

12 week running guide

12km run



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1						
<p>Do a strength and flexibility workout or go for an interval run.</p> <p>You can do a strength and flexibility training session (refer to the Strength and Flexibility Training Guide for more info) or complete a timed 1km run, recover for the same amount of time and repeat 3 times.</p>	<p>Complete a 3km run at an easy pace and stretch.</p> <p>After you've warmed up, run or jog 3km at an easy pace. Time yourself so you can calculate your pace and measure your progress from week to week.</p>	<p>Work on your strength and flexibility.</p> <p>The purpose of strength and flexibility training is to strengthen your muscles and joints to make you a better runner and reduce the risk of injury. A suggested program is provided in the Strength and Flexibility Training Guide.</p>	<p>Go for an interval run: run 1km, recover (1x), repeat 3 times.</p> <p>Interval training involves alternating between low and high intensity exercise and is one of the best ways to improve your fitness, speed and stamina. Alternate between running for 1km and recovering for the same amount of time for 4 sets.</p>	<p>Rest and recover.</p> <p>Rest days are a vital part of your training program as they allow your body to recuperate, recover and improve after training sessions.</p>	<p>Cross-train and stretch.</p> <p>Cross training allows you to train your whole body rather than just the muscles used for running. Challenge yourself to a gym session or 30-45 minutes of moderately intense exercise such as cycling, swimming or rowing.</p>	<p>Rest and recover.</p> <p>You can also practice 'active recovery' where you work out at a low intensity that's just high enough to get your blood moving.</p>
Week 2						
<p>Do a strength and flexibility workout or go for an interval run.</p> <p>You can do the strength and flexibility exercises or complete a timed 1km run, recover for the same amount of time and repeat 3 times.</p>	<p>Complete a 3km run at an easy pace and stretch.</p> <p>Get yourself warmed up and then run or jog 3km. The distance is the same, so focus on improving your speed on last week.</p>	<p>Work on your strength and flexibility.</p> <p>Increasing your strength and flexibility will improve your running efficiency, meaning you will be able to run faster and further using less energy. Check out the Strength and Flexibility Training Guide for tips on form.</p>	<p>Run for 30 minutes at an moderate pace.</p> <p>After you've warmed up, run for 30 minutes at a moderate pace.</p>	<p>Rest and recover.</p> <p>Rest days can (and should) involve some activity. Take a walk or go for a swim to get your blood flowing.</p>	<p>Cross-train and stretch.</p> <p>Cross-training days are great for busting boredom. Spend 30-45 minutes doing a sport or activity you enjoy. You could go cycling, swimming, hit the gym or enjoy a team sport.</p>	<p>Rest and recover.</p> <p>Rest days are a great opportunity to work on your flexibility. Try a yoga or Pilates class or do some stretching at home.</p>
Week 3						
<p>Do a strength and flexibility workout or go for a 30 minute run.</p> <p>You can do the strength and flexibility exercises or go for a 30 minute run at a moderate pace.</p>	<p>Complete a 4km run at an easy pace and stretch.</p> <p>Get yourself warmed up and then run or jog 4km. Try to maintain the same pace as last week over the slightly longer distance.</p>	<p>Work on your strength and flexibility.</p> <p>Strength training is important for preventing muscle imbalances that occur when one muscle is stronger than its opposing muscle.</p>	<p>Go for an interval run: run 600m, recover (1x), repeat 4 times.</p> <p>Complete a timed 600m run, recover for the same amount of time and repeat 4 times. The shorter, more regular breaks will allow you to start pushing yourself harder over smaller distances.</p>	<p>Cross-train and stretch.</p> <p>Use your cross-training session to focus on muscle groups that don't get worked while running. A 45 minute gym session will help your body maintain a healthy balance of fitness and strength. If the gym's not your thing, you could go cycling, swimming or rowing.</p>	<p>Run 4km at a moderate pace.</p> <p>Run 4km at a moderate pace. Time yourself to calculate your pace and measure your progress from week to week.</p>	<p>Rest and recover.</p> <p>A walk on the beach is a great way to strengthen leg muscles and unwind after a long day.</p>

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Strength and flexibility days - when preparing for long distance running it's not only important to train your aerobic fitness but also your body's strength and flexibility levels. There are some great tips throughout this running guide to help you work on your strength and flexibility.



