



# SOFA TO 6K

Run 6kms in 9 weeks!



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## How to run 6K in 9 weeks\* From no running to 6k!

Going straight from sitting on the couch to running 6km would be tough and not really the most ideal way to take care of your body! That's why CMRI asked Exercise and Sports Science Australia (ESSA) to prepare this staged training program to help you build up to your running goal over time.

These are some key considerations to remember to help support your body and avoid injury:

- listen to your body - if you are finding the running difficult, slow down your pace or extend your walking time
- take time to stretch and strengthen your muscles on alternate days
- stay hydrated
- fuel your body with nutritious food
- allow your body to rest and recover by getting enough sleep

## Strength, stretching and mobility

Check out the Exercise Right website for stretches you can do at home plus strength and fitness workouts led by Exercise Physiologists: <https://exerciseright.com.au/homeworkouts/>. There are lots of different exercises you can complete at home, or in the office for a sneaky break! Try and do a 10min session (or longer if you feel like it!)

If you are interested in strength training for running, scroll through the Exercise Right website and watch these great clips: Lower Body Strength and Injury Prevention by Lauren Sexton, AEP and Preventing Knee Pain by Katherine Smith, AEP.

For some great mobility exercises, go to the Stretching and Mobility tab and click on Spinal Mobility by Annika Coyne, AEP, and Hip Mobility by Danielle Royston, AEP.



### \*Disclaimer

ESSA has prepared this training program as a general guide only, based on a relatively fit and active adult, with no existing or underlying injuries, or health conditions. The information has been written by professionals in exercise and sports science, but you should consider seeking appropriate independent professional advice from an Exercise and Sports Scientist or Exercise Physiologist to tailor your training to your unique circumstances. Exercise should also be individualised for any person living with a chronic condition or injury. Any training program you follow or exercise you undertake is at your own risk and ESSA or CMRI are not liable for any injury due to reliance on this program. Before you start training, CMRI encourages you to answer these questions: Adult Pre-Screening Tool (APSS). If you answer 'yes' to any of the questions, please refrain from doing any unsupervised exercise and contact an accredited exercise professional here [https://www.essa.org.au/Public/ABOUT\\_ESSA/Pre-Exercise\\_Screening\\_Systems.aspx](https://www.essa.org.au/Public/ABOUT_ESSA/Pre-Exercise_Screening_Systems.aspx) or your doctor for advice on a training program that is suitable for you.

You might prefer to repeat some of the program weeks before you are ready to progress to the next week of training - just see how you feel on your running days. Remember you are the expert on your body and there is nothing wrong with walking a little in your final 6km!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wk 1	Workout time: 25min Warmup: 5min walk Run: 1min / Walk: 2min Repeat 5 times Cool down: 5min walk	Mobility	Workout time: 26min 15sec Warmup: 5min walk Run: 1min 15sec / Walk: 2min Repeat 5 times Cool down: 5min walk	Strength	Rest/Mobility	Workout time: 26min 15sec Warmup: 5min walk Run: 1min 15sec / Walk: 2min Repeat 5 times Cool down: 5min walk	REST
Wk 2	Workout time: 27min 30sec Warmup: 5min walk Run: 1min / Walk: 1min 30 sec Repeat 7 times Cool down: 5min walk	Strength	Workout time: 29min 15sec Warmup: 5min walk Run: 1min 30 sec / Walk: 1min 15sec Repeat 9 times Cool down: 5min walk	Mobility	Strength	Workout time: 34min 45sec Warmup: 5min walk Run: 1min 30 sec / Walk: 1min 15sec Repeat 9 times Cool down: 5min walk	REST
Wk 3	Workout time: 31min Warmup: 5min walk Run: 2min / Walk: 1min 30sec Repeat 6 times Cool down: 5min walk	Mobility	Workout time: 38min Warmup: 5min walk Run: 2min / Walk: 2min Repeat 7 times Cool down: 5min walk	Strength	Mobility	Workout time: 39min 45sec Warmup: 5min walk Run: 2min 15sec / Walk: 2min Repeat 7 times Cool down: 5min walk	REST
Wk 4	Workout time: 30min Warmup: 5min walk Run: 1min / Walk: 3min Repeat 5 times Cool down: 5min walk	Strength	Workout time: 34min Warmup: 5min walk Run: 1min / Walk: 3min Repeat 6 times Cool down: 5min walk	Mobility	Mobility	Workout time: 39min 45sec Warmup: 5min walk Run: 1min 15sec / Walk: 3min Repeat 7 times Cool down: 5min walk	REST
Wk 5	Workout time: 27min 30sec Warmup: 5min walk Run: 1min / Walk: 1min 30sec Repeat 7 times Cool down: 5min walk	Mobility	Workout time: 28min Warmup: 5min walk Run: 3min / Walk: 1min 30sec Repeat 4 times Cool down: 5min walk	Strength	Mobility	Workout time: 29min 15 sec Warmup: 5min walk Run: 1min 15sec / Walk: 1min 30sec Repeat 7 times Cool down: 5min walk	REST
Wk 6	Workout time: 22min 30sec Warmup: 5min walk Run: 1min 15sec / Walk: 1min 15sec Repeat 5 times Cool down: 5min walk	Strength	Workout time: 29min 15sec Warmup: 5min walk Run: 1min 30sec / Walk: 1min 15sec Repeat 7 times Cool down: 5min walk	Mobility	Strength	Workout time: 25min Warmup: 5min walk Run: 1min 45sec / Walk: 1min 15sec Repeat 5 times Cool down: 5min walk	REST
Wk 7	Workout time: 28min Warmup: 5min walk Run: 3min / Walk: 1min 30sec Repeat 4 times Cool down: 5min walk	Mobility	Workout time: 30min Warmup: 5min walk Run: 3min 30sec / Walk: 1min 30sec Repeat 4 times Cool down: 5min walk	Strength	Mobility	Workout time: 35min Warmup: 5min walk Run: 3min 30sec / Walk: 1min 30sec Repeat 5 times Cool down: 5min walk	REST
Wk 8	Workout time: 46min Warmup: 5min walk Run: 6min / Walk: 6min Repeat 3 times Cool down: 5min walk	Strength	Workout time: 52min Warmup: 5min walk Run: 8min / Walk: 6min Repeat 3 times Cool down: 5min walk	Mobility	Strength	Workout time: 55min Warmup: 5min walk Run: 9min / Walk: 6min Repeat 3 times Cool down: 5min walk	REST
Wk 9	Workout time: 58min Warmup: 5min walk Run: 7min / Walk: 5min Repeat 4 times Cool down: 5min walk	Mobility	Workout time: 52min Warmup: 5min walk Run: 10min / Walk: 4min Repeat 3 times Cool down: 5min walk	Rest	Workout time: 55min Warmup: 5min walk Run: 11min / Walk: 4min Repeat 3 times Cool down: 5min walk	Mobility	6km! Warmup: 5min walk Run: As far as you can! Walk if needed! Cool down: 5min walk

