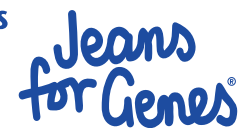




Get fit while finding cures for children's genetic diseases!

Sofa to 6K



Welcome to the Sofa to 6K Challenge!

We are excited to have you participate in this month-long fitness journey, all while supporting vital research into the 6,000+ genetic diseases affecting Aussie Children.

We've partnered with our friends at Exercise and Sports Science Australia (ESSA) to create a staged training program tailored to your individual needs. This program will guide you towards your running goal over time, ensuring you build up safely and confidently.

So, let's get ready to lace up our shoes, follow the program, and make a real impact together!

How it works

This guide offers three levels of training: **Beginner**, **Intermediate**, and **Advanced**. Each of these levels has a different **stretch distance target*** to work towards:

Beginner:	Train up to running 4km in one go
Intermediate:	Train up to running 6km in one go
Advanced:	Train up to running 10km in one go



**A stretch distance target is a challenging goal that pushes you beyond your comfort zone, but is still achievable with hard work and dedication. If you are unable to reach your stretch distance target, remember that what really counts is the progress you've made in your fitness and the money you've raised for vital research!*

Getting Started

Before you start, it's important to choose the right level of training to avoid injury and make progress towards your goal. We recommend using the **Rate of Perceived Exertion (RPE)** tool below, to assess your fitness level and determine which level is right for you. The RPE tool will be referenced throughout the guide and helps you rate how hard you feel like you're working during exercise on a scale of 1 to 10, with 1 being very easy and 10 being very hard.

RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc.

Warming Up and Cooling Down

Starting your workout with a proper warm-up is essential to help prevent injuries and prepare your body for exercise. Spending just 5 minutes warming up will increase blood flow and oxygen to your muscles, allowing them to function more efficiently during your workout. Additionally, cooling down for 5 minutes post-exercise helps to reduce your heart rate gradually and prevent dizziness or fainting.

Make sure to do a proper warm-up and cool-down before and after every exercise session to ensure that your body is prepared for the workout and can safely recover afterward.



Beginner Level

Welcome to the beginner level of our training guide!

The goal of this level is to work up to running 4km in one go, which is a challenging but achievable goal. Don't worry if you don't reach it by the end of the month, progress is progress, and any improvement is a step in the right direction.

Keep track of your runs and walks by logging them on your favourite fitness app like Strava, Garmin, or FitBit! It's an easy way to monitor the kilometres you're covering. Be sure to enter your progress in your interactive Sofa to 6K Progress Calendar.

[CLICK HERE](#) to access your Calendar.

Happy tracking!

