



LIEBHERR

INTERSPORT
GOLDEN GROVE | PORT ADELAIDE | SALISBURY | VICTOR HARBOR



CROWNE PLAZA
AN IHG HOTEL
ADELAIDE MAWSON LAKES



**SALIS
BURY.
RUN**
21.1 10 5 2

2025 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 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 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 or 7am Thursday to join!



10 KM TRAINING PLAN




























	MON	TUE	WED	THUR	FRI	SAT	SUN
1	3-Mar	4-Mar	5-Mar INTERVALS 	6-Mar RECOVERY 15-25min	7-Mar CROSS TRAINING	8-Mar PARKRUN 	9-Mar LONG RUN 30min
2	10-Mar RECOVERY 15-25min	11-Mar REST DAY	12-Mar INTERVALS 	13-Mar RECOVERY 20-25min	14-Mar CROSS TRAINING	15-Mar CHARLESTON PARKRUN 	16-Mar LONG RUN 30min
3	17-Mar RECOVERY 15-25min	18-Mar REST DAY	19-Mar COOPERS TEST 	20-Mar RECOVERY 20-25min	21-Mar CROSS TRAINING	22-Mar DRAGE RESERVE PARKRUN 	23-Mar LONG RUN 25min TRAINING RUN #1 
4	24-Mar RECOVERY 25-30min	25-Mar REST DAY	26-Mar INTERVALS 	27-Mar RECOVERY 20-25min	28-Mar CROSS TRAINING	29-Mar PARKRUN 	30-Mar LONG RUN 35min
5	31-Mar RECOVERY 25-30min	1-Apr REST DAY	2-Apr INTERVALS 	3-Apr RECOVERY 20-25min	4-Apr CROSS TRAINING	5-Apr PARKRUN 	6-Apr LONG RUN 40min
6	7-Apr RECOVERY 25-30min	8-Apr REST DAY	9-Apr INTERVALS 	10-Apr RECOVERY 20-25min	11-Apr CROSS TRAINING	12-Apr JUBILEE WAY PARKRUN 	13-Apr LONG RUN 45min
7	14-Apr RECOVERY 25-30min	15-Apr REST DAY	16-Apr INTERVALS 	17-Apr RECOVERY 20-25min	18-Apr CROSS TRAINING	19-Apr PARKRUN 	20-Apr LONG RUN 30min
8	21-Apr RECOVERY 25-30min	22-Apr REST DAY	23-Apr INTERVALS 	24-Apr RECOVERY 20-25min	25-Apr CROSS TRAINING	26-Apr PARKRUN 	27-Apr LONG RUN 50min
9	28-Apr RECOVERY 25-30min	29-Apr REST DAY	30-Apr INTERVALS 	1-May RECOVERY 20-25min	2-May CROSS TRAINING	3-May PARKRUN 	4-May LONG RUN 55min
10	5-May RECOVERY 25-30min	6-May REST DAY	7-May INTERVALS 	8-May RECOVERY 20-25min	9-May CROSS TRAINING	10-May PARKRUN 	11-May LONG RUN 60min TRAINING RUN #2 
11	12-May RECOVERY 25-30min	13-May REST DAY	14-May INTERVALS 	15-May RECOVERY 20-25min	16-May CROSS TRAINING	17-May PARKRUN 	18-May LONG RUN 45min
12	19-May RECOVERY 25-30min	20-May REST DAY	21-May INTERVALS 	22-May RECOVERY 20min	23-May CROSS TRAINING	24-May TAKE IT EASY OR VOLUNTEER! 	25-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	3-Mar	4-Mar	5-Mar INTERVALS 	6-Mar RECOVERY 20-30min	7-Mar CROSS TRAINING	8-Mar PARKRUN 	9-Mar LONG RUN 55min
2	10-Mar RECOVERY 20-30min	11-Mar REST DAY	12-Mar INTERVALS 	13-Mar RECOVERY 25-30min	14-Mar CROSS TRAINING	15-Mar CHARLESTON PARKRUN 	16-Mar LONG RUN 30min
3	17-Mar RECOVERY 20-30min	18-Mar REST DAY	19-Mar COOPERS TEST 	20-Mar RECOVERY 25-30min	21-Mar CROSS TRAINING	22-Mar DRAGE RESERVE PARKRUN 	23-Mar LONG RUN 60min <small>SALE RUN</small> TRAINING RUN #1
4	24-Mar RECOVERY 30-35min	25-Mar REST DAY	26-Mar INTERVALS 	27-Mar RECOVERY 25-30min	28-Mar CROSS TRAINING	29-Mar PARKRUN 	30-Mar LONG RUN 65min
5	31-Mar RECOVERY 30-35min	1-Apr REST DAY	2-Apr INTERVALS 	3-Apr RECOVERY 30-35min	4-Apr CROSS TRAINING	5-Apr PARKRUN 	6-Apr LONG RUN 75min
6	7-Apr RECOVERY 30-35min	8-Apr REST DAY	9-Apr INTERVALS 	10-Apr RECOVERY 30-35min	11-Apr CROSS TRAINING	12-Apr JUBILEE WAY PARKRUN 	13-Apr LONG RUN 50min
7	14-Apr RECOVERY 30-35min	15-Apr REST DAY	16-Apr INTERVALS 	17-Apr RECOVERY 30-35min	18-Apr CROSS TRAINING	19-Apr PARKRUN 	20-Apr LONG RUN 85min
8	21-Apr RECOVERY 30-35min	22-Apr REST DAY	23-Apr INTERVALS 	24-Apr RECOVERY 30-35min	25-Apr CROSS TRAINING	26-Apr PARKRUN 	27-Apr LONG RUN 95min
9	28-Apr RECOVERY 30-35min	29-Apr REST DAY	30-Apr INTERVALS 	1-May RECOVERY 30-35min	2-May CROSS TRAINING	3-May PARKRUN 	4-May LONG RUN 105min
10	5-May RECOVERY 30-35min	6-May REST DAY	7-May INTERVALS 	8-May RECOVERY 30-35min	9-May CROSS TRAINING	10-May PARKRUN 	11-May LONG RUN 85min <small>SALE RUN</small> TRAINING RUN #2
11	12-May RECOVERY 30-35min	13-May REST DAY	14-May INTERVALS 	15-May RECOVERY 30-35min	16-May CROSS TRAINING	17-May PARKRUN 	18-May LONG RUN 70min
12	19-May RECOVERY 30-35min	20-May REST DAY	21-May INTERVALS 	22-May RECOVERY 30-35min	23-May CROSS TRAINING	24-May TAKE IT EASY OR VOLUNTEER! 	25-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.