

A man in a red hoodie is running on a rooftop or balcony at sunset. The sun is low on the horizon, creating a warm, golden glow. The man is in profile, facing right, with his arms in a running motion. The background is a blurred cityscape.

# 12 KM TRAINING GUIDE

8 WEEKS • ADVANCED

# Personal best

8 week advanced 12 km training guide



If you're getting comfortable running 12 km and want to up your intensity, this is the training guide for you. Over 8 weeks, you'll improve your speed, strength and endurance, so you start hitting new personal bests.

Here is an explanation of the terms used in this training guide:

→ **Run:** This refers to running at a comfortable pace – you define this. The key is that you cover the distance.

→ **Speed sessions:** To race at a fast pace, you need to train at a fast pace. Interval training, where you alternate fast running with jogging or walking, is a very effective form of speedwork. This starts in week 1 with a workout of 6 x 400 m and peaks in week 7 with 12 x 400 m. Run the 400 m at about medium intensity. Ideally these sessions are done on a local athletics track, but they can be done anywhere.

→ **Tempo runs:** This training technique involves continuous runs with an easy beginning, a build up in the middle, then ease back and cruise to the finish. A typical tempo run begins with

5-10 minutes easy running, continues with 10-15 minutes faster running, and finishes with 5-10 minutes cooling down.

→ **Rest:** Rest days are almost as important as training days and provide an opportunity for you to recover and your muscles to build in strength. This training guide includes one rest day. The easy 6 km run scheduled for Monday is also designed to help you rest for harder workouts on other days. The final week before the 12 km race is a rest week. Taper your training so you can be in peak performance on race day.

→ **Warm-up:** Especially important before your speed workouts, a good warm-up is to jog 1-2 km, sit down and stretch for 5-10 minutes, then run some easy strides (100 m at near race pace). Cool down afterwards by doing half of the warm-up.

→ **Stretch + strengthen:** Stretching is key to a strong, supple body and should be done daily. Strength training, particularly for your core muscles, is an important focus of this training guide. Try bodyweight-based activities like push-ups, chin-ups or dips, or light weights with high reps at your local gym.

→ **Pace:** This means race pace – the speed at which you aim to run your 12 km race in. Like the tempo runs, you want to start and finish easy. The guide outlines total distance of the run plus the approximate distance that should be run at race pace.


→ **Test:** This training guide includes opportunities to check in on how you are tracking with two test runs – one 6 km test and one 10 km test.

→ **Long runs:** This program suggests a slight increase in the distance of your long runs as you get closer to race date – from 10 km to 16 km. Run at a comfortable pace and enjoy these runs. The aim is to get your legs comfortable with the distance and help build endurance. Mix these up with different runs and even find local trail runs if suitable.



**Don't forget to stretch!** It's important to start each training session with some stretches and gentle movement to prepare your body for your workout. After your session, cool down with more stretches to help with recovery.

# 8 week advanced 12 km training guide

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	6 km run + strength Notes: <input type="checkbox"/>	30 min tempo run Notes: <input type="checkbox"/>	6 x 400 m medium speed Notes: <input type="checkbox"/>	6 km run + strength Notes: <input type="checkbox"/>	Rest	8 km total run (3 km at race pace) Notes: <input type="checkbox"/>	10 km run Notes: <input type="checkbox"/>
2	6 km run + strength Notes: <input type="checkbox"/>	40 min tempo run Notes: <input type="checkbox"/>	7 x 400 m medium speed Notes: <input type="checkbox"/>	7.5 km run + strength Notes: <input type="checkbox"/>	Rest	8 km total run (3 km at race pace) Notes: <input type="checkbox"/>	12 km run Notes: <input type="checkbox"/>
3	6 km run + strength Notes: <input type="checkbox"/>	50 min tempo run Notes: <input type="checkbox"/>	8 x 400 m medium speed Notes: <input type="checkbox"/>	9 km run + strength Notes: <input type="checkbox"/>	Rest	8 km total run (3 km at race pace) Notes: <input type="checkbox"/>	14 km run Notes: <input type="checkbox"/>
4	6 km run + strength Notes: <input type="checkbox"/>	30 min tempo run Notes: <input type="checkbox"/>	9 x 400 m medium speed Notes: <input type="checkbox"/>	6 km run + strength Notes: <input type="checkbox"/>	Rest	Rest	<b>6 km test</b> Notes: <input type="checkbox"/>
5	6 km run + strength Notes: <input type="checkbox"/>	50 min tempo run Notes: <input type="checkbox"/>	10 x 400 m medium speed Notes: <input type="checkbox"/>	10 km run + strength Notes: <input type="checkbox"/>	Rest	10 km total run (5 km at race pace) Notes: <input type="checkbox"/>	14 km run Notes: <input type="checkbox"/>
6	6 km run + strength Notes: <input type="checkbox"/>	30 min tempo run Notes: <input type="checkbox"/>	11 x 400 m medium speed Notes: <input type="checkbox"/>	6 km run + strength Notes: <input type="checkbox"/>	Rest	Rest	<b>10 km test</b> Notes: <input type="checkbox"/>
7	6 km run + strength Notes: <input type="checkbox"/>	60 min tempo run Notes: <input type="checkbox"/>	12 x 400 m medium speed Notes: <input type="checkbox"/>	10 km run + strength Notes: <input type="checkbox"/>	Rest	10 km total run (5 km at race pace) Notes: <input type="checkbox"/>	16 km run Notes: <input type="checkbox"/>
8	6 km run + strength Notes: <input type="checkbox"/>	30 min tempo run Notes: <input type="checkbox"/>	6 x 400 m medium speed Notes: <input type="checkbox"/>	6 km run + strength Notes: <input type="checkbox"/>	Rest	Rest	 <b>Race day</b>

**Fact:** If you do follow this guide to the letter you will have completed nearly **320 km** of running – pat on the back! **Exercise safely:** Talk to your GP before starting a new exercise program, especially if you have any existing health conditions.

- The training guide is just that, a guide – it is important to make it work for you. If you want to do long runs on Saturday rather than Sunday, simply change the days. Or if you miss a run you can make it up on one of your rest days.
- Check off your training each day to keep track of your achievements. Each step gets you closer to your goal!