

TRAINING PLAN CITY2SURF INTERMEDIATE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1&2	30 min easy pace jog	10 min w/up jog - 6 x 2 min efforts with 2 min recovery interval between each effort - 10 min c/down jog (continuous progressive run)	REST	30 min easy pace jog	REST	12 min easy pace - 6 min steady pace - 12 min easy pace (continuous progressive run)	40 min easy pace
WEEK 3&4	30 min run picking up the pace slightly for the last 5 min	10 min w/up jog - 2 x 2 min efforts, 2 x 3 min efforts, 2 x 2 min efforts (equal recovery times after each effort) - 10 min c/down jog (continuous progressive run)	REST	10 min w/up jog - find a hill 100m to 150m long and run with steady effort up (walk/jog back down) repeat 8 to 10 times - 10 min c/down jog	REST	WK 3 - 10 min w/up jog - 4km time trial (race pace) - 10 min c/down jog *WK 4 - 30 min easy pace	50 min easy pace run
WEEK 5&6	20 min easy pace - 20 min steady pace (40 min continuous progressive run)	10 min w/up jog - 4 x 3 min steady efforts with 3 min jog/walk recovery between each - 10 min c/down jog	30 - 40 min easy pace run	10 min w/up jog - 6 x 90 sec efforts with 90 sec jog recovery - 10 min c/down jog	REST	30 min steady pace run	55 min easy pace run
WEEK 7&8	40 min easy pace run	10 min w/up jog - 6 x 3 min efforts with 3 min jog recovery between each - 10 min c/down jog	30 - 40 min easy pace run	10 min w/up jog - 6 x 60 sec efforts with 60 sec jog recovery between each - 10 min c/down jog	REST	*WK 7 - 30 min easy pace run *WK 8 - REST	*WK 7 - 60 min easy pace run *WK 8 - RACE DAY!

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

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