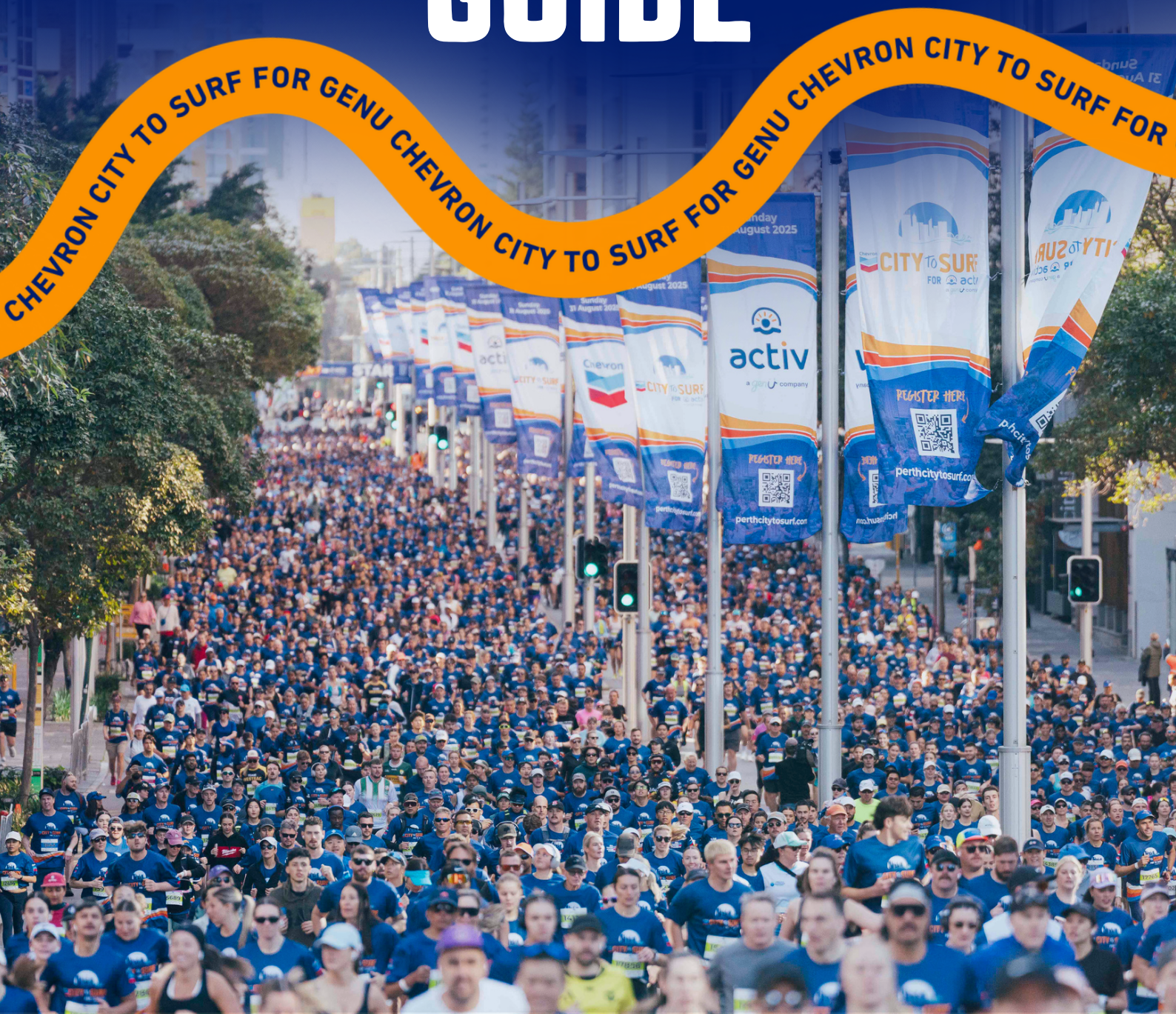




12KM TRAINING GUIDE



RUNNING YOUR FIRST 12KM?



Training for your first 12km run in the Chevron City to Surf for genU can be a fantastic new tradition – not just for your personal fitness but also as an opportunity to raise funds and awareness for genU, a national organisation dedicated to improving the lives of people living with disability throughout Australia. This 8-week guide will help you reach both your fitness and fundraising goals, ensuring you cross the finish line feeling accomplished in more ways than one!

DON'T FORGET THESE HANDY TIPS!



- Avoid running multiple days in a row to allow your body to recover.
- Purchase good running shoes to prevent injury and provide good support.
- Ensure you properly hydrate yourself the day/night before and after a run.
- Practice good eating habits and avoid running on a full stomach.
- Keep your posture up when running, look forward rather than down!
- Dress in layers as we head into the cooler months, ensure you have the right gear for any type of weather.



WEEK 1-4

All activities include a 10-minute warm-up walk and a 10-minute cool-down walk. This will help your muscles wake up and prevent injury.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
RUN 1 1km run 1km walk	RUN 1 2 x 1km Jog 1km Walk	RUN 1 2 x 1km job 1km walk	RUN 1 2km run 1km walk 2km run
RUN 2 8 x 1min run 1min walk	RUN 2 7 x 2min run 1min walk	RUN 2 7 x 3min run 1min walk	RUN 2 7 x 4min run 1min walk
RUN 3 3 x 500m jobk 500m walk	RUN 3 5 x 500m Jog 500m walk	RUN 3 Continuous 3km Slow Jog	RUN 3 Continuous 4.5km Easy Jog



WEEK 5-8

All activities include a 10-minute warm-up walk and a 10-minute cool-down walk. This will help your muscles wake up and prevent injury.

WEEK 5	WEEK 6	WEEK 7	WEEK 8
RUN 1 3km run 1km walk 3km run	RUN 1 3km Run 1km Walk 3km Run	RUN 1 4km Easy Run 500m Walk 4km Easy Run	RUN 1 10km Easy Jog
RUN 2 7 x 5min run 1min walk	RUN 2 6 x 6min run 1min walk	RUN 2 40 Minute Continuous Run	RUN 2 20 Minute Easy Run (Taper / Freshen Up Jog)
RUN 3 Continuous 6km Easy Jog	RUN 3 Continuous 7km Easy Jog	RUN 3 5km run + 500m walk + 5km run	RUN 3 12km Chevron City to Surf for genU!



DAY BEFORE RACE

- Pre-plan your day so you know where the start line is, how you'll get there, what time, if you will be impacted by road closures and what public transport options are available to you.
- Make sure to eat a filling and nutritious meal the night before.
- Go to bed early and rest up so you have plenty of energy for race day!

RACE DAY TIPS

- Don't forget your bib, and any other running essentials.
- Get there nice and early to avoid stress.
- Pace yourself! Stick to a comfortable pace and remember to enjoy yourself.
- Don't forget to look around - the awesome event atmosphere is made even better with entertainment along the way.
- Stay hydrated! Bring your own water or use the water stations on course.

POST RACE

- Don't forget to cool down by walking and then stretching.
- Make sure to have lots of water and food to replenish your body. Water and fruit will be available for free at the finish line!
- Collect your finisher medal!
- For those attending the Perth event, make sure to explore the finish line Carnival for entertainment, food, drinks and rides!
- Share your achievement! Make sure to take lots of pictures and share them on your social media - don't forget to tag us!



GOOD LUCK!

WISHING YOU THE VERY BEST WITH YOUR
TRAINING PROGRAM AND EVENT DAY!

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