

## CITY TO BAY TRAINING PROGRAM

### Conditioning 8-week program

#### Beginner (6km)

<p><b><u>Week 1:</u></b>  <b>Session 1:</b> 4x4 minute jogs (7.5-9km/h) (2-minute walk recovery between sets).  <b>Session 2:</b> 4x4 minute jogs (7.5-9km/h) (2-minute walk recovery)</p>	<p><b><u>Week 2:</u></b>  <b>Session 1:</b> 5x4 minute jogs (7.5-9km/h) (2-minute walk recovery between sets).  <b>Session 2:</b> 5x4 minute jogs (7.5-9km/h) (2-minute walk recovery between sets).</p>	<p><b><u>Week 3:</u></b>  <b>Session 1:</b> 3x8 minute jogs (7.5-9km/h) (2-minute slow recovery jog between sets).  <b>Session 2:</b> 3x8 minute jogs (7.5-9km/h) (2-minute slow recovery jog between sets).</p>
<p><b><u>Week 4:</u></b>  <b>Session 1:</b> 20-minute continuous jog (&gt;8km/h).  <b>Session 2:</b> 10-minute easy pace jog (&gt;7km/h), 5x2 minute runs (&gt;9.5km/h) (2-minute slow jog recovery between sets).</p>	<p><b><u>Week 5:</u></b>  <b>Session 1:</b> 25-minute continuous run (&gt;8.5km/h).  <b>Session 2:</b> 10x2 minute runs (&gt;9.5km/h) (1-minute jog recovery between sets).</p>	<p><b><u>Week 6:</u></b>  <b>Session 1:</b> 30-minute continuous run (&gt;8.5km/h)  <b>Session 2:</b> 2x15 minute continuous jogs (&gt;7.5km/h) (5-minute recovery walk between sets).  <b>Session 3:</b> 5x5 minute runs (&gt;9.5km/h) (2-minute slow jog recovery between sets).</p>
<p><b><u>Week 7:</u></b>  <b>Session 1:</b> 35-minute continuous run (&gt;8.5km/h).  <b>Session 2:</b> 2x20 minute continuous runs (&gt;8km/h) (5-minute walk recovery between sets).  <b>Session 3:</b> 30-minute continuous run</p>	<p><b><u>Week 8:</u></b>  <b>Session 1:</b> 45-minute continuous run (&gt;8.5km/h).  <b>Session 2:</b> 2x25 minute continuous runs (&gt;8.5km/h) (5-minute recovery jog between sets).  <b>Session 3:</b> 45-minute continuous run (&gt;8.5km/h).</p>	<p><b><u>Week 9 (De-load week):</u></b>  <b>Session 1:</b> 3x15 minute recovery jogs (&lt;8.5km/h).  <b>Session 2:</b> 25-minute continuous jog (&lt;9km/h)</p>

## Conditioning 8-week program

### Advanced (12km)

<p><b><u>Week 1:</u></b>  <b>Session 1:</b> 3x10 minute runs (&gt;8.5km/h) (2-minute jog recovery between sets).  <b>Session 2:</b> 4x5 minute runs (&gt;9.5km/h) (1-minute walk recovery between sets).</p>	<p><b><u>Week 2:</u></b>  <b>Session 1:</b> 3x20 minute runs (&gt;8.5km/h) (2-minute jog recovery between sets).  <b>Session 2:</b> 2x10 minute runs (&gt;9.5km/h) (2-minute walk recovery between sets).</p>	<p><b><u>Week 3:</u></b>  <b>Session 1:</b> 30-minute continuous run (&gt;8.5km/h).  <b>Session 2:</b> 3x15 minute runs (&gt;9.5km/h) (2-minute jog recovery between sets).</p>
<p><b><u>Week 4:</u></b>  <b>Session 1:</b> 35-minute continuous run (&gt;8.5km/h)  <b>Session 2:</b> 4x10 minute runs (&gt;9.5km/h) (1-minute walk recovery between sets).  <b>Session 3:</b> 30-minute recovery jog (&lt;8.5km/h).</p>	<p><b><u>Week 5:</u></b>  <b>Session 1:</b> 45-minute continuous run (&gt;8.5km/h).  <b>Session 2:</b> 4x15 minute runs (&gt;9.5km/h) (2-minute slow jog/walk between sets).  <b>Session 3:</b> 40-minute recovery jog (&lt;8.5km/h).</p>	<p><b><u>Week 6:</u></b>  <b>Session 1:</b> 60-minute continuous run (&gt;8.5km/h).  <b>Session 2:</b> 4x15 minute runs (&gt;9.5km/h) (2-minute jog recovery between sets).  <b>Session 3:</b> 40-minute recovery jog (&lt;8.5km/h).</p>
<p><b><u>Week 7:</u></b>  <b>Session 1:</b> 70-minute continuous run (&gt;8.5km/h).  <b>Session 2:</b> 4x20 minute runs (&gt;9.5km/h) (2-minute walk/jog between sets).  <b>Session 3:</b> 75-minute continuous run (&gt;8.5km/h).  <b>Session 4:</b> 40-minute recovery jog (&lt;8.5km/h)</p>	<p><b><u>Week 8:</u></b>  <b>Session 1:</b> 80-minute continuous run (&gt;8.5km/h).  <b>Session 2:</b> 4x25 minute runs (&gt;9.5km/h) (3-minute walk/jog between sets).  <b>Session 3:</b> 80-minute continuous run (&gt;8.5km/h).  <b>Session 4:</b> 45-minute recovery jog (&lt;9km/h).</p>	<p><b><u>Week 9 (De-load week):</u></b>  <b>Session 1:</b> 50-minute recovery jog (&lt;9km/h).  <b>Session 2:</b> 4x20 minute runs (own pace) (4-minute active recovery between sets).  <b>Session 3:</b> 2x30 minute recovery jog (own pace) (10-minute walk between sets).</p>

