





Recover | Develop | Maintain

SINCE 1874

Bickford's

A CENTURY OF PURITY

SALIS BURY. RUN

21.1 10 5 2

2024 TRAINING PLAN

YOU'VE GOT THIS. LET'S GO!

12 week training plan

So you want to run the 10km or 21.1km at Salisbury. RUN? Kudos to you! These training guides will build on your running endurance, speed and strength and get you ready to race in 12 weeks.

Everyone is different and obviously we don't know your starting level of fitness. It's sounds a little cliché but please "listen to your body" as you work with these!

If you're having a go at the 21.1km training plan and things are just a bit too tough, don't dismay. The 10km race is plenty of challenge.

If you want to swap some of the days then go for it. Make it work for your schedule. However, you will benefit if you can make your long run a priority. It's also valuable to keep your motivation levels high, so prioritising training runs with others (such as the NDAC Recreational Runners) will serve you well.



About the different runs

Recovery: So you're tired and sore. Good work! The recovery run is a short, slow run, completed within 24 hours after a hard session (usually a long run). A recovery run can be any distance, but should be much shorter than your base sessions. It should also be slow: 1-1.5 minutes slower per km than your average run. If you find yourself walking, that's perfectly fine too!

Intervals: alternating short, high intensity bursts of activity with periods of rest and recovery in between. Interval training will help you increase your VO2 max so that you will be able to use oxygen more efficiently when training and racing.

Cross-training: You can choose your preferred form of cross-training: swimming, cycling, walking, rowing or a combination. It's also possible that you just need an additional rest day so maybe a walk is in order.

Parkrun: free, weekly, community 5km runs held around at various parks and open spaces every Saturday. They're usually positive and welcoming. They're a great opportunity to get out there alongside others, whatever your pace. Visit parkrun.com.au to find a location near you.

Long Run: a long run is an extended effort designed to increase your endurance. Rather than focus on distance, stay out there for the specified time regardless of pace. Long run effort should allow you to have a conversation with someone.



Coopers Test: test your fitness by running as far as you can in 12 minutes. We'll use your age and distance run to calculate your Coopers Test Result.



Training Run #1 and #2: become familiar with the Salisbury.RUN course and tick off a long run at the same time! We'll split into various groups based on pace. We will meet at 8am.

For Training Run #1 meet at Carisbrooke Park. For Training Run #2 meet at the Parabanks Shopping Centre carpark near Big W.



There's nothing quite like meeting up with a group of like-minded people who are out there for the same reason as you. Joining the NDAC RecRunners is a great way to kickstart your training if you're on the northern side of Adelaide.




























For \$75 a year you'll have access to the Bridgestone Athletics Centre at Salisbury and be connected with coaches and a whole community of runners. The first two sessions are free (and obligation free). Registered RecRunners also receive 25% off the early bird price for Salisbury.RUN

Just be at Bridgestone ready to run at 6:30pm any Wednesday night to join!



10 KM TRAINING PLAN





























	MON	TUE	WED	THUR	FRI	SAT	SUN
1	12-Feb	13-Feb	14-Feb INTERVALS 	15-Feb RECOVERY 15-25min	16-Feb CROSS TRAINING	17-Feb PARKRUN 	18-Feb LONG RUN 30min
2	19-Feb RECOVERY 15-25min	20-Feb REST DAY	21-Feb COOPERS TEST 	22-Feb RECOVERY 20-25min	23-Feb CROSS TRAINING	24-Feb PARKRUN 	25-Feb LONG RUN 30min
3	26-Feb RECOVERY 15-25min	27-Feb REST DAY	28-Feb INTERVALS 	29-Feb RECOVERY 20-25min	1-Mar CROSS TRAINING	2-Mar PARKRUN 	3-Mar LONG RUN 25min
4	4-Mar RECOVERY 25-30min	5-Mar REST DAY	6-Mar INTERVALS 	7-Mar RECOVERY 20-25min	8-Mar CROSS TRAINING	9-Mar PARKRUN 	10-Mar LONG RUN 35min
5	11-Mar RECOVERY 25-30min	12-Mar REST DAY	13-Mar INTERVALS 	14-Mar RECOVERY 20-25min	15-Mar CROSS TRAINING	16-Mar WEST BEACH PARKRUN 	17-Mar LONG RUN 40min
6	18-Mar RECOVERY 25-30min	19-Mar REST DAY	20-Mar INTERVALS 	21-Mar RECOVERY 20-25min	22-Mar CROSS TRAINING	23-Mar PARKRUN 	24-Mar LONG RUN 45min  TRAINING RUN #1
7	25-Mar RECOVERY 25-30min	26-Mar REST DAY	27-Mar INTERVALS 	28-Mar RECOVERY 20-25min	29-Mar CROSS TRAINING	30-Mar PARKRUN 	31-Mar LONG RUN 30min
8	1-Apr RECOVERY 25-30min	2-Apr REST DAY	3-Apr INTERVALS 	4-Apr RECOVERY 20-25min	5-Apr CROSS TRAINING	6-Apr CLARE VALLEY PARKRUN 	7-Apr LONG RUN 50min
9	8-Apr RECOVERY 25-30min	9-Apr REST DAY	10-Apr INTERVALS 	11-Apr RECOVERY 20-25min	12-Apr CROSS TRAINING	13-Apr PARKRUN 	14-Apr LONG RUN 55min
10	15-Apr RECOVERY 25-30min	16-Apr REST DAY	17-Apr INTERVALS 	18-Apr RECOVERY 20-25min	19-Apr CROSS TRAINING	20-Apr PARKRUN 	21-Apr LONG RUN 60min  TRAINING RUN #2
11	22-Apr RECOVERY 25-30min	23-Apr REST DAY	24-Apr INTERVALS 	25-Apr RECOVERY 20-25min	26-Apr CROSS TRAINING	27-Apr PARKRUN 	28-Apr LONG RUN 45min
12	29-May RECOVERY 25-30min	30-Apr REST DAY	1-May INTERVALS 	2-May RECOVERY 20min	3-May CROSS TRAINING	4-May TAKE IT EASY OR VOLUNTEER! 	5-May RACE DAY GOOD LUCK! 

