



It's nearly that time of the year again. Time to tie up your laces and prepare to pound the pavement up *Heartbreak Hill*.

The 14km City2Surf fun run is just around the corner so we have made a training program just for you.

The City2Surf is actually quite a unique track, which involves 5 separate hills and our training program is designed to allow you to maximise your effort on race day and sprint your way to the finish line.

The plan is constructed in a way that works for everyone from novice to competitive runner, with the same techniques apply to everyone. We have adopted a pace chart, which will increase your workout knowledge and allow you, the runner to be more informed as you track you pace, recovery and running style.

To start with you'll need to identify which row in the Time Chart below you fit within. To do so you can use a recent time from a previous run or just head out for a 5km run and see which row correlates to your time.

After which you'll find a comprehensive 16-week training guide that will get you ready right up to Race Day.

Happy Running.

- City Feet Clinic

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CITY 2 SURF TIME CHART

Km Best	5Km Best / Average Km pace	10Km Best / Average Km pace	Tempo Average Km pace	Marathon Average Km pace	Recovery Day pace
4:00	22:00 / 4:05	45:45/ 4:32	4:45	4:55	5:25
4:20	23:45 / 4:45	49:00 / 4:55	5:05	5:20	5:50
4:40	25:15 / 5:00	52:30 / 5:15	5:30	5:40	6:10
5:00	27:00 / 5:25	55:30 / 5:35	5:50	6:00	6:30
5:20	28:30 / 5:40	59:00 / 5:55	6:10	6:20	6:50
5:35	30:00 / 6:00	62:30 / 6:15	6:30	6:45	7:10
5:55	31:45 / 6:20	66:00 / 6:35	6:50	7:05	7:35
6:15	33:00 / 6:35	69:00 / 6:55	7:10	7:25	7:55
6:30	35:00 / 7:00	72:00 / 7:15	7:30	7:45	8:15
6:50	36:15 / 7:15	75:00 / 7:30	7:45	8:05	8:35
7:10	38:00 / 7:35	78:30 / 7:45	8:05	8:15	8:45
7:30	39:30 / 7:55	81:30/ 8:10	8:25	8:30	9:00

CITY 2 SURF TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK16	2-5 Km	TRACK	RECOVERY	FARTLEK	2-5 Km	4 km	RECOVERY
WEEK 15	2-5 Km	TRACK	RECOVERY	HILLS	2-5 Km	4.5 Km	RECOVERY
WEEK 14	2-5 Km	TRACK	RECOVERY	FARTLEK	2-5 Km	4.5 Km	RECOVERY
WEEK 13	2.5-6 Km	TRACK	RECOVERY	HILLS	2.5-6 Km	5.5 Km	RECOVERY
WEEK 12	2.5-6 Km	TRACK	RECOVERY	TRACK	2.5-6 Km	5.5 Km	RECOVERY
WEEK 11	2.5-6 Km	TRACK	RECOVERY	TEMPO	2.5-6 Km	9 Km	RECOVERY
WEEK 10	2.5-6 Km	TRACK	RECOVERY	TEMPO	2.5-6 Km	12 Km	RECOVERY
WEEK 09	3-8 Km	TRACK	RECOVERY	HILLS	3-8 Km	15 Km	RECOVERY
WEEK 08	3-8 Km	TRACK	RECOVERY	TRACK	3-8 Km	12Km	RECOVERY
WEEK 07	3-8 Km	TRACK	RECOVERY	FARTLEK	3-8 Km	15Km	RECOVERY
WEEK 06	3-8 Km	TRACK	RECOVERY	INTERVAL	3-8 Km	12Km	RECOVERY
WEEK 05	4-8 Km	TRACK	RECOVERY	TEMPO	4-8 Km	15 Km	RECOVERY
WEEK 04	4-8 Km	TRACK	RECOVERY	TEMPO	4-8 Km	16.5 Km	RECOVERY
WEEK 03	4-8 Km	TRACK	RECOVERY	HILLS	4-8 Km	12 Km	RECOVERY
WEEK 02	4-8 Km	TRACK	RECOVERY	FARTLEK	4-8 Km	9 Km	RECOVERY
RACE WEEK	4-8 Km	TRACK	RECOVERY	TRACK	RECOVERY	5 Km	14km