Week 1

1 – 7 July

Week 2

8 – 14 July

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Test Day	Light Session + Strength Day	Recovery Day	Interval Day	Strength Day	Steady State Day	Rest, Review and Plan!
<p>Walk at a brisk pace (RPE 5-6) and see how long or how far you can go. Stop when you start to feel uncomfortable.</p> <p>We'll repeat this at the start of each week to help see how you're travelling!</p>	<p>Based on yesterday's result, aim to walk that time or distance, but do 1 minute at an RPE of 6-7 and 1 minute at an RPE of 3-4 (think 'work minute, recovery minute') until done.</p> <p>Try a short lower body strength workout (Split into 2 sessions if needed)</p>	<p>Stretch while reading a blog post</p>	<p><i>25 Minute Walk</i></p> <p>Going at a brisk pace (RPE 5-6) for 2 minutes and a slower pace (RPE 3-4) for 3 minutes, repeating 4 times total.</p>	<p>Give the following gentle session a try, bonus if you can get a few of your mates to join in!</p> <p>Click here to try the Preventing Knee Pain Workout!</p>	<p>Choose your favourite cardio (walking, swimming, cycling, etc) and go at a steady pace (RPE 2-3) for 20 minutes.</p> <p>Stretch outside for 10-15 min.</p>	<p>Check your progress and plan for next week's training.</p> <p>Don't forget to download your interactive calendar to track your progress.</p> <p>P.S. Click here to learn how the body works</p>
<p>Walk at a brisk pace (RPE 5-6), stop once you feel uncomfortable.</p> <p>How did you do compared to last week?</p> <p>If you've improved, add 5 minutes to your sessions this week. If not, try last week's program again.</p> <p>Keep up the good work!</p>	<p>Based on yesterday's result, aim to walk that time or distance, but do 2 minutes at an RPE of 6-7 and 1 minute at an RPE of 3-4 (work/recover), and repeat until done!</p> <p>Try a short lower body strength workout (Split into 2 sessions if needed)</p>	<p>Prefer something a bit different? Why not try a gentle yoga or Pilates class, or even book yourself a massage.</p>	<p><i>25 Minute Walk</i></p> <p>Going at a brisk pace (RPE 5-6) for 3 minutes and a slower pace (RPE 3-4) for 2 minutes, repeating 5 times total.</p> <p>If you're feeling up to it, replace 1 minute of the brisk walk with a slow jog instead!</p>	<p>Give the following gentle session a try, bonus if you can get a few of your mates to join in!</p> <p>Click here to try the Lower Body Strength and Injury Prevention Workout!</p>	<p>Choose your favourite cardio (walking, swimming, cycling, etc) and go at a steady pace (RPE 2-3) for 25 minutes.</p> <p>Stretch outside for 10-15 min.</p>	<p>Check your progress and plan for next week's training</p> <p>Don't forget to fill in your interactive calendar to track your progress!</p> <p>Let's get ready for week 3!</p>

Week 3

15 – 21
July

Week 4

22– 28
July

Week 5

29 July
–
4 August

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Test Day	Light Session + Strength Day	Recovery Day	Interval Day	Strength Day	Steady State Day	Rest, Review and Plan!
Walk at a brisk pace (RPE 5-6) or even try a slow run (RPE 4-5) and see how long or how far you can go to that edge of discomfort. How did you go compared to last week? Adjust accordingly!	Based on yesterday's result, aim to go that time or distance, but do 2 minutes at an RPE of 7-8 (taking it up a bit from last week) and 1 minute at an RPE of 3-4. Feel ready to try running? Do 1 minute of slow running and 1 minute of recovery walking instead! Try a short lower body strength workout (Split into 2 sessions if needed)	Ever tried foam rolling? Here's how!	<i>30 Minute Walk/Jog</i> Going at a brisk pace or slow jog (RPE 4-6) for 4 minutes and a slower pace (RPE 2-3) for 2 minutes, repeating 5 times total.	Give the following gentle session a try, bonus if you can get a few of your mates to join in! Click here to try the Lower Body and Core Workout!	Choose a non-walking/jogging form of cardio (swimming/cycling/rowing etc) and go at a steady pace (RPE 2-3) for 30 minutes. Stretch outside for 10-15 min.	Check your progress and plan for next week's training. Don't forget to fill in your interactive calendar to track your progress! P.S Great job on building a consistent exercise habit! Keep up the good work!
Aim to alternate walking and running at an RPE of 4-5 and see how long or how far you can go to that edge of discomfort. Use this to guide your training this week. Last full week before challenge week!	Based on yesterday's result, aim to go that time or distance again. This time, either speed walk for 3 minutes (RPE 6-7) and recovery walk for 1 minute (RPE 3-4), or run for 2 minutes and recovery walk for 1 minute. You've got this!	Make Wednesday your recharge day. Remember to prioritize self-care, even after the challenge. Take care of YOU!	<i>35 Minute Walk/Jog</i> Going at a brisk pace or slow jog (RPE 4-6) for 5 minutes and a slower pace (RPE 2-3) for 1-2 minutes, repeating until your selected time is complete	Give the following gentle session a try, bonus if you can get a few of your mates to join in! Click here to try the Desk Workout!	See if you can try a non-walking/ jogging form of cardio again and aim to go at a steady pace (RPE 3-4 this time) for at least 40 minutes, breaking it into two 20-minute sessions if needed. Stretch outside for 10-15 min.	Check your progress and plan for Challenge Week! Don't forget to fill in your interactive calendar to track your progress! <i>Good luck for the Challenge</i>

Jeans for Genes Day!!