Exercise safely: talk to your GP before starting a new exercise program, especially if you have any existing health conditions.



21.1 KM TRAINING PLAN



	MON	TUE	WED	THUR	FRI	SAT	SUN
1	12-Feb	13-Feb	14-Feb INTERVALS 	15-Feb RECOVERY 20-30min	16-Feb CROSS TRAINING	17-Feb PARKRUN 	18-Feb LONG RUN 55min
2	19-Feb RECOVERY 20-30min	20-Feb REST DAY	21-Feb COOPERS TEST 	22-Feb RECOVERY 25-30min	23-Feb CROSS TRAINING	24-Feb PARKRUN 	25-Feb LONG RUN 30min
3	26-Feb RECOVERY 20-30min	27-Feb REST DAY	28-Feb INTERVALS 	29-Feb RECOVERY 25-30min	1-Mar CROSS TRAINING	2-Mar PARKRUN 	3-Mar LONG RUN 60min
4	4-Mar RECOVERY 30-35min	5-Mar REST DAY	6-Mar INTERVALS 	7-Mar RECOVERY 25-30min	8-Mar CROSS TRAINING	9-Mar PARKRUN 	10-Mar LONG RUN 65min
5	11-Mar RECOVERY 30-35min	12-Mar REST DAY	13-Mar INTERVALS 	14-Mar RECOVERY 30-35min	15-Mar CROSS TRAINING	16-Mar WEST BEACH PARKRUN 	17-Mar LONG RUN 75min
6	18-Mar RECOVERY 30-35min	19-Mar REST DAY	20-Mar INTERVALS 	21-Mar RECOVERY 30-35min	22-Mar CROSS TRAINING	23-Mar PARKRUN 	24-Mar LONG RUN 50min  TRAINING RUN #1
7	25-Mar RECOVERY 30-35min	26-Mar REST DAY	27-Mar INTERVALS 	28-Mar RECOVERY 30-35min	29-Mar CROSS TRAINING	30-Mar PARKRUN 	31-Mar LONG RUN 85min
8	1-Apr RECOVERY 30-35min	2-Apr REST DAY	3-Apr INTERVALS 	4-Apr RECOVERY 30-35min	5-Apr CROSS TRAINING	6-Apr CLARE VALLEY PARKRUN 	7-Apr LONG RUN 95min
9	8-Apr RECOVERY 30-35min	9-Apr REST DAY	10-Apr INTERVALS 	11-Apr RECOVERY 30-35min	12-Apr CROSS TRAINING	13-Apr PARKRUN 	14-Apr LONG RUN 105min
10	15-Apr RECOVERY 30-35min	16-Apr REST DAY	17-Apr INTERVALS 	18-Apr RECOVERY 30-35min	19-Apr CROSS TRAINING	20-Apr PARKRUN 	21-Apr LONG RUN 85min  TRAINING RUN #2
11	22-Apr RECOVERY 30-35min	23-Apr REST DAY	24-Apr INTERVALS 	25-Apr RECOVERY 30-35min	26-Apr CROSS TRAINING	27-Apr PARKRUN 	28-Apr LONG RUN 70min
12	29-May RECOVERY 30-35min	30-Apr REST DAY	1-May INTERVALS 	2-May RECOVERY 30-35min	3-May CROSS TRAINING	4-May TAKE IT EASY OR VOLUNTEER! 	5-May RACE DAY GOOD LUCK! 

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