



12km Beginner Training Program

To begin this Training Program you should be able to comfortably run for 30mins or 5km non-stop
 Finish your session with 5-10 mins of foam rolling and stretching

Key:
Lower Aerobic (L.A) - breathing should be nice and even and you should be able to hold a conversation.
Mid Aerobic (M.A) - breathing should still be even but your heart rate and breathing rate will have increased, you should still be able to talk.
Upper Aerobic (U.A) - your breathing will be a bit more laboured, and you should still be able to get a few words out, but not a whole sentence.
EVENT RACE PACE (E.R.P) - the pace you will be aiming for on Race Day.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Focus
Week 1	Mon, 7 Aug	Tue, 8 Aug	Wed, 9 Aug	Thu, 10 Aug	Fri, 11 Aug	Sat, 12 Aug	Sun, 13 Aug	
August	Rest Day	30 mins M.A - Undulating	X-Training Day (try a class - Pilates, Yoga or strength)	25mins Run M.A - Flat	Rest Day	30mins L.A/M.A - Undulating	Rest Day	Build
Week 2	Mon, 14 Aug	Tue, 15 Aug	Wed, 16 Aug	Thu, 17 Aug	Fri, 18 Aug	Sat, 19 Aug	Sun, 20 Aug	
August	Rest Day	30 mins M.A - Undulating	X-Training Day	25mins Run M.A - Flat	Rest Day	35mins L.A/M.A - Undulating	Rest Day	Build
Week 3	Mon, 21 Aug	Tue, 22 Aug	Wed, 23 Aug	Thu, 24 Aug	Fri, 25 Aug	Sat, 26 Aug	Sun, 27 Aug	
August	Rest Day	30 mins L.A - Walk/Run	X-Training Day	25mins Run M.A - Flat	Rest Day	40mins Walk with 3 x 2mins Run M.A in the middle	Rest Day	Download
Week 4	Mon, 28 Aug	Tue, 29 Aug	Wed, 30 Aug	Thu, 31 Aug	Fri, 1 Sep	Sat, 2 Sep	Sun, 3 Sep	
September	45mins Walk	35 mins M.A - Undulating	X-Training Day	30mins Run M.A - Flat Add 6mins in the middle @ U.A	Rest Day	40mins L.A/M.A - Undulating	Active Rest day (Try and fit in a 45min walk)	Build
Week 5	Mon, 4 Sep	Tue, 5 Sep	Wed, 6 Sep	Thu, 7 Sep	Fri, 8 Sep	Sat, 9 Sep	Sun, 10 Sep	
September	Rest Day	40 mins M.A - Undulating	X-Training Day	30mins Run M.A - Flat Add 6mins in the middle @ U.A	Rest Day	45mins L.A/M.A - Undulating	Active Rest day	Build
Week 6	Mon, 11 Sep	Tue, 12 Sep	Wed, 13 Sep	Thu, 14 Sep	Fri, 15 Sep	Sat, 16 Sep	Sun, 17 Sep	

September	45mins Walk	30 mins Run L.A	X-Training Day	3km Run U.A - Flat	Complete day off from exercise	40mins Walk with 3 x 4mins Run 12k.P in the middle	Active Rest day	Download
Week 7	Mon, 18 Sep	Tue, 19 Sep	Wed, 20 Sep	Thu, 21 Sep	Fri, 22 Sep	Sat, 23 Sep	Sun, 24 Sep	
September	45mins Walk Add 6mins in the middle run M.A	40 mins M.A - Undulating	X-Training Day	30mins Run M.A - Flat Add 6mins in the middle @ U.A	Rest Day	50mins L.A/M.A - Undulating	Active Rest day	Build
Week 8	Mon, 25 Sep	Tue, 26 Sep	Wed, 27 Sep	Thu, 28 Sep	Fri, 29 Sep	Sat, 30 Sep	Sun, 1 Oct	
September	45mins Walk Add 6mins in the middle run M.A	45 mins M.A - Undulating	X-Training Day	30mins Run M.A - Flat Add 6mins in the middle @ U.A	Complete day off from exercise	60mins L.A/M.A - Undulating	Active Rest day	Build
Week 9	Mon, 2 Oct	Tue, 3 Oct	Wed, 4 Oct	Thu, 5 Oct	Fri, 6 Oct	Sat, 7 Oct	Sun, 8 Oct	
October	Rest Day or/ 40mins Walk	30 mins Run L.A	X-Training Day	3km Run U.A - Flat	Complete day off from exercise	40mins Walk with 3 x 4mins Run 12k.P in the middle	Active Rest day	Download
Week 10	Mon, 9 Oct	Tue, 10 Oct	Wed, 11 Oct	Thu, 12 Oct	Fri, 13 Oct	Sat, 14 Oct	Sun, 15 Oct	
October	40 min run L.A	50 mins M.A - Undulating	X-Training Day	5km @ 12k.P	Complete day off from exercise	70mins L.A/M.A - Undulating	Active Rest day	Build
Week 11	Mon, 16 Oct	Tue, 17 Oct	Wed, 18 Oct	Thu, 19 Oct	Fri, 20 Oct	Sat, 21 Oct	Sun, 22 Oct	
October	30 min flush run L.A	5km @ 12k.P	X-Training Day	30mins Run M.A - Flat Add 6mins in the middle @ 12k.P	Complete day off from exercise	50 mins - 20 mins L.A, 20 mins U.A and 10 mins M.A	Active Rest day	Taper
Week 12	Mon, 23 Oct	Tue, 24 Oct	Wed, 25 Oct	Thu, 26 Oct	Fri, 27 Oct	Sat, 28 Oct	Sun, 29 Oct	
October	30 mins L.A. Spend 10mins stretching at the end	35min Run M.A with 1km at the end @ U.A	Complete Rest Day	40min Run L.A	Complete day off from exercise	Rest day. Have an easy 20 mins jog. Check that you have all your race gear ready for the morning, and then relax for the rest of the day	Race Day	Race Week