Challenge week

Celebrate your progress during Jeans for Genes Week with a final run!

Remember, the goal was to run 4km in one go, but if you couldn't reach it, that's okay! We set a stretch target to push ourselves further and improve our fitness while raising money for research. Let's finish strong and be proud of what we've accomplished!

Intermediate Level

The intermediate level is for those who can comfortably run at least 3km without stopping.

The goal is to work towards running 6km in one go, which is challenging, but if you don't reach it, that's okay. What's more important is that you'll improve your fitness, and raise money for vital research!

Keep track of your runs and walks by logging them on your favourite fitness app like Strava, Garmin, or FitBit! It's an easy way to monitor the kilometres you're covering. Be sure to enter your progress in your interactive Sofa to 6K Progress Calendar.

[CLICK HERE](#) to access your Calendar.

Happy tracking!

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Test Day	Light Session + Strength Day	Recovery Day	Interval Day	Strength Day	Steady State Day	Rest, Review and Plan!
Week 1 1 – 7 July	Run or speed-walk at a steady pace (RPE 5-6) and see how long or how far you can go. Stop when you start to feel uncomfortable. We'll repeat this at the start of each week to help see how you're travelling!	Based on yesterday's result, aim to again go that time or distance, but do 1 minute run/speed walk at an RPE of 6-7 and 1 minute recovery walk at an RPE of 3-4 (think 'work minute, recovery minute') until done. Try a short lower body strength workout (Split into 2 sessions if needed)	Stretch while reading a blog post	<i>20 Minute Run/Walk</i> Slow run (RPE 5-6) for 2 minutes and brisk walk (RPE 3-4) for 3 minutes, repeating 4 times total	Give the following gentle session a try, bonus if you can get a few of your mates to join in! Click here to try the Preventing Knee Pain workout!	Choose your favourite cardio (walking, swimming, cycling, etc) and go at a steady pace (RPE 2-3) for 30 minutes. Stretch outside for 10-15 min.	Check your progress and plan for next week's training. Don't forget to download your interactive calendar to track your progress. P.S. Click here to learn how the body works
Week 2 8 – 14 July	Run at a pace that sits you at a RPE 5-6. Stop once you feel uncomfortable. How did you do compared to last week? If you've improved, add 5 minutes to your sessions this week. If not, try last week's program again. Keep up the good work!	Based on yesterday's result, aim to go that time or distance, but do 2 minutes of running at an RPE of 6-7 and 1 minute of recovery walking or slow jog at an RPE of 3-4, and repeat until done! Try a short lower body strength workout (split into 2 sessions if needed)	Prefer something a bit different? Why not try a gentle yoga or Pilates class, or even book yourself a massage.	<i>25 Minute Run/Walk</i> Run (RPE 5-6) for 3 minutes and speed walk (RPE 3-4) for 2 minutes, repeating 5 times total. If you're feeling up to it, add an extra interval round, or increase the run and decrease the walk by 1 minute!	Give the following gentle session a try, bonus if you can get a few of your mates to join in! Click here to try the Lower Body Strength and Injury Prevention Workout!	Choose a non-running form of cardio (swimming, cycling, rowing etc) and go at a steady pace (RPE 3-4 this time) for 30 minutes. Stretch outside for 10-15 min.	Check your progress and plan for next week's training. Don't forget to fill in your interactive calendar to track your progress! Let's get ready for week 3!

