

TRAINING PLAN CITY2SURF BEGINNER

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------------------|--|--|------|--------------------------------------|------|---|---------------------------------|
| WEEK 1&2 | 20 min very easy pace jog | 8 min easy pace jog - 4 min slightly picking up the pace - 8 min easy pace jog (continuous progressive run) | REST | 20 min very easy pace jog | REST | 8 min w/up jog - 4 x 2 min picking up the pace with 2 min jog/walk recovery between each - 5 min c/down jog | 30 min easy pace continuous run |
| WEEK 3&4 | 20 min easy pace jog | 10 min easy pace jog - slightly pick up the pace for 5 min - 10 min easy pace jog (continuous progressive run) | REST | 20 min easy pace jog | REST | 10 min w/up jog - 6 x 2 steady efforts with 2 min jog/walk recovery between each effort - 10 min c/down jog | 35 min easy pace continuous run |
| WEEK 5 | 30 min run picking up the pace slightly for the last 5 min | 10 min w/up jog - 4 x 3 min steady efforts with 3 min jog/walk recovery between each - 10 min c/down jog | REST | 30 min continuous run at steady pace | REST | 12 min easy pace - 6 min steady pace - 12 min easy pace | 40 min easy pace continuous run |
| WEEK 6 | 30 min run picking up the pace slightly for the last 5 min | 10 min w/up jog- 4 x 3 min steady efforts with 3 min jog/walk recovery between each - 10 min c/down jog | REST | 30 min continuous run at steady pace | REST | REST | RACE DAY! |

**TRAINING FOR ANOTHER EVENT?
CHECK OUT OUR 'UP AND RUNNING' PROGRAM AVAILABLE IN VARIOUS DISTANCES**

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