

# 8 week intermediate running guide

## 12km run



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>						
<p><b>Do a strength and flexibility workout.</b></p> <p>Strength and flexibility exercises are vital to help increase lean body mass, decrease fat mass and increase the rate of energy you consume. Engaging in weight training activity or using your body weight for resistance are great ways to improve strength. Flexibility or stretching exercise training is important to help reduce muscle soreness and injury, and promote recovery.</p>	<p><b>Complete a 5km run at an easy pace and stretch.</b></p> <p>After you've warmed up, run or jog 5km at an easy pace. Time yourself so you can calculate your pace and measure your progress from week to week.</p>	<p><b>Work on your strength and flexibility.</b></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 <b>Strength and Flexibility Training Guide</b>.</p>	<p><b>Go for an interval run: run 1km, recover (1x), repeat 3 times.</b></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><b>Rest and recover.</b></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><b>Cross-train and stretch.</b></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><b>Rest and recover.</b></p> <p>Rest days can (and should) involve some activity. Take a walk or go for a swim to get your blood flowing.</p>
<b>Week 2</b>						
<p><b>Do a strength and flexibility workout.</b></p> <p>Strength and flexibility exercises are vital to help increase lean body mass, decrease fat mass and increase the rate of energy you consume. Engaging in weight training activity or using your body weight for resistance are great ways to improve strength. Flexibility or stretching exercise training is important to help reduce muscle soreness and injury, and promote recovery.</p>	<p><b>Complete a 6km run at an easy pace and stretch.</b></p> <p>After you've warmed up, run or jog 6km. Try to maintain the same pace as last week over the slightly longer distance.</p>	<p><b>Work on your strength and flexibility.</b></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 <b>Strength and Flexibility Training Guide</b> for tips on form.</p>	<p><b>Run for 30 minutes at a moderate pace.</b></p> <p>After you've warmed up, run for 30 minutes at a moderate pace.</p>	<p><b>Rest and recover.</b></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>	<p><b>Cross-train and stretch.</b></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><b>Rest and recover.</b></p> <p>A walk on the beach is a great way to strengthen leg muscles and unwind after a long day.</p>
<b>Week 3</b>						
<p><b>Do a strength and flexibility workout or go for an interval run.</b></p> <p>Do a strength and flexibility session or complete a timed 600m run, recover for the same amount of time and repeat 4 times.</p>	<p><b>Complete a 6km run at a moderate pace and stretch.</b></p> <p>After you've warmed up, run 6km. The distance is the same, so focus on improving your speed on last week.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Strength training is important for preventing muscle imbalances that occur when one muscle is stronger than its opposing muscle.</p>	<p><b>Go for an interval run: run 600m, recover (1x), repeat 4 times.</b></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><b>Cross-train and stretch.</b></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><b>Run 6km at race pace.</b></p> <p>Run 6km 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><b>Rest and recover.</b></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>
<b>Week 4</b>						
<p><b>Do a strength and flexibility workout or go for an interval run.</b></p> <p>Do a strength and flexibility session or complete a timed 600m run, recover for the same amount of time and repeat 4 times.</p>	<p><b>Complete a 7km run at a moderate pace and stretch.</b></p> <p>Go for a 7km run. Try to maintain your pace from last week over the slightly longer distance.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Try to incorporate some light weights into your strength and flexibility session to make it more challenging.</p>	<p><b>Run for 35 minutes at a moderate pace.</b></p> <p>Run for 35 minutes at a moderate pace. Focus on improving your pace week-on-week.</p>	<p><b>Cross-train and stretch.</b></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><b>Run 5km at race pace.</b></p> <p>Run 5km 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><b>Rest and recover.</b></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>

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<b>Week 5</b>						
<p><b>Do a strength and flexibility workout or go for an interval run.</b></p> <p>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><b>Complete a 8km run at a moderate pace and stretch.</b></p> <p>Go for an 8km run while continuing to work on your speed and stamina.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Ready to take your strength and flexibility training up a notch? Try the progressions outlined in the <b>Strength and Flexibility Training Guide</b>.</p>	<p><b>Go for an interval run: run 400m, recover (2x), repeat 7 times.</b></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><b>Rest and recover.</b></p> <p>You need sleep to heal from the mental and physical stress of training. Try going to bed a little earlier tonight.</p>	<p><b>Cross-train and stretch.</b></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><b>Rest and recover.</b></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>
<b>Week 6</b>						
<p><b>Do a strength and flexibility workout or go for an interval run.</b></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><b>Complete a 10km run at a moderate pace and stretch.</b></p> <p>Go for a 10km run. Focus on maintaining a consistent speed over the longer distance.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>As your runs are getting longer, remember that strength training can minimise aches and joint discomfort from pounding the pavement.</p>	<p><b>Go for an interval run: run 600m, recover (3x), repeat once; run 400m, recover (3x), repeat 5 times.</b></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. These sets contain shorter distances and longer recovery periods, so really push yourself during the runs.</p>	<p><b>Rest and recover.</b></p> <p>Use your rest day as an opportunity to work out any delayed onset muscle soreness (DOMS) with some extra stretching or a sports massage.</p>	<p><b>Cross-train and stretch.</b></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><b>Rest and recover.</b></p> <p>Resting doesn't mean being inactive. You should aim to move as much as possible every day but some days should be less intense than others.</p>
<b>Week 7</b>						
<p><b>Do a strength and flexibility workout or go for an interval run.</b></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><b>Complete an 11km run at a hard pace and stretch.</b></p> <p>Go for an 11km run. This is your longest run before race day, so really try to push yourself during those last couple kilometres.</p>	<p><b>Work on your strength and flexibility.</b></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><b>Run for 40 minutes at a moderate pace.</b></p> <p>Run for 40 minutes at a moderate pace. Race day is fast approaching, so really push yourself.</p>	<p><b>Rest and recover.</b></p> <p>Give your body a break today but pay extra attention to eating well and staying hydrated.</p>	<p><b>Cross-train and stretch.</b></p> <p>Many runners choose to cross-train using an elliptical machine as it closely mimics running form without the impact. If the gym isn't your thing, then you could go cycling or swimming today.</p>	<p><b>Rest and recover.</b></p> <p>Go for a walk or bike ride to get your blood moving.</p>
<b>Week 8</b>						
<p><b>Do a strength and flexibility workout.</b></p> <p>Do the strength and flexibility exercises.</p>	<p><b>Complete a 6km run at a hard pace and stretch.</b></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><b>Work on your strength and flexibility.</b></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><b>Go for an interval run: run 400m, recover (3x), repeat 4 times.</b></p> <p>Complete a timed 400m run, recover for 3 times as long, and repeat 4 times. Spend a bit of extra time on your cool down and stretch to ensure your muscles are ready for race day.</p>	<p><b>Rest and recover.</b></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><b>Rest and recover.</b></p> <p>Minimise your time on your feet while you get ready for tomorrow - lay out your gear, plan how you're getting to the start line and hydrate!</p>	<p><b>Race day.</b></p> <p><b>Today's the day!</b> Good luck with your 12km run. Remember to stretch, stay hydrated and have fun.</p>