



2017 City 2 Surf Beginner Plan



	WEEK 1 + 2	WEEK 3 + 4	WEEK 5 + 6	WEEK 7 + 8	WEEK 9 + 10
<i>Monday</i>	20 min very easy pace jog	20 min easy pace jog	30 min run picking up the pace slightly for the last 5 min	30 min easy pace	30 min easy pace
<i>Tuesday</i>	8 min easy pace jog - 4 min slightly picking up the pace - 8 min easy pace jog	10 min easy pace jog - slightly pick up the pace for 5 min - 10 min easy pace jog	10 min w/up jog - 4 x 3 min steady efforts with 3 min jog/walk recovery between each - 10 min c/down jog	10 min w/up jog - 6 x 3 min steady efforts with 3 min jog/walk recovery between each - 10 min c/down jog	10 min w/up jog - 4 x 3 min steady efforts with 3 min jog/walk recovery between each - 10 min c/down jog
<i>Wednesday</i>	REST	REST	REST	REST	REST
<i>Thursday</i>	20 min very easy pace jog	20 min easy pace jog	10 min w/up jog - 10 min hill session - 10 min c/down jog	10 min w/up jog - 15 min hill session - 10 min c/down jog	*WK 9 - 10 min w/up jog - 6 x 1 min on/off efforts - 10 min c/down jog *WK 10 - 20 min easy pace
<i>Friday</i>	REST	REST	REST	REST	REST
<i>Saturday</i>	*WK1 - 4km time trial *WK2 - 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	*WK3 - 10 min w/up jog - 6 x 2 min steady efforts with 2 min jog/walk recovery between each effort - 10 min c/down jog *WK4 - 4km time trial	12 min easy pace - 6 min steady pace - 12 min easy pace	10 min easy pace - 10 min steady pace - 10 min easy pace	*WK 9 - 10 min easy pace - 10 min steady pace - 10 min easy pace *WK 10 - REST
<i>Sunday</i>	30 min easy pace run	35 min easy pace run	40 min easy pace run	45 min easy pace run	*WK 9 - 30 min easy pace run *WK 10 - RACE DAY!

Training for another event? Check out our 'Up And Running' program available in various distances

www.jorg.com.au | www.city2surf.com.au