16 WEEK CITY 2 SURF TRAINING PROGRAM

23 rd April – 29 th April																									
Monday	Start off your training program with a 2- 5 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.																								
Tuesday	<p style="text-align: center;">Track</p> <table border="1"> <thead> <tr> <th>Distance</th> <th>Rest</th> <th>Pace</th> </tr> </thead> <tbody> <tr> <td>200 meters</td> <td>30 seconds</td> <td>Km pace</td> </tr> <tr> <td>400 meters</td> <td>45 seconds</td> <td>5 Km pace</td> </tr> <tr> <td>600 meters</td> <td>60 seconds</td> <td>10 km pace</td> </tr> <tr> <td>800 meters</td> <td>60 seconds</td> <td>10 km pace</td> </tr> <tr> <td>600 meters</td> <td>60 seconds</td> <td>10 km pace</td> </tr> <tr> <td>400 meters</td> <td>45 seconds</td> <td>5 km pace</td> </tr> <tr> <td>200 meters</td> <td>30 seconds</td> <td>Km pace</td> </tr> </tbody> </table>	Distance	Rest	Pace	200 meters	30 seconds	Km pace	400 meters	45 seconds	5 Km pace	600 meters	60 seconds	10 km pace	800 meters	60 seconds	10 km pace	600 meters	60 seconds	10 km pace	400 meters	45 seconds	5 km pace	200 meters	30 seconds	Km pace
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Wednesday	Rest- (Yoga, stretch, swim or walk)																								
Thursday	<p style="text-align: center;">Fartlek</p> <p style="text-align: center;">Begin with 1km warm up run.</p> <table border="1"> <tbody> <tr> <td>1 min easy pace</td> <td>1 min hard pace</td> </tr> <tr> <td>2 min easy pace</td> <td>2 min hard pace</td> </tr> <tr> <td>3 min easy pace</td> <td>3 min hard pace</td> </tr> <tr> <td>1 min easy pace</td> <td>1 min hard pace</td> </tr> <tr> <td>2 min easy pace</td> <td>2 min hard pace</td> </tr> <tr> <td>3 min easy pace</td> <td>3 min hard pace</td> </tr> </tbody> </table> <p style="text-align: center;">**No rest between efforts**</p>	1 min easy pace	1 min hard pace	2 min easy pace	2 min hard pace	3 min easy pace	3 min hard pace	1 min easy pace	1 min hard pace	2 min easy pace	2 min hard pace	3 min easy pace	3 min hard pace												
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Friday	Recover from your previous effort with a 2- 5 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.																								
Saturday	4 Km long distance Run																								
Sunday	Recover, Relax & Enjoy The Rest																								

WEEK 2

30 th April- 6 th May							
Monday	Recover from your previous effort with a 2- 5 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.						
Tuesday	<p style="text-align: center;">Track</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>2 x 400 meters</td> <td>40 seconds</td> <td>10 km pace</td> </tr> <tr> <td>2 x 200 meters</td> <td>30 seconds</td> <td>5 km pace</td> </tr> </table> <p style="text-align: center;">3 minute rest Repeat set 5 x</p>	2 x 400 meters	40 seconds	10 km pace	2 x 200 meters	30 seconds	5 km pace
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Wednesday	Rest- (Yoga, stretch, swim or walk)						
Thursday	<p style="text-align: center;">Hills</p> <p style="text-align: center;">Set 1</p> <p style="text-align: center;">Short Hill- 25 seconds at Km pace (6x)</p> <p style="text-align: center;">Set 2</p> <p style="text-align: center;">Long Hill- 60 seconds at 5km pace (6x)</p> <p style="text-align: center;">Set 3</p> <p style="text-align: center;">Short Hill- 25 seconds at Km pace (6x)</p> <p style="text-align: center;">**Jog back downhill between intervals**</p>						
Friday	Recover from your previous effort with a 2- 5 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.						
Saturday	4.5 km long distance Run						
Sunday	Recover, Relax & Enjoy The Rest						