Week 3

15 – 21
July

Week 4

22– 28
July

Week 5

29 July
–
4 August

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Test Day	Light Session + Strength Day	Recovery Day	Interval Day	Strength Day	Steady State Day	Rest, Review and Plan!
<p>Aim to run at that RPE of 5-6 again and see how long or far you can go, aiming to hit that point of some discomfort.</p> <p>How did you go compared to last week?</p>	<p>Based on yesterday's result, aim to go that time or distance, but do 2 minutes running at an RPE of 7-8 (taking it up a bit from last week!) and 1 minute walk or slow jog at an RPE of 3-4 until done.</p> <p>Try a <u>short lower body strength workout</u> (Split into 2 sessions if needed)</p>	<p>Ever tried foam rolling? Here's how!</p>	<p><i>30 Minute Run/Walk</i></p> <p>Run for 4 minutes (RPE 5-6) and speed walk or slow jog (RPE 2-3) for 1 minute, repeating for 6 total rounds.</p>	<p>Give the following gentle session a try, bonus if you can get a few of your mates to join in!</p> <p>Click here to try the Lower Body and Core Workout!</p>	<p>Choose your favourite type of cardio (jogging, swimming, cycling, etc) and aim to go at a steady pace (RPE 2-3) for at least 40 minutes.</p> <p>Stretch outside for 10-15 min.</p>	<p>Check your progress and plan for next week's training.</p> <p>Don't forget to fill in your interactive calendar to track your progress!</p> <p>P.S Great job on building a consistent exercise habit! Keep up the good work!</p>
<p>Find that RPE 5-6 run pace and see how long or far you can go today on the edge of uncomfortable (aka, a challenge!) by the end.</p> <p>Use this to guide your training this week.</p> <p>Last full week before challenge week!</p>	<p>Based on yesterday's result, aim to go that time or distance again.</p> <p>This time, either run for 3 minutes (RPE 6-7) and jog for 1 minute (RPE 3-4), or see if you can run the whole time at RPE of 3-4.</p> <p>You've got this!</p>	<p>Make Wednesday your recharge day.</p> <p>Remember to prioritize self-care, even after the challenge. Take care of YOU!</p>	<p><i>35-40 Minute Run/Walk</i></p> <p>Pushing your steady run to 6 minutes (RPE 5-6) and a slower jog/walk (RPE 2-3) for 1-2 minutes, repeating until your selected time is complete.</p>	<p>Give the following gentle session a try, bonus if you can get a few of your mates to join in!</p> <p>Click here to try the Desk Workout!</p>	<p>Choose a non-running form of cardio (swimming, cycling, rowing etc) and go at a steady pace (RPE 3-4 this time) for 40 minutes.</p> <p>Break into two 20 min sessions if needed.</p> <p>Stretch outside for 10-15 min.</p>	<p>Check your progress and plan for Challenge Week!</p> <p>Don't forget to fill in your Interactive calendar to track your progress!</p> <p>Good luck for the Challenge</p>

Jeans for Genes Day!!

Challenge week

Celebrate your progress during Jeans for Genes Week with a final run!

Remember, the goal was to run 10km in one go, but if you couldn't reach it, that's okay! We set a stretch target to push ourselves further and improve our fitness while raising money for research. Let's finish strong and be proud of what we've accomplished!

Advanced Level

The Advanced Level is designed for those who can already run 6km and want to reach a 10km goal by incorporating varied training techniques.

By the end of this challenge, you'll run a faster 6km and be on your way to running 10km or beyond.

Keep track of your runs by logging them on your favourite fitness app like Strava, Garmin, or FitBit! It's an easy way to monitor the kilometres you're covering. Be sure to enter your progress in your interactive Sofa to 6K Progress Calendar.

[CLICK HERE](#) to access your Calendar.

Happy tracking!

