

# TRAINING PLAN CITY2SURF ADVANCED

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 1&amp;2</b>	30 min easy pace run	10 min w/up jog - 4 x 3 min on/off efforts - 10 min c/down jog	40 min easy pace	10 min w/up jog - 6 x 90 sec on/off efforts - 10 min c/down jog	REST	10 min easy pace -15 min steady pace - 10 min easy pace (continuous progressive run)	60 min easy pace
<b>WEEK 3&amp;4</b>	30 min easy pace	10 min w/up jog - 6 x 2 min on/off efforts - 10 min c/down jog	45 min easy pace	10 min w/up jog - 6 x 3 min on/off efforts - 10 min c/down jog	REST	20 min easy pace - 20 min steady pace (continuous progressive run)	70 min easy pace
<b>WEEK 5&amp;6</b>	30 min easy pace (slightly picking up the pace in the last 5 min)	10 min w/up jog - 4 x 3 min on/off efforts - 10 min c/down jog	45 min easy pace	10 min w/up jog - 6 x 90 sec efforts with 90 sec jog recovery - 10 min c/down jog	REST	10 min easy pace - 10 min steady pace - 10 min easy pace (continuous progressive run)	70 min easy pace
<b>WEEK 7&amp;8</b>	40 min easy pace run	10 min w/up jog - 6 x 3 min on/off efforts - 10 min c/down jog	45 min easy	10 min w/up jog - 6 x 2 min on/off efforts - 10 min c/down jog	REST	20 min easy pace - 20 min steady pace (continuous progressive run)	75 min easy pace
<b>WEEK 9&amp;10</b>	40 min easy pace run	10 min w/up jog - 4 x 5 min effort with 3 min recovery jog between each - 10 min c/down jog	40 min easy pace run	10 min easy pace w/up - 6 x 90 sec on/off efforts - 10 min c/down jog	REST	*WK 9 - 10 min easy pace - 10 min steady pace - 10 min easy pace *WK 10 - REST	*WK 9 - 60 min easy pace *WK 10 - RACE DAY!

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

**CITY2SURF.COM.AU**

**JORG.COM.AU**