## Block 1:



The goal of this block is to increase overall distance! At the end of this block we will be able to run nearly 3km.

Remember, you can mix up the days of your runs, strength and mobility! Try and have at least one day of rest to allow your body to recover from the workout!

On your run days, warm up and cool down with a 5min walk. This will increase your body temperature and blood flow to muscles, and may assist in reducing muscle soreness or injury.



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Wk 2	Workout time: 27min 30sec Warmup: 5min walk Run: 1min Walk: 1min 30 sec Repeat 7 times Cool down: 5min walk	Strength	Workout time: 29min 15sec Warmup: 5min walk Run: 1min 30sec Walk: 1min 15sec Repeat 7 times Cool down: 5min walk	Mobility	Strength	Workout time: 34min 45sec Warmup: 5min walk Run: 1min 30 sec Walk: 1min 15sec Repeat 9 times Cool down: 5min walk	REST
Wk 3	Workout time: 31min Warmup: 5min walk Run: 2min Walk: 1min 30sec Repeat 6 times Cool down: 5min walk	Mobility	Workout time: 38min Warmup: 5min walk Run: 2min Walk: 2min Repeat 7 times Cool down: 5min walk	Strength	Mobility	Workout time: 39min 45sec Warmup: 5min walk Run: 2min 15sec Walk: 2min Repeat 7 times Cool down: 5min walk	REST



## Block 2:

The goal for this block is to increase your speed slightly! You will notice there is a longer rest period (walk) at the start of the block, which will lower in the next week.

We want you to feel comfortable around the 2-3km mark here, however if you run faster you will see that you might hit the next running tier!

Give it a go!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wk 4	Workout time: 30min Warmup: 5min walk Run: 1min Walk: 3min Repeat 5 times Cool down: 5min walk	Strength	Workout time: 34min Warmup: 5min walk Run: 1min Walk: 3min Repeat 6 times Cool down: 5min walk	Mobility	Mobility	Workout time: 39min 45sec Warmup: 5min walk Run: 1min 15sec Walk: 3min Repeat 7 times Cool down: 5min walk	REST
Wk 5	Workout time: 27min 30sec Warmup: 5min walk Run: 1min Walk: 1min 30 sec Repeat 7 times Cool down: 5min walk	Strength	Workout time: 28min Warmup: 5min walk Run: 3min Walk: 1min 30sec Repeat 4 times Cool down: 5min walk	Strength	Mobility	Workout time: 29min 15 sec Warmup: 5min walk Run: 1min 15sec Walk: 1min 30sec Repeat 7 times Cool down: 5min walk	REST
Wk 6	Workout time: 22min 30sec Warmup: 5min walk Run: 1min 15sec Walk: 1min 15sec Repeat 5 times Cool down: 5min walk	Strength	Workout time: 23min 45sec Warmup: 5min walk Run: 1min 30sec Walk: 1min 15sec Repeat 5 times Cool down: 5min walk	Mobility	Strength	Workout time: 25min Warmup: 5min walk Run: 1min 45sec Walk: 1min 15sec Repeat 5 times Cool down: 5min walk	REST



## Block 3:



The goal of this block is looking at increasing your run distance to the 6km! Each week you will move up to the next kilometre!

If you are struggling to run the complete time, listen to your body and have a longer walk section. Remember that any movement is better than none, and this is a great achievement from the couch!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wk 7	Workout time: 28min Warmup: 5min walk Run: 3min Walk: 1min 30sec Repeat 4 times Cool down: 5min walk	Mobility	Workout time: 30min Warmup: 5min walk Run: 3min 30sec Walk: 1min 30sec Repeat 4 times Cool down: 5min walk	Strength	Mobility	Workout time: 35min Warmup: 5min walk Run: 3min 30sec Walk: 1min 30sec Repeat 5 times Cool down: 5min walk	REST
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Congratulations  
on running 6km!

Good luck with your Sofa to 6K  
and thank you for supporting  
Jeans for Genes.

We know you're going  
to smash it!

