City of Salisbury

Village Physio & Sports Injury Clinic

LIEBHERR

INTERSPORT
GOLDEN GROVE | PORT ADELAIDE | SALISBURY | VICTOR HARBOR

HEALTHY GARDEN

CROWNE PLAZA BY IHG
Adelaide Mawson Lakes

PICK A LOCAL PICK SA!

2026 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 cliche 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 recieve 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	2-Mar	3-Mar	4-Mar INTERVALS	5-Mar RECOVERY 15-25min	6-Mar CROSS TRAINING	7-Mar PARKRUN	8-Mar LONG RUN 30min
2	9-Mar RECOVERY 15-25min	10-Mar REST DAY	11-Mar INTERVALS	12-Mar RECOVERY 20-25min	13-Mar CROSS TRAINING	14-Mar PARKRUN	15-Mar LONG RUN 30min
3	16-Mar RECOVERY 15-25min	17-Mar REST DAY	18-Mar COOPERS TEST	19-Mar RECOVERY 20-25min	20-Mar CROSS TRAINING	21-Mar PARKRUN	22-Mar LONG RUN 25min
4	23-Mar RECOVERY 25-30min	24-Mar REST DAY	25-Mar INTERVALS	26-Mar RECOVERY 20-25min	27-Mar CROSS TRAINING	28-Mar PARKRUN	29-Mar LONG RUN 35min
5	30-Mar RECOVERY 25-30min	31-Mar REST DAY	1-Apr INTERVALS	2-Apr RECOVERY 20-25min	3-Apr CROSS TRAINING	4-Apr PARKRUN	5-Apr LONG RUN 40min
6	6-Apr RECOVERY 25-30min	7-Apr REST DAY	8-Apr INTERVALS	9-Apr RECOVERY 20-25min	10-Apr CROSS TRAINING	11-Apr PARKRUN	12-Apr LONG RUN 45min SALISBURY RUN TRAINING RUN #1
7	13-Apr RECOVERY 25-30min	14-Apr REST DAY	15-Apr INTERVALS	16-Apr RECOVERY 20-25min	17-Apr CROSS TRAINING	18-Apr PARKRUN	19-Apr LONG RUN 30min
8	20-Apr RECOVERY 25-30min	21-Apr REST DAY	22-Apr INTERVALS	23-Apr RECOVERY 20-25min	24-Apr CROSS TRAINING	25-Apr PARKRUN	26-Apr LONG RUN 50min
9	21-Apr RECOVERY 25-30min	28-Apr REST DAY	29-Apr INTERVALS	30-Apr RECOVERY 20-25min	1-May CROSS TRAINING	2-May DRAGE RESERVE PARKRUN	3-May LONG RUN 55min
10	4-May RECOVERY 25-30min	5-May REST DAY	6-May INTERVALS	7-May RECOVERY 20-25min	8-May CROSS TRAINING	9-May PARKRUN	10-May LONG RUN 60min SALISBURY RUN TRAINING RUN #2
11	11-May RECOVERY 25-30min	12-May REST DAY	13-May INTERVALS	14-May RECOVERY 20-25min	15-May CROSS TRAINING	16-May PARKRUN	17-May LONG RUN 45min
12	18-May RECOVERY 25-30min	19-May REST DAY	20-May INTERVALS	21-May RECOVERY 20min	22-May CROSS TRAINING	23-May TAKE IT EASY OR VOLUNTEER!	24-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	2-Mar	3-Mar	4-Mar INTERVALS	5-Mar RECOVERY 20-30min	6-Mar CROSS TRAINING	7-Mar PARKRUN	8-Mar LONG RUN 55min
2	9-Mar RECOVERY 20-30min	10-Mar REST DAY	11-Mar INTERVALS	12-Mar RECOVERY 25-30min	13-Mar CROSS TRAINING	14-Mar PARKRUN	15-Mar LONG RUN 30min
3	16-Mar RECOVERY 20-30min	17-Mar REST DAY	18-Mar COOPERS TEST	19-Mar RECOVERY 25-30min	20-Mar CROSS TRAINING	21-Mar PARKRUN	22-Mar LONG RUN 60min
4	23-Mar RECOVERY 30-35min	24-Mar REST DAY	25-Mar INTERVALS	26-Mar RECOVERY 25-30min	27-Mar CROSS TRAINING	28-Mar PARKRUN	29-Mar LONG RUN 65min
5	30-Mar RECOVERY 30-35min	31-Mar REST DAY	1-Apr INTERVALS	2-Apr RECOVERY 30-35min	3-Apr CROSS TRAINING	4-Apr PARKRUN	5-Apr LONG RUN 75min
6	6-Apr RECOVERY 30-35min	7-Apr REST DAY	8-Apr INTERVALS	9-Apr RECOVERY 30-35min	10-Apr CROSS TRAINING	11-Apr PARKRUN	12-Apr LONG RUN 50min SALISBURY RUN TRAINING RUN #1
7	13-Apr RECOVERY 30-35min	14-Apr REST DAY	15-Apr INTERVALS	16-Apr RECOVERY 30-35min	17-Apr CROSS TRAINING	18-Apr PARKRUN	19-Apr LONG RUN 85min
8	20-Apr RECOVERY 30-35min	21-Apr REST DAY	22-Apr INTERVALS	23-Apr RECOVERY 30-35min	24-Apr CROSS TRAINING	25-Apr PARKRUN	26-Apr LONG RUN 95min
9	21-Apr RECOVERY 30-35min	28-Apr REST DAY	29-Apr INTERVALS	30-Apr RECOVERY 30-35min	1-May CROSS TRAINING	2-May DRAGE RESERVE PARKRUN	3-May LONG RUN 105min
10	4-May RECOVERY 30-35min	5-May REST DAY	6-May INTERVALS	7-May RECOVERY 30-35min	8-May CROSS TRAINING	9-May PARKRUN	10-May LONG RUN 85min SALISBURY RUN TRAINING RUN #2
11	11-May RECOVERY 30-35min	12-May REST DAY	13-May INTERVALS	14-May RECOVERY 30-35min	15-May CROSS TRAINING	16-May PARKRUN	17-May LONG RUN 70min
12	18-May RECOVERY 30-35min	19-May REST DAY	20-May INTERVALS	21-May RECOVERY 30-35min	22-May CROSS TRAINING	23-May TAKE IT EASY OR VOLUNTEER!	24-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.