WEEK 3

7 th May - 13 th May																			
Monday	Recover from your previous effort with a 2- 5 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.																		
Tuesday	<p style="text-align: center;">Track</p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td>800 meters</td> <td>10 Km pace</td> </tr> <tr> <td>800 meters</td> <td>Tempo Pace</td> </tr> <tr> <td>800 meters</td> <td>5 Km Pace</td> </tr> <tr> <td>800 meters</td> <td>Tempo Pace</td> </tr> <tr> <td>400 meters</td> <td>5 Km Pace</td> </tr> <tr> <td>800 meters</td> <td>Tempo Pace</td> </tr> <tr> <td>2 x 200 meters</td> <td>5 Km Pace</td> </tr> <tr> <td>800 meters</td> <td>Tempo Pace</td> </tr> </table> <p style="text-align: center;">90 -Second recovery between effort</p>	800 meters	10 Km pace	800 meters	Tempo Pace	800 meters	5 Km Pace	800 meters	Tempo Pace	400 meters	5 Km Pace	800 meters	Tempo Pace	2 x 200 meters	5 Km Pace	800 meters	Tempo Pace		
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Friday	Recover from your previous effort with a 2- 5 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.																		
Saturday	4.5 km long distance Run																		
Sunday	Recover, Relax & Enjoy The Rest																		

WEEK 4

14 th May – 20 th May	
Monday	Recover from your previous effort with a 2.5- 6 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.
Tuesday	<p style="text-align: center;">Track</p> <p style="text-align: center;">16 x 400 meters</p> <p style="text-align: center;">2 minute recovery between effort</p> <p style="text-align: center;">Alternate between 10 km pace and 5 km pace</p>
Wednesday	Rest- (Yoga, stretch, swim or walk)
Thursday	<p style="text-align: center;">Hills</p> <p style="text-align: center;">30-second hill sprint 40-second hill sprint make sure you get past your last point 50-second hill sprint making sure you past your last point.</p> <p style="text-align: center;">Repeat 5 times</p> <p style="text-align: center;">Rest – 2 minute</p> <p style="text-align: center;">Run to the top of the hill and over the top</p> <p style="text-align: center;">Rest – 1 minute</p> <p style="text-align: center;">Run to the top of the hill and over the top</p> <p style="text-align: center;">**Jog back downhill between intervals**</p>
Friday	Recover from your previous effort with a 2.5- 6 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.
Saturday	5.5 km long distance Run
Sunday	Recover, Relax & Enjoy The Rest

WEEK 5

21 ST May – 27 th May							
Monday	Recover from your previous effort with a 2.5- 6 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.						
Tuesday	<p style="text-align: center;">Track</p> <p style="text-align: center;">Complete this 3 times:</p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td>4 x 200 meters</td> <td>1 minute rest</td> <td>Km pace</td> </tr> <tr> <td>400 meters</td> <td>2 minutes rest</td> <td>5 Km pace</td> </tr> </table>	4 x 200 meters	1 minute rest	Km pace	400 meters	2 minutes rest	5 Km pace
4 x 200 meters	1 minute rest	Km pace					
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Wednesday	Rest- (Yoga, stretch, swim or walk)						
Thursday	<p style="text-align: center;">Track</p> <p style="text-align: center;">8 x 100- meter Strides 2 x 1000 meters at 10 km pace 1 x 1000 meters at Marathon pace 2 x 1000 meters at 10 km pace 8 x 100 meters Stride</p>						
Friday	Recover from your previous effort with a 2.5- 6 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.						
Saturday	5.5 km long distance Run						
Sunday	Recover, Relax & Enjoy The Rest						

WEEK 6

28 th May – 3 rd June	
Monday	Recover from your previous effort with a 2.5- 6 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.
Tuesday	<p style="text-align: center;">Track</p> <p style="text-align: center;">(4x) 100 meters Km pace 1000 meters 5 Km pace 400 meters 10 Km pace (4x) 100 meters Km pace 400 meters 10 km pace 1000 meters 5 Km pace</p> <p style="text-align: center;">90 second recovery between effort</p>
Wednesday	Rest- (Yoga, stretch, swim or walk)
Thursday	<p style="text-align: center;">Tempo</p> <p style="text-align: center;">4 x 150 meters Strides</p> <p style="text-align: center;">5 km Tempo</p> <p style="text-align: center;">4 x 150 meters Strides</p>
Friday	Recover from your previous effort with a 2.5- 6 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.
Saturday	9 km long distance Run
Sunday	Recover, Relax & Enjoy The Rest