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Test Day	Light Session + Strength Day	Recovery Day	Interval Day	Strength Day	Steady State Day	Rest, Review and Plan!
Week 1 1 1 – 7 July	<p>Run at a steady pace (RPE 5-6) and see how long or how far you can go. Stop when you start to feel uncomfortable.</p> <p>We'll repeat this at the start of each week to help see how you're travelling!</p>	<p>Based on yesterday's result, aim to again go that time or distance, but do 2 minutes run at an RPE of 7-8 and 1 minute recovery jog at an RPE of 3-4 (think 'work minute, recovery minute') until done.</p> <p>Try a short lower body strength workout (Split into 2 sessions if needed)</p>	<p>Stretch while reading a blog post</p>	<p><i>20 Minute Run</i></p> <p>Going at a quicker pace (RPE 6-7) for 3 minutes and a slower pace (RPE 3-4) for 2 minutes, repeating 4 times total</p>	<p>Give the following gentle session a try, bonus if you can get a few of your mates to join in!</p> <p>Click here to try the Preventing Knee Pain workout!</p>	<p>Choose your favourite cardio (walking, swimming, cycling, etc) and go at a steady pace (RPE 2-3) for 30 minutes.</p> <p>Stretch outside for 10-15 min.</p>	<p>Check your progress and plan for next week's training.</p> <p>Don't forget to download your interactive calendar to track your progress.</p> <p>P.S. Click here to learn how the body works</p>
Week 2 2 8 – 14 July	<p>Run at a pace that sits you at a RPE 5-6 and stop once you feel uncomfortable.</p> <p>How did you do compared to last week? If you've improved, add 5 minutes to your sessions this week. If not, try last week's program again.</p> <p>Keep up the good work!</p>	<p>Based on yesterday's result, aim to go that time or distance, but do 1-2 minutes of running at an RPE of 8-9 and 2-3 minutes of recovery jog at an RPE of 3-4, and repeat until done!</p> <p>Try a short lower body strength workout (Split into 2 sessions if needed)</p>	<p>Prefer something a bit different? Why not try a gentle yoga or Pilates class, or even book yourself a massage.</p>	<p><i>30 Minute Run</i></p> <p>Going at a brisk pace (RPE 5-6) for 4 minutes and a slower pace (RPE 3-4) for 2 minute, repeating 6 times total.</p> <p>If you're feeling up to it, replace 1 minute of the brisk run for an even quicker RPE pace of around 8 instead!</p>	<p>Give the following gentle session a try, bonus if you can get a few of your mates to join in!</p> <p>Click here to try the Lower Body Strength and Injury Prevention Workout!</p>	<p>Choose your favourite type of cardio (walking, swimming, cycling, etc) and aim to go at a steady pace (RPE 2-3) for at least 40 minutes.</p> <p>Stretch outside for 10-15 min.</p>	<p>Check your progress and plan for next week's training.</p> <p>Don't forget to fill in your interactive calendar to track your progress!</p> <p>Let's get ready for week 3!</p>

