

12-WEEK TRAINING GUIDE



Prepare to get on your marks, as your 12-week program to be race-ready for the 2026 City-Bay Fun Run, supported by the Sunday Mail, starts here. From today, Olympian Izzi Batt-Doyle and her coach and partner 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 20. **Register now at city-bay.org.au**

Riley Cocks and
Izzi Batt-Doyle.
Picture: Keryn
Stevens

» WIN THE ULTIMATE CITY-BAY FUN RUN PRIZE PACK

GRAND PRIZE X 2 WINNERS

- 1x City-Bay complimentary entry (RRP: \$85 each)
- 1x Asics shoe voucher (RRP \$250)
- 1x Cafe de Villis voucher (RRP: \$50)

RUNNER UP PRIZE X 8 WINNERS

- 1x City-Bay complimentary entry (RRP: \$85 each)
 - 1x Cafe de Villis voucher (RRP: \$25)
- Entrants must be SA residents and an active subscriber to advertiser.com.au. Competition opens 5am on June 28,

and last entries close at 5am on July 6. Winners will be drawn at 10am on July 7 and contacted by the Promoter via phone or email. Prize and instructions will be emailed to the winners.

SCAN THE CODE TO ENTER OR GO TO ADVERTISER.COM.AU/COMPETITIONS



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 a few 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 in the manageable chunks with recoveries so that you can run race pace or faster.
 - **Fartlek** = Continuous run with changes in running speed. A Swedish term translating to speed play.
 - **Tempo** = Tempo is a comfortably hard effort that you could sustain for up to 60mins it starts to get harder the longer you hold this effort.
- *Not all these terms are covered in this initial program, however, you will find these terms used across all our programs.

» RACE DAY SUNDAY, SEPTEMBER 20

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
WEEK 1 STARTING JUNE 28	10min walk w/u 6 x 90sec run/90sec walk 5min walk w/d		X train 30-60mins low impact exercise e.g. pilates, yoga, PT, bike, swim	10min walk w/u 6 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 5	5min walk w/u 6 x 2.5min 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 weeks are the hardest to get going. We've made it very achievable now its up to you to get out the door, things will start to click.
WEEK 3 STARTING JULY 12	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 19	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 w/u 5 x 3min run/1min walk 5min walk w/d		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 26	5min walk 30min continuous jog 5min walk		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 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 6 STARTING AUG 2	5km Test Run Fitzy's 5 OR 5min walk 35min continuous jog 5min walk	REST DAY	5min walk 20min 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: 10 x 1min solid / 1min easy w/d: 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 7 STARTING AUG 9	5min walk 40min 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: 8 x 2min 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 8 STARTING AUG 16	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 AUG 23	10km test run Barossa Marathon festival OR 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 12k 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 AUG 30	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 SEPT 6	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 SEPT 13	5min walk 45min continuous jog 5min walk		5min walk 2 x 90sec solid / 90sec easy 4 x 60sec solid / 60sec easy 4 x 30sec solid / 30sec easy 4 x 15sec solid / 15sec 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.