WEEK 7

4 th June – 10 th June	
Monday	Recover from your previous effort with a 2.5- 6 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.
Tuesday	<p style="text-align: center;">Track</p> <p style="text-align: center;">1000 meters 10 Km pace 500 meters 5 Km pace 500 meters 5 Km pace 200 meters Km pace 400 meters 5 Km pace 400 meters 5 Km pace</p> <p style="text-align: center;">90-Seconds rest between efforts</p>
Wednesday	Rest- (Yoga, stretch, swim or walk)
Thursday	<p style="text-align: center;">Tempo</p> <p style="text-align: center;">6.5 km run at your tempo pace.</p> <p style="text-align: center;">**push yourself up hills**</p>
Friday	Recover from your previous effort with a 2.5- 6 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.
Saturday	12 km long distance Run
Sunday	Recover, Relax & Enjoy The Rest

WEEK 8

11 th June – 17 th June	
Monday	Recover from your previous effort with a 3- 8 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.
Tuesday	<p style="text-align: center;">Track</p> <p style="text-align: center;">16 x 200 meters</p> <p style="text-align: center;">90 seconds rest</p> <p style="text-align: center;">Alternate between 10km pace and your 5 km pace</p>
Wednesday	Rest- (Yoga, stretch, swim or walk)
Thursday	<p style="text-align: center;">Hills</p> <p style="text-align: center;">Run up and over a hill 9 x</p> <p style="text-align: center;">** make sure you run 20 seconds over the top of the hill**</p>
Friday	Recover from your previous effort with a 3- 8 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.
Saturday	15 km long distance Run
Sunday	Recover, Relax & Enjoy The Rest

WEEK 9

18 th June – 24 th June																																		
Monday	Recover from your previous effort with a 3- 8 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.																																	
Tuesday	<p style="text-align: center;">Track</p> <table border="0" style="width: 100%; text-align: center;"> <thead> <tr> <th>Distance</th> <th>Rest</th> <th>Pace</th> </tr> </thead> <tbody> <tr> <td>2x 200 meters</td> <td>1 minute</td> <td>Km pace</td> </tr> <tr> <td>800 meters</td> <td>2 minutes</td> <td>5 Km pace</td> </tr> <tr> <td>600 meters</td> <td>2 minutes</td> <td>5 Km pace</td> </tr> <tr> <td>200 meters</td> <td>1 minute</td> <td>Km pace</td> </tr> <tr> <td>400 meters</td> <td>2 minutes</td> <td>5 Km pace</td> </tr> <tr> <td>800 meters</td> <td>2 minutes</td> <td>5 Km pace</td> </tr> <tr> <td>600 meters</td> <td>2 minutes</td> <td>5 Km pace</td> </tr> <tr> <td>200 meters</td> <td>1 minute</td> <td>Km pace</td> </tr> <tr> <td>400 meters</td> <td>2 minutes</td> <td>5 Km pace</td> </tr> <tr> <td>2 x 200 meters</td> <td>1 minute</td> <td>Km pace</td> </tr> </tbody> </table>	Distance	Rest	Pace	2x 200 meters	1 minute	Km pace	800 meters	2 minutes	5 Km pace	600 meters	2 minutes	5 Km pace	200 meters	1 minute	Km pace	400 meters	2 minutes	5 Km pace	800 meters	2 minutes	5 Km pace	600 meters	2 minutes	5 Km pace	200 meters	1 minute	Km pace	400 meters	2 minutes	5 Km pace	2 x 200 meters	1 minute	Km pace
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Wednesday	Rest- (Yoga, stretch, swim or walk)																																	
Thursday	<p style="text-align: center;">Track</p> <p style="text-align: center;">1.5km at your 10 km pace 400 meters at Km pace 800 meters at 5 Km</p> <p style="text-align: center;">Rest for 3 minutes</p> <p style="text-align: center;">Repeat</p>																																	
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Saturday	12 km long distance Run																																	
Sunday	Recover, Relax & Enjoy The Rest																																	

