



2017 City 2 Surf Intermediate Plan



	WEEK 1 + 2	WEEK 3 + 4	WEEK 5 + 6	WEEK 7 + 8	WEEK 9 + 10
<i>Monday</i>	30 min easy pace run	30 min run picking up the pace slightly for the last 5 min	20 min easy pace - 20 min steady pace	20 min easy pace - 20 min steady pace	*WK9 - 40 min easy pace *WK10 - 30 min easy pace run
<i>Tuesday</i>	10 min w/up jog - 6 x 2 min efforts with 2 min recovery interval between each effort - 10 min c/down jog	10 min w/up jog - 2 x 2 min efforts, 2 x 3 min efforts, 2 x 2 min efforts all with 90 sec recovery interval between each - 10 min c/down jog	10 min w/up jog - 6 x 3 min on/off efforts all with 90 walk/jog recovery between each - 10 min c/down jog	10 min w/up jog - 6 x 3 min on/off efforts all with 90 walk/jog recovery between each - 10 min c/down jog	*WK9 - 10 min w/up jog - 6 x 3 min on/off efforts - 10 min c/down jog *WK10 - 10 min w/up jog - 4 x 3 min on/off efforts - 10 min c/down jog
<i>Wednesday</i>	REST	REST	30 - 40 min easy pace run	40 min easy pace run	*WK9 - 40 min easy pace *WK10 - 30 min easy pace
<i>Thursday</i>	30 min easy pace	10 min w/up jog - 6 x 90 sec on/off efforts - 10 min c/down jog	10 min w/up jog - 15 min hill session - 10 min c/down jog	10 min w/up jog - 20 min hill session - 10 min c/down jog	*WK9 - 10 min easy pace w/up - 6 x 90 sec on/off efforts - 10 min c/down jog *WK10 - 10 min easy pace w/up - 6 x 1 min on/off efforts - 10 min c/down jogs
<i>Friday</i>	REST	REST	REST	REST	REST
<i>Saturday</i>	*WK 1 - 4km time trial *WK 2 - 12 min easy pace - 6 min steady pace - 12 min easy pace	*WK 3 - 12 min easy pace - 6 min steady pace - 12 min easy pace *WK 4 - 4km time trial	30 min steady pace run	30 min steady pace run	*WK 9 - 30 min steady pace *WK 10 - REST (or 20min very easy run)
<i>Sunday</i>	40 min easy pace run	50 min easy pace run	55 min easy pace run	60 min easy pace run	*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

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