

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total km
1	strength + stretch	3km run / walk	rest + stretch	1km WU, 4 sets of 1 min fast 1 min walk, 1km CD	strength + stretch	rest + stretch	4km	10-12km
2	strength + stretch	4km run / walk	rest + stretch	1km WU, 4 x 400m effort 2min walk, 1km CD	strength + stretch	rest + stretch	5km	13km
3	strength + stretch	4km run	rest + stretch	1km WU, 4 reps of Darwin High Hill with walk down recovery, 1 km CD	strength + stretch	rest + stretch	5km	13km
4	strength + stretch	5km walk / run	rest + stretch	1km WU, 6 sets of 1 min fast 1 min walk, 1km CD	strength + stretch	rest + stretch	5km	15km
5	strength + stretch	5km run	rest + stretch	1km WU, 6 x 400m effort 2min walk, 1km CD	strength + stretch	rest + stretch	6km	17km
6	strength + stretch	5km run	rest + stretch	1km WU, 6 reps of Darwin High Hill with walk down recovery, 1 km CD	strength + stretch	rest + stretch	6km	14km
7	strength + stretch	6km	rest + stretch	1km WU, 8 sets of 1 min fast 1 min walk, 1km CD	strength + stretch	rest + stretch	7km	18km
8	strength + stretch	6km	rest + stretch	1km WU, 8 x 400m effort 2min walk, 1km CD	strength + stretch	rest + stretch	8km	19km
9	strength + stretch	7km	rest + stretch	1km WU, 6 - 8 reps of Darwin High Hill with walk down recovery, 1 km CD	strength + stretch	rest + stretch	8km	20km
10	strength + stretch	7km	rest + stretch	1km WU, 10 sets of 1 min fast 1 min walk, 1km CD	strength + stretch	rest + stretch	9-10km	21-23km
11	strength + stretch	8km	rest + stretch	1km WU, 10 x 400m effort 2min walk, 1km CD	strength + stretch	rest + stretch	10-12km	24-26km
12	strength + stretch	6km easy run	rest + stretch	5km easy run with 5 x 100m efforts at goal race pace	rest	rest	<b>RACE DAY</b>	23km

## 12 Week City2Surf Beginner Training Guide

**ARE YOU READY FOR THE 51ST ANNUAL NT CITY2SURF?**  
**Sunday, 1st June 2025**



## Common Issues and Injuries for Beginner Runners

**1. Overuse Injuries:** One of the most prevalent concerns for beginner runners is the risk of overuse injuries. These injuries, such as shin splints, runner's knee, and Achilles tendinopathies, often occur due to the repetitive stress placed on muscles, tendons, and joints during running.

**Preventive Measures:** Gradually increase your mileage and intensity to allow your body to adapt to the demands of running. Incorporate cross-training activities like swimming, cycling, or strength training to build overall fitness and reduce the strain on specific muscle groups. Ensure proper form and invest in supportive footwear that suits your running style and foot mechanics.

**2. Lack of Proper Recovery:** Recovery is a crucial but often overlooked aspect of training. Without adequate rest and recovery, your muscles may not have sufficient time to repair and strengthen, increasing the risk of injury and burnout.

**Preventive Measures:** Incorporate rest days into your training schedule to allow your body to recover and adapt to the stress of running. Focus on quality sleep, hydration, and nutrition to support the recovery process. Consider incorporating techniques such as foam rolling, stretching, and massage to alleviate muscle tension and promote recovery.

**3. Incorrect Training Progression:** Many new runners fall into the trap of ramping up mileage or intensity too quickly, leading to fatigue, injury, and frustration.

**Preventive Measures:** Follow a structured training plan that gradually increases mileage and intensity over time. Listen to your body and be willing to adjust your training as needed based on how you're feeling. Incorporate regular rest days and easy recovery runs to balance out more challenging workouts.

**4. Inadequate Warm-Up and Cool-Down:** Skipping warm-up and cool-down routines increases the risk of injury and can hinder performance during training sessions and races.

**Preventive Measures:** Prioritize dynamic warm-up exercises to prepare your muscles, joints, and cardiovascular system for the demands of running. Incorporate a cooldown consisting of gentle jogging or walking followed by stretching to promote muscle relaxation and flexibility.

To access our tailored warm-up program, scan the QR Code below:



## Rest DAYS - Benefits for you and your training

Running places a lot of stress on the lower limbs of the body, in particular your feet, shins and knees.

With a full training program rest days are highly important. Over exercising or overtraining can negatively impact your mental and physical wellbeing.

### Benefits of rest days:

- Reduces risk of injury.
- Reduces muscle fatigue.
- Allows time for recovery.