WEEK 10

25 th June – 1 st July													
Monday	Recover from your previous effort with a 3- 8 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.												
Tuesday	<p style="text-align: center;">Track</p> <p style="text-align: center;">400 meters 10 Km pace 2 x 400 meters 5 Km pace 400 meters Km pace</p> <p style="text-align: center;">2- minute recovery between effort</p> <p style="text-align: center;">Repeat set 4x</p>												
Wednesday	Rest- (Yoga, stretch, swim or walk)												
Thursday	<p style="text-align: center;">Fartlek</p> <p style="text-align: center;">1.5 km at Tempo pace</p> <p style="text-align: center;">Followed by:</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tbody> <tr> <td>1 min at a hard pace</td> <td>30 seconds easy pace</td> </tr> <tr> <td>2 minute at a hard pace</td> <td>1 minute easy pace</td> </tr> <tr> <td>3 minutes at a hard pace</td> <td>1.5 minute easy pace</td> </tr> <tr> <td>3 minutes at a hard pace</td> <td>1.5 minute easy pace</td> </tr> <tr> <td>2 minutes at a hard pace</td> <td>1 minute easy pace</td> </tr> <tr> <td>1 minute at a hard pace</td> <td>30 seconds easy pace</td> </tr> </tbody> </table> <p style="text-align: center;">Finish with</p> <p style="text-align: center;">1.5 km at Tempo pace</p>	1 min at a hard pace	30 seconds easy pace	2 minute at a hard pace	1 minute easy pace	3 minutes at a hard pace	1.5 minute easy pace	3 minutes at a hard pace	1.5 minute easy pace	2 minutes at a hard pace	1 minute easy pace	1 minute at a hard pace	30 seconds easy pace
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Friday	Recover from your previous effort with a 3- 8 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.												
Saturday	15 km long distance Run												
Sunday	Recover, Relax & Enjoy The Rest												

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WEEK 11

2 nd July – 8 th July																																					
Monday	Recover from your previous effort with a 3- 8 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.																																				
Tuesday	<p>Track</p> <p>Set 1</p> <table border="1"> <tr> <td>200 meters</td> <td>Km pace</td> <td>45 second</td> </tr> <tr> <td>800 meters</td> <td>10 Km pace</td> <td>2 minute</td> </tr> <tr> <td>200 meters</td> <td>Km pace</td> <td>45 second</td> </tr> <tr> <td>600 meters</td> <td>10 Km pace</td> <td>2 minute</td> </tr> <tr> <td>200 meters</td> <td>Km pace</td> <td>45 second</td> </tr> <tr> <td>400 meters</td> <td>10 Km pace</td> <td>2 minute</td> </tr> </table> <p>Set 2</p> <table border="1"> <tr> <td>200 meters</td> <td>Km pace</td> <td>2 minute</td> </tr> <tr> <td>800 meters</td> <td>5 Km pace</td> <td>45 second</td> </tr> <tr> <td>200 meters</td> <td>Km pace</td> <td>2 minute</td> </tr> <tr> <td>600 meters</td> <td>5 Km pace</td> <td>45 second</td> </tr> <tr> <td>200 meters</td> <td>Km pace</td> <td>2 minute</td> </tr> <tr> <td>400 meters</td> <td>5 Km pace</td> <td>45 second</td> </tr> </table>	200 meters	Km pace	45 second	800 meters	10 Km pace	2 minute	200 meters	Km pace	45 second	600 meters	10 Km pace	2 minute	200 meters	Km pace	45 second	400 meters	10 Km pace	2 minute	200 meters	Km pace	2 minute	800 meters	5 Km pace	45 second	200 meters	Km pace	2 minute	600 meters	5 Km pace	45 second	200 meters	Km pace	2 minute	400 meters	5 Km pace	45 second
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Thursday	<p>Intervals</p> <p>1 km at 10km pace 2 minute rest</p> <p>1 km at Tempo pace 2 minute rest</p> <p>Repeat 3 times.</p> <p>Finish with: 6 x 100 meters strides 30 seconds rest between strides.</p>																																				
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WEEK 12

9 th July – 15 th July																						
Monday	Recover from your previous effort with a 4- 8 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.																					
Tuesday	<p style="text-align: center;">Track</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">300 meters</td> <td style="width: 33%;">Km pace</td> <td style="width: 33%;">45 seconds</td> </tr> <tr> <td>400 meters</td> <td>5 Km pace</td> <td>2 minute</td> </tr> <tr> <td>500 meters</td> <td>5 Km pace</td> <td>2 minute</td> </tr> <tr> <td>600 meters</td> <td>10 Km pace</td> <td>2 minute</td> </tr> <tr> <td>500 meters</td> <td>5 Km pace</td> <td>2 minute</td> </tr> <tr> <td>400 meters</td> <td>5 Km pace</td> <td>2 minute</td> </tr> <tr> <td>300 meters</td> <td>Km pace</td> <td>45 seconds</td> </tr> </table>	300 meters	Km pace	45 seconds	400 meters	5 Km pace	2 minute	500 meters	5 Km pace	2 minute	600 meters	10 Km pace	2 minute	500 meters	5 Km pace	2 minute	400 meters	5 Km pace	2 minute	300 meters	Km pace	45 seconds
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300 meters	Km pace	45 seconds																				
Wednesday	Rest- (Yoga, stretch, swim or walk)																					
Thursday	<p style="text-align: center;">Tempo</p> <p style="text-align: center;">6.5 km progressive run averaging Tempo pace</p> <p style="text-align: center;">Finish with: 8 x 100 meter Strides</p>																					
Friday	Recover from your previous effort with a 4- 8 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.																					
Saturday	15 km long distance Run																					
Sunday	Recover, Relax & Enjoy The Rest																					