Week 3

15 – 21
July

Week 4

22– 28
July

Week 5

29 July
–
4 August

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Test Day	Light Session + Strength Day	Recovery Day	Interval Day	Strength Day	Steady State Day	Rest, Review and Plan!
<p>Aim to run at that RPE of 5-6 again and see how long or far you can go, aiming to hit that point of some discomfort</p> <p>How did you go compared to last week? Adjust accordingly!</p>	<p>Based on yesterday's result, aim to go that time or distance, but do 3 minutes running at an RPE of 7-8 and 1 minute slow jog at an RPE of 3-4 until done.</p> <p>Try a short lower body strength workout (Split into 2 sessions if needed)</p>	<p>Ever tried foam rolling? Here's how!</p>	<p><i>35-40 Minute Run</i></p> <p>Going at a brisk pace (RPE 6-7) for 5 minutes and a slower pace (RPE 2-3) for 1-2 minutes, repeating until time.</p>	<p>Give the following gentle session a try, bonus if you can get a few of your mates to join in!</p> <p>Click here to try the Lower Body and Core Workout!</p>	<p>Choose a non-running form of cardio (swimming, cycling, rowing etc) and go at a steady pace (RPE 3-4 this time) for 40 minutes.</p> <p>Stretch outside for 10-15 min.</p>	<p>Check your progress and plan for next week's training.</p> <p>Don't forget to fill in your interactive calendar to track your progress!</p> <p>P.S Great job on building a consistent exercise habit! Keep up the good work!</p>
<p>Find that RPE 5-6 run pace and see how long or far you can go today on the edge of uncomfortable (aka, a challenge!) by the end.</p> <p>Use this to guide your training this week.</p> <p>Last full week before challenge week!</p>	<p>Based on yesterday's result, aim to go that time or distance again.</p> <p>This time, either run for 3 minutes (RPE 7-8) and jog for 1 minute (RPE 3-4), or see if you can run the whole time at RPE of 3-4.</p> <p>You've got this!</p>	<p>Make Wednesday your recharge day.</p> <p>Remember to prioritize self-care, even after the challenge. Take care of YOU!</p>	<p><i>45-60 Minute Run</i></p> <p>Going at a brisk pace (RPE 5-6) for 8-10 minutes and a slower pace (RPE 2-3) for 1-2 minutes, repeating until your selected time is complete.</p>	<p>Give the following gentle session a try, bonus if you can get a few of your mates to join in!</p> <p>Click here to try the Desk Workout!</p>	<p>Choose a non-running form of cardio (swimming, cycling, rowing etc) and go at a steady pace (RPE 3-4 this time) for 45 minutes.</p> <p>Break into two 20 min sessions if needed.</p> <p>Stretch outside for 10-15 min.</p>	<p>Check your progress and plan for Challenge Week!</p> <p>Don't forget to fill in your interactive calendar to track your progress!</p> <p><i>Good luck for the Challenge</i></p>

Jeans for Genes Day!!

Challenge week

Celebrate your progress during Jeans for Genes Week with a final run!

Remember, the goal was to run 10km in one go, but if you couldn't reach it, that's okay! We set a stretch target to push ourselves further and improve our fitness while raising money for research. Let's finish strong and be proud of what we've accomplished!

6 Top Tips to Avoid Injury

1

Listen to your body.

Don't push through pain and seek guidance from a professional if necessary.

2

Pay attention

to how you feel during and after a workout. Prioritise recovery.

3

Not able to run?

Find an alternative activity that works for you and aim for 60 minutes of movement a few days a week.

4

Go beyond running.

Building strength and flexibility is essential for moving easier, for longer and pain-free.

5

Fuel your body with healthy,

whole foods and stay hydrated. Consider seeking guidance from a dietitian if necessary.

6

Make recovery a key

part of your training plan, including prioritising sleep with a consistent schedule.

Strength, Stretching and Mobility



An optimal program typically contains some regular strengthening and stretching.

Check out ESSA's Exercise Right website for stretches you can do at home, plus strength and fitness workouts led by Accredited Exercise Physiologists (AEP). There are lots of different exercises you can complete at home or in the office for a mid-day pick-me-up. See if you can sneak in a daily 10-minute session to start with (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 as a starting point: Lower Body Strength and Injury Prevention by Lauren Sexton, AEP, and Preventing Knee Pain by Katherine Smith, AEP.

For some great mobility exercises, watch **Spinal Mobility** by Annika Coyne, AEP, and **Hip Mobility** by Danielle Royston, AEP.



Go beyond running.
Find out more at fundraise.jeansforgenes.org.au

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 Scientist, 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 do not accept liability for any claims, howsoever described, for loss, damage and/or injury in connection with the use of any of the material, or any reliance on the information therein. No warranties (including but not limited to warranties as to safety) and no guarantees against injury or death are given by the organisations in connection with the use or reliance on the material. 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 [Find AEP \(essa.org.au\)](https://find.aep.essa.org.au) or your doctor for advice on a training program that is suitable for you.