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 4						
<p>Do a strength and flexibility workout or go for an interval run.</p> <p>You can do the strength and flexibility exercises or complete a timed 600m run, recover for the same amount of time and repeat 4 times.</p>	<p>Complete a 5km run at an easy pace and stretch.</p> <p>Go for a 5km run. Try to maintain your pace from last week over the slightly longer distance.</p>	<p>Work on your strength and flexibility.</p> <p>Focus on quality over quantity while working through the strength and flexibility program. Get your form correct before you start increasing the number of repetitions and sets.</p>	<p>Run for 35 minutes at race pace.</p> <p>Run for 35 minutes at your goal pace for race day. Your breathing will be heavy, but it should be a pace you will be able to maintain for the entire 12km distance.</p>	<p>Cross-train and stretch.</p> <p>Many runners like to do spin to get a high-intensity, low-impact workout. If you don't want to hit the gym, you could also go cycling, swimming or rowing.</p>	<p>Run 5km at a moderate pace.</p> <p>Complete a 5km run. Try to maintain your pace from last week over the slightly longer distance.</p>	<p>Rest and recover.</p> <p>You need sleep to heal from the mental and physical stress of training. Try going to bed a little earlier tonight.</p>
Week 5						
<p>Do a strength and flexibility workout or go for a 35 minute run.</p> <p>Do a strength and flexibility workout or run for 35 minutes at race pace.</p>	<p>Complete a 5km run at an easy pace and stretch.</p> <p>After you've completed your warm up, go for an 5km run while continuing to work on your speed and stamina.</p>	<p>Work on your strength and flexibility.</p> <p>Stretching increases the blood flow and nutrients to soft muscle tissue, which helps with muscle soreness and recovery time.</p>	<p>Go for an interval run: run 400m, recover (2x), repeat 7 times.</p> <p>Complete a timed 400m run, recover for twice as long, and repeat 7 times. These sets contain shorter distances and longer recovery periods, so really push yourself during the runs.</p>	<p>Rest and recover.</p> <p>If you are prone to muscle soreness, book in for a sports massage on your rest day. Massage therapy improves circulation to affected areas while easing pain and aiding recovery.</p>	<p>Cross-train and stretch.</p> <p>Cross-training is important for preventing and breaking through fitness plateaus. Spend 30-45 minutes doing a sport or activity you enjoy. You could go cycling, swimming or do a session at the gym.</p>	<p>Rest and recover.</p> <p>Rest day activities should enable your whole body to recover. Yoga and Pilates are great for improving flexibility and can also help calm your mind and body.</p>
Week 6						
<p>Do a strength and flexibility workout or go for an interval run.</p> <p>Do the strength and flexibility exercises or complete a timed 400m run, recover for twice as long and repeat 7 times.</p>	<p>Complete a 6km run at an easy pace and stretch.</p> <p>After you've completed your warm up, go for a 6km run. Focus on maintaining a consistent speed over the longer distance.</p>	<p>Work on your strength and flexibility.</p> <p>Try to incorporate some light weights into your strength and flexibility session to make it more challenging.</p>	<p>Go for an interval run: run 600m, recover (1x), repeat 7 times.</p> <p>Complete a timed 600m run, recover for the same amount of time and repeat 7 times. These sets contain longer distances and shorter recovery periods, so concentrate on holding your pace.</p>	<p>Cross-train and stretch.</p> <p>Team sports are a fun alternative to cardio training and allow you to train other areas of your body that aren't involved in running. If that's not your forte, you could go cycling, swimming or do a session at the gym.</p>	<p>Run 4km at a hard pace.</p> <p>Go for a 4km run. Increase the pace of your run this week as you begin to train at a higher intensity over shorter distances.</p>	<p>Rest and recover.</p> <p>Rest days should enhance and complement intense workouts. Don't go too hard when you should be recovering or you could be at risk of injury or fatigue.</p>

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Rest and recover days - the rest and recovery days in your program allow your body to adapt to the work, build strength, reduce risk of injury and reduce fatigue. This doesn't mean you have to have complete rest. Going for a slow walk and light stretch will loosen muscles and reduce soreness. Look out for the tips throughout this guide to make the most of your rest and recovery days.