Within our program, we advise of 3 rest days, breaking up the weeks training load. Depending on how you are feeling or what your personal schedule is like, each day is interchangeable! Just make sure you are taking those rest days.

### Rest Day ONE REST & STRETCH

Stretching can help to relieve muscle pain and tightness, reduce tension, and increase flexibility.

This will help maintain range of motion in the joints, reducing risk of potential injury.

### Rest Day TWO & THREE REST & STRETCH

Take a day off! Enjoy some time with friends and family or kick your feet up read a book or binge watch that TV show.

This will allow your mind to rest and the body to recover, replenishing body energy stores.

At most, enjoy a casual non-strenuous walk.

## CROSS-TRAINING - What is it?

Cross-training incorporates different types of movement than what you may be used to, with the overall goal to improve your performance and general fitness.

Cross-training is a range of activities and exercises that build overall fitness and reduce the strain on specific muscle groups. It allows you to work muscles all over your body, that may not be used when participating in your single sport activities, like running.

An ideal cross-training routine incorporates cardiovascular exercise, strength training, and flexibility exercises.

### Cross-training activities include:

- Swimming
- Cycling
- Strength Training
- Yoga
- Pilates
- Rowing

The most important benefit of cross-training is that it reduces the risk of injury, which is accomplished by working certain muscle groups while others rest.

Whether you are an athlete or want to improve your overall fitness level, cross-training has a range of benefits.

### These benefits include:

1. Cross-training allows for you to work muscles all over your body.
2. Including a variety of activities in your fitness program may help prevent boredom and losing interest in your goals.
3. Exercising various muscle groups may help your muscles adapt more easily to new activities.
4. It can help reduce the risk of injury.

If you do become injured, you usually will not have to give up your entire fitness program or interrupt your training routine. You may be able to modify or substitute activities, based on your health professionals suggestions.

## Fuelling for NT City to Surf

You've put in the hard work with your training—now it's time to fuel your body for race day!

### 2-4 Hours Before the Race:

(Note: If you're training early, skip this and head straight to the "primer" below!)

- Focus on low-GI carbohydrates for sustained energy (wholegrain bread, pasta, rice, fruit, and veggies).
- Include a source of protein to aid muscle recovery.
- Keep it low in fat and fibre to avoid digestive discomfort.

### Examples:

- Muesli with yoghurt
- Veggie scrambled eggs on wholegrain toast

### 15-60 Minutes Before the Race: The "Primer"

- Opt for easily digestible, high-GI carbohydrates for quick release energy
- Aim for 0.5-1g/kg of bodyweight of carbs.
- Keep it low in fat, fibre, and protein.

### Examples:

- Honey on crumpets
- Fruit or jam on toast
- Hot cross bun
- Lollies

### During the Race:

For races lasting over 90 minutes, intra-race fuel is recommended. However, even for a 12.5km race, small amounts of fuel like sports drinks at drink stations can help with hydration and glycogen replenishment (glycogen is how carbs are stored in muscles as energy).

### Post-Race: Snack or Meal

Focus on the 4 "Rs" to aid recovery:

- **Refuel** with carbohydrates
- **Repair** with protein
- **Rehydrate** with fluids
- **Revitalize** with colourful fruits/vegetables and healthy fats

### Examples:

- Protein and fruit smoothie
- Poke bowl

### TIP 1

You might not feel hungry immediately after the race, so opt for liquids like chocolate milk or smoothies. These will help replenish carbs, protein, fluids, and fats all in one!

### TIP 2

Don't forget to follow up with a balanced meal later to fully recover.

### My Biggest Tip

Nothing New on Race Day!

If you haven't tried it during your training, don't try it on race day!

### Want professional, tailored advice?

Book a 1:1 consultation with Darwin's Accredited Sports Dietitian, Samantha Wright, and take the guesswork out of your nutrition plan!



For more information please contact reception on (08) 8941 6677. If you would like to have an assessment done, before or during the training program, please contact reception on (08) 8941 6677, and our administration team will book you in with one of our running specific physiotherapists!

### \*\*\*DISCLAIMER:

This **City to Surf (12.6km) Training Program** is provided by **Territory Sportsmedicine and Athletics NT** as general guidance only. It is not a substitute for professional medical advice, diagnosis, or treatment. Participation in any training program carries inherent risks, including injury or illness. Consult a qualified healthcare provider before beginning, especially if you have pre-existing medical conditions. Follow the program at your own pace and within personal limits. Territory Sportsmedicine and Athletics NT are not liable for injuries or adverse effects arising from participation. By using this program, you accept full responsibility for your health and training outcomes.