## UNISA ATHLETICS CLUB

Take advantage of the [free 'Team UniSA' training sessions](#) with our very own [UniSA Athletics club](#).

Training sessions are run Sunday morning's in the lead up to City-Bay

from 4 August - 8 September from 9:00am - 10:00am at Park 20,

South Terrace & Peacock Road, Adelaide (The Adelaide Harriers Club Room).

Please note: There is no secure place to store bags or belongings while training. The sessions are free to all City-Bay - Team UniSA registered participants and training will be for the event you have registered for (Half Marathon, 12km or 6km run or walk).

### Strength and Prehab:

	DAY 1	DAY 3	DAY 5
Warm up	A1: Crab walks 2 x 10 e/s A2: BW Squat 2 x 10 A3: YTWs 6 x 5sec hold	A1: Glute Bridge 2 x 10 x 3 second hold A2: Deadbugs 2 x 10e/s A3: Band pull apart 2x8	A1: Glute Clams 2 x 10 e/s A3: Single leg glute bridge 2x 10 e/s A3: Band pull apart 2 x 8 x 3 second hold
Strength	B1: DB Hip Thrust x10 B2: DB Squat to Overhead Press x 10 B3: Back Extension x 10 B4: Single Leg Deadlift (arabesque) x8 e/s 2-3 sets	B1: Squat (Barbell or KB) x 8-12 B2: Fitball Leg Curl x8 B3: Medicine ball Russian Twist B4: Inverted rows (TRX or bar) x 10 2-3 sets	B1: RDL (KB or barbell) x 8 B2: Cable Row (in split stance) Advanced: Lunge and Row B3: Db Alternating step up (advanced add knee raise) x 10 e/s B4: Calf Raises x 10 e/s 2-3 sets
Stretch	C1: Glute stretch (pigeon pose) 1 min e/s C2: Hamstring stretch 2 x 1 min e/s C3: Foam Roll: Upper back, glutes, quads, hamstrings 1 min each	C1: Quad Stretch 2 x 1 min e/s C2: Groin/Adductor Stretch 2 x 1 min e/s C3: Foam Roll: Glutes, ITB, quads, hamstrings 1 min each	C1: Hip flexor stretch 2 x 1 min e/s C2: Calf Stretch 2 x 1 min e/s C3: Foam Roll: glutes, hamstrings, calves 1 min each

- e/s = Each Side
- BW = Body Weight
- Conditioning can be done on other cardio equipment at similar intensity
  - Strength work can follow cardio sessions
- Speed prescribed is just a guideline, feel free to adjust speeds to suit fitness level
- ALWAYS listen to your body. If at any time, you feel over exerted, cease exercise immediately
  - Feel free to speak to Gym Staff for guidance



## CITY TO BAY TRAINING TIPS:

1. **Stride Length:** If your legs are hurting on a flat run, you might be able to run more efficiently by taking longer strides. Bigger steps = less steps. Just don't try to reach too far, or you'll end up burning *more* energy.
2. **Pace Control:** No matter if you're running 3k or 12, it's important to keep a steady pace and not burn yourself out too quickly. Keeping a consistent cadence and stride length is key to hitting your distance goals.
3. **Food and Water:** It's important to be properly fuelled for any athletic endeavour. Ensure you've had your share of nutrient dense food before your run, and always stay hydrated!
4. **Train Realistically:** Not every day will be a new PB. Listen to your body, doing something is better than doing nothing!
5. **Recovery:** When training, it's important to let your body recover before pushing the same systems again. Stretching and rolling is super important, but also try to leave a day or two between intense efforts to allow yourself to push to your limits and beyond.
6. **Recovery pt. 2:** Make sure you get enough sleep! When training rigorously, we use more energy every day than we normally would. This means a little bit extra sleep can go a long way to recovering properly and performing well.