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 7						
<p>Do a strength and flexibility workout or go for an interval run.</p> <p>Do the strength and flexibility exercises or complete a timed 600m run, recover for the same amount of time and repeat 7 times.</p>	<p>Complete an 6km run at an easy pace and stretch.</p> <p>Go for a run 6km run. The distance is the same, so focus on improving your speed on last week.</p>	<p>Work on your strength and flexibility.</p> <p>Ready to take your strength and flexibility training up a notch? Try the progressions outlined in the Strength and Flexibility Training Guide.</p>	<p>Go for an interval run: run 500m, recover (3x), repeat 4 times.</p> <p>Complete a timed 500m run, recover for 3 times as long, and repeat 4 times. These sets contain shorter distances and longer recovery periods, so really push yourself during the runs.</p>	<p>Rest and recover.</p> <p>Use your rest day as an opportunity to work out any muscle stiffness with some extra stretching.</p>	<p>Run 6km at a hard pace.</p> <p>Complete a 6km run. Try to maintain the high level of intensity in your run by maintaining your pace over the longer distance.</p>	<p>Rest and recover.</p> <p>Resting doesn't mean being inactive. You should aim to move as much as possible every day but with varying levels of intensity.</p>
Week 8						
<p>Do a strength and flexibility workout or go for an interval run.</p> <p>Do the strength and flexibility exercises or complete a timed 500m run, recover for 3 times as long and repeat 4 times.</p>	<p>Complete a 7km run at an easy pace and stretch.</p> <p>Go for a 7km run. Try to maintain your pace from last week over the slightly longer distance.</p>	<p>Work on your strength and flexibility.</p> <p>As your runs are getting longer, remember that strength training can minimise aches and joint discomfort from pounding the pavement.</p>	<p>Go for an interval run: run 600m, recover (3x), repeat once; run 400m, recover (3x), repeat 5 times.</p> <p>Complete a timed 600m run, recover for 3 times as long and repeat once. Then, complete a timed 400m run, recover for 3 times as long and repeat 5 times. Take note of the more regular recovery periods when pacing yourself.</p>	<p>Rest and recover.</p> <p>Joint health is one of the most important reasons for taking recovery days. Give your knees, hips and ankles a chance to heal from the stress of running.</p>	<p>Run 6km at a hard pace.</p> <p>Complete a 6km run. Really focus on improving your speed on last week.</p>	<p>Rest and recover.</p> <p>Give your body a break today but pay extra attention to eating well and staying hydrated.</p>
Week 9						
<p>Do a strength and flexibility workout or go for an interval run.</p> <p>Do the strength and flexibility exercises or complete a timed 600m run, recover for 3 times as long and repeat once. Follow that up with a timed 400m run, recover for 3 times as long and repeat 5 times.</p>	<p>Complete a 7km run at an easy pace and stretch.</p> <p>Complete a 7km run. The distance is the same, so focus on improving your speed on last week.</p>	<p>Work on your strength and flexibility.</p> <p>After you're warmed up, complete the strength and flexibility program. Several of the exercises target your core, which will help you avoid back pain while making you faster.</p>	<p>Run for 40 minutes at race pace.</p> <p>Run for 40 minutes at your goal pace for race day. Your breathing will be heavy, but it should be a pace you will be able to maintain for the entire 12km distance.</p>	<p>Rest and recover.</p> <p>Recovery days are important for giving your body and mind a break from training. Consider going for a leisurely walk with a friend or partner today.</p>	<p>Cross-train and stretch.</p> <p>Cross-training is important for preventing and breaking through fitness plateaus. Spend 30-45 minutes doing a sport or activity you enjoy. You could go cycling, swimming or do a session at the gym.</p>	<p>Rest and recover.</p> <p>Focus on refuelling your body with healthy, high nutrient foods to get your body ready for your next workout.</p>

