



# 2017 City 2 Surf Advanced 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 easy pace	30 min easy pace (slightly picking up the pace in the last 5 min)	40 min easy pace run	40 min easy pace run
<i>Tuesday</i>	10 min w/up jog - 4 x 3 min efforts all with 90 sec jog recovery - 10 min c/down jog	10 min w/up jog - 6 x 2 min on/off efforts - 10 min c/down jog	10 min w/up jog - 4 x 3 min efforts all with 90 sec jog recovery - 10 min c/down jog	10 min w/up jog - 6 x 3 min on/off efforts all with 90 sec jog recovery - 10 min c/down jog	10 min w/up jog - 4 x 5 min effort with 3 min recovery jog between each - 10 min c/down jog
<i>Wednesday</i>	40 min easy pace	45 min easy pace	45 min easy pace	45 min easy	40 min easy pace run
<i>Thursday</i>	10 min w/up jog - 6 x 90 sec on/off efforts - 10 min c/down jog	10 min w/up jog - 2 x 2 min on/off efforts, 4 x 60 sec on/off efforts, 4 x 30 sec on/off efforts - 10 min c/down jog	10 min w/up jog - 20 min hill session - 10 min c/down jog	10 min w/up jog - 25 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 *WK 10 - 10 min easy pace w/up - 6 x 1 min on/off efforts - 10 min c/down jog
<i>Friday</i>	REST	REST	REST	REST	REST
<i>Saturday</i>	*WK 1 - 4km time trial *WK 2 - 10 min easy pace -15 min steady pace - 10 min easy pace	*WK 3 - 20 min easy pace - 20 min steady pace *WK 4 - 4km time trial	10 min easy pace - 10 min steady pace - 10 min easy pace	20 min easy pace - 20 min steady pace	*WK 9 - 10 min easy pace - 10 min steady pace - 10 min easy pace *WK 10 - 20 min very easy
<i>Sunday</i>	60 min easy pace	70 min easy pace	75 min easy pace	80 min easy pace	*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

[www.jorg.com.au](http://www.jorg.com.au) | [www.city2surf.com.au](http://www.city2surf.com.au)

