you're just starting out or balancing training with family life, Jess's insights and stories will inspire and motivate you every step of the way.

"I vividly remember my first little jog as a Mum. Every baby step was filled with anticipation, fear of what it might feel like and excitement to be doing the activity again that I loved. My first born child is now 5 years old and has recently started joining my Saturday jogs on his bike! This special milestone has fuelled my appreciation for running and the role it plays in our lives.

Whether you are a new Mum or have a child/children who are old enough to train with you, hopefully you are keen to be a part of this year's City-Bay Fun Run on September 21st, 2025. With distances ranging from 3 to 21.1 kilometres the first step is to choose a suitable option for you. If you are only starting running for the first time or are coming back from a long period off, the 6 kilometre event could be a good target. More seasoned runners may want to take on the iconic twelve kilometre run from the city to the Glenelg or the Half Marathon. Whichever distance you choose, you can look forward to a motivating atmosphere on race day with thousands of excited runners, sideline cheers and refreshments on course to help you achieve your goal.

Once you have registered online, it is time to come up with a plan to prepare yourself for the event. There are numerous ways to approach training and it is important to find an option that will work for you. Questions you might ask yourself include: How much time do you have available to train each week? Do you like to run alone or with others? Would you prefer someone else to prescribe your training or work it out for yourself? How much are you prepared to spend on a training program? Would you like to include some form of strengthening and mobility work to support your training? Whether you decide to guide your own preparation, engage a personal coach, join a training squad, subscribe to training App. or follow a generic training program, consistency is the key. Whatever your

goal, you should feel comfortable with your training plan and excited about the challenge ahead. A few nerves are also to be expected.

I look forward to touching base with you in a couple of weeks for the next City-Bay Motherhood Series instalment."



The City-Bay 12-Week Training Guide is Here! ♂♂

Riley Cocks from **Run As One** has launched the official **12-week training guide** in the Sunday Mail to help you prepare for the City-Bay Fun Run.

If you missed it in print, don't worry — we've got you covered! Download your training guide below and get ready to take your training to the next level!



12-WEEK TRAINING GUIDE

Prepared to get on your marks, all that's left to do is get ready for the 2023 City-Bay Fun Run, supported by the Sunday Mail. Starting this week, Riley Cocks, a triathlete and a former elite athlete, says you don't have to be the fastest to become a runner. Just join the fun and have a bit of fun. Riley Cocks, a triathlete and a former elite athlete, says you don't have to be the fastest to become a runner. Just join the fun and have a bit of fun.

WIN THE ULTIMATE CITY-BAY FUN RUN PRIZE!

The Sunday Mail is giving away a chance to win a \$5,000 prize pack, including a new running watch, a pair of running shoes, and a pair of running socks. To enter, visit [city-bay.org.au/competitions](https://www.city-bay.org.au/competitions).

Scan the QR code to enter or go to [city-bay.org.au/competitions](https://www.city-bay.org.au/competitions)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
WEEK 1 STARTING JULY 25	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	There is still a long way to go until the event but the closer you get to the start line, the more you'll want to get ready. The closer you get to the start line, the more you'll want to get ready.
WEEK 2 STARTING JULY 29	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	Consistency and routine are everything. The first couple of weeks are the hardest to get going. You've made it very achievable so far. It's time to get out there and start to run.
WEEK 3 STARTING AUGUST 13	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	As you will see, there are a lot of things to be prepared for. The first couple of weeks are the hardest to get going. You've made it very achievable so far. It's time to get out there and start to run.
WEEK 4 STARTING AUGUST 20	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	You will see great progress from adding consistent walks, not every week has to be a big jump up from the previous. First, it's manageable and then you'll be able to do more over time to stay strong and on the path to success.
WEEK 5 STARTING AUGUST 27	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	This week we are going to move towards two continuous runs as the body is now ready to handle that. If you need a good break during the run that is completely fine.
WEEK 6 STARTING AUGUST 3	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	As we are halfway there to our day now and you've spent some time building up to continuous running over the last weeks, we can start to add in a little bit more intensity when your heart rate starts to go up a bit higher and the perceived effort starts towards a 7-8/10. This will boost your fitness along really and make your continuous running more enjoyable.
WEEK 7 STARTING AUGUST 10	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	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	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/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	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	As the long run/walk extends out to 10km and beyond we add in some more intensity when your heart rate starts to go up a bit higher and the perceived effort starts towards a 7-8/10. This will boost your fitness along really and make your continuous running more enjoyable.
WEEK 10 STARTING AUGUST 31	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	This week begins 2 weeks out from race day and will be the week you start to feel the most intense when your heart rate starts to go up a bit higher and the perceived effort starts towards a 7-8/10. This will boost your fitness along really and make your continuous running more enjoyable.
WEEK 11 STARTING SEPTEMBER 7	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	This week is about getting specific to what you're about to experience. On the Friday (11 days out), we will do a 10km run with a 10min walk. This is an introductory program designed to ensure you're 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 do not skip the rest days between runs.
WEEK 12 STARTING SEPTEMBER 14	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	10min walk w/ 5 x 2min run/5min walk 5min walk w/ 5 x 2min run/5min walk	Take week 12 home! Make sure you do all the little things like a good night's sleep and a good meal. On the Saturday (12 days out), we will do a 10km run with a 10min walk. This is an introductory program designed to ensure you're 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 do not skip the rest days between runs.

KEY TERMS

Rest Day - A day where you are not running. This is a day where you are not running. This is a day where you are not running.

Tempo Run - A run where you are running at a faster pace than your normal running pace. This is a run where you are running at a faster pace than your normal running pace.

RACE DAY SUNDAY SEPTEMBER 21

This program is best suited to those who have been on a small fitness journey. This is an introductory program designed to ensure you're 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 do not skip the rest days between runs.

Register now at [city-bay.org.au](https://www.city-bay.org.au)

Download your digital training guide here!

Training workshops 📍

After downloading your training plan, get ready to conquer the City-Bay Fun Run with our free and fee-based training workshops around Adelaide! Whether you're a seasoned runner or a first-timer, these workshops are designed to help you build stamina, improve your fitness, and prepare for race day on 21st September 2025.

📍 Central / City – Adelaide Harriers

Thursdays 5:30pm

📍 North – Bridgestone Athletics Centre

Wednesdays 6:30–8:30pm, Thursdays 7–8am (TBA)

📍 South – Flinders Athletics Club

Tuesdays 6:00pm

📍 East – Run As One, Victoria Park

Visit <https://runasone.com.au/> for more info | *Fees apply*

📍 North / West – Port Adelaide Athletics Club

Tuesdays 6:30pm



Find out more information about our workshops here!

STILL YET TO REGISTER? NOW'S THE BEST TIME!! 📍♂

Unlock exclusive perks when you sign up for the 2025 City-Bay Fun Run today!

☐ **RAA Members Save \$25 Instantly!**

If you're registering for the 6km, 12km, or Half Marathon, enter your RAA membership number at checkout and score an exclusive \$25 discount!

☐ **You Could Win \$5,000 Thanks to CMI Toyota!**

All registered participants go in the draw to win \$5,000 cash, thanks to our friends at CMI Toyota.

REGISTER NOW!

City-Bay Fun Run

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