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Week 10						
<p>Do a strength and flexibility workout or go for a 40 minute run.</p> <p>Do the strength and flexibility exercises or go for a 40 minute run at race pace.</p>	<p>Complete an 8km run at an easy pace and stretch.</p> <p>Go for an 8km run. This is one of your longest runs before race day, so really try to push yourself.</p>	<p>Work on your strength and flexibility.</p> <p>Try to incorporate some light weights into your strength and flexibility session to make it more challenging.</p>	<p>Run for 40 minutes at race pace.</p> <p>Run for 40 minutes at your goal pace for race day. Your breathing will be heavy, but it should be a pace you will be able to maintain for the entire 12km distance.</p>	<p>Rest and recover.</p> <p>Listen to your body. If you need a day off from exercise - take it. Otherwise, try an active recovery activity such as walking or swimming.</p>	<p>Run 4km at a hard pace.</p> <p>Complete a 4km run. Really push yourself over the shorter distance this week.</p>	<p>Rest and recover.</p> <p>Give your body a break today but pay extra attention to eating well and staying hydrated.</p>
Week 11						
<p>Do a strength and flexibility workout or go for a 40 minute run.</p> <p>Do the strength and flexibility exercises or go for a 40 minute run at race pace.</p>	<p>Complete an 8km run at an easy pace and stretch.</p> <p>Go for an 8km run. The distance is the same, so focus on improving your speed on last week.</p>	<p>Work on your strength and flexibility.</p> <p>Runners are typically good at moving forward but struggle with side to side and rotational motion. One of the aims of the strength and flexibility program is to increase your capabilities in these planes of motion so you can run more consistently with fewer injuries.</p>	<p>Go for an interval run: run 600m, recover (3x), repeat 3 times; run 400m, recover (3x), repeat 5 times.</p> <p>Complete a timed 600m run, recover for 3 times as long and repeat 3 times. Then, complete a timed 400m run, recover for 3 times as long and repeat 5 times. Take note of the more regular recovery periods when pacing yourself.</p>	<p>Rest and recover.</p> <p>Focus on refuelling your body with healthy, high nutrient foods to get your body ready for your next workout.</p>	<p>Run 8km at a hard pace.</p> <p>Complete an 8km run. This is one of your longest runs before race day, so really try to push yourself.</p>	<p>Rest and recover.</p> <p>Use your rest day as an opportunity to work out any muscle stiffness with some extra stretching.</p>
Week 12						
<p>Do a strength and flexibility workout.</p> <p>Do the strength and flexibility exercises.</p>	<p>Complete a 6km run at an easy pace and stretch.</p> <p>Go for a 6km run. Really push yourself and see how much your speed has improved over the past few weeks.</p>	<p>Work on your strength and flexibility.</p> <p>Remember that strength and flexibility training plays an important role in preventing injury - which is particularly important in the final lead up to race day.</p>	<p>Go for an interval run: run 400m, recover (3x), repeat 4 times.</p> <p>Complete a timed 400m run, recover for 3 times as long, and repeat 3 times. These are the shortest sets with the longest recovery, so really push yourself during the runs.</p>	<p>Rest and recover.</p> <p>Focus on priming your body for race day. Get the blood flowing to your muscles with a walk, easy run or massage and focus on eating well, staying hydrated and getting adequate rest.</p>	<p>Rest and recover.</p> <p>Enjoy your last rest day before the race! Remember to eat well and stay hydrated to maximize your performance tomorrow.</p>	<p>Race</p> <p>Today's the day! Good luck with your 12km run. Remember to stretch, stay hydrated and have fun.</p>