WEEK 13

16th July – 22 nd July													
Monday	Recover from your previous effort with a 4- 8 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.												
Tuesday	<p style="text-align: center;">Track</p> <p style="text-align: center;">Set 1</p> <p style="text-align: center;">3km time trial 10 minute recovery (walk)</p> <p style="text-align: center;">Set 2</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">200 meters</td> <td style="width: 50%;">10 Km pace</td> </tr> <tr> <td>200 meters</td> <td>5 Km pace</td> </tr> <tr> <td>200 meters</td> <td>Km Pace</td> </tr> <tr> <td>200 meters</td> <td>10 Km pace</td> </tr> <tr> <td>200 meters</td> <td>5 Km pace</td> </tr> <tr> <td>200 meters</td> <td>Km pace</td> </tr> </table> <p style="text-align: center;">60 seconds recovery between efforts</p>	200 meters	10 Km pace	200 meters	5 Km pace	200 meters	Km Pace	200 meters	10 Km pace	200 meters	5 Km pace	200 meters	Km pace
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200 meters	10 Km pace												
200 meters	5 Km pace												
200 meters	Km pace												
Wednesday	Rest- (Yoga, stretch, swim or walk)												
Thursday	<p style="text-align: center;">Tempo</p> <p style="text-align: center;">10km run→</p> <p style="text-align: center;">First 5 km recovery pace. Run last 5 km at faster tempo pace.</p>												
Friday	Recover from your previous effort with a 4- 8 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.												
Saturday	16.5 km long distance Run												
Sunday	Recover, Relax & Enjoy The Rest												

WEEK 14

23 rd July - 29 th July	
Monday	Recover from your previous effort with a 4- 8 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.
Tuesday	<p style="text-align: center;">Track</p> <p style="text-align: center;">Set 1</p> <p>1.4 km run: Alternate pace every 200 between Tempo and Km pace. 4 minute recovery</p> <p style="text-align: center;">Set 2</p> <p>800 meter run: first 400 meters at tempo then 400 meters at Km pace. 2 minute rest</p> <p style="text-align: center;">Set 3</p> <p>400 meter run: first 200 meters at tempo then 200 meters at Km pace.</p>
Wednesday	Rest- (Yoga, stretch, swim or walk)
Thursday	<p style="text-align: center;">Hills</p> <p style="text-align: center;">Hill run 2 minutes- Ideally 90 seconds up and 30 seconds over</p> <p style="text-align: center;">Repeat 6x</p>
Friday	Recover from your previous effort with a 4- 8 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.
Saturday	12 km long distance Run
Sunday	Recover, Relax & Enjoy The Rest

WEEK 15

30 th July – 5 th August											
Monday	Recover from your previous effort with a 4- 8 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.										
Tuesday	<p style="text-align: center;">Track</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">4 x 200 meters</td> <td style="width: 40%;">Km pace</td> </tr> <tr> <td>2 x 400 meters</td> <td>10 Km pace</td> </tr> <tr> <td>4 x 200 meters</td> <td>5 Km pace</td> </tr> <tr> <td>2 x 400 meters</td> <td>10 Km pace</td> </tr> <tr> <td>4 x 200 meters</td> <td>Km pace</td> </tr> </table> <p style="text-align: center;">60 seconds recovery between efforts</p>	4 x 200 meters	Km pace	2 x 400 meters	10 Km pace	4 x 200 meters	5 Km pace	2 x 400 meters	10 Km pace	4 x 200 meters	Km pace
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4 x 200 meters	Km pace										
Wednesday	Rest- (Yoga, stretch, swim or walk)										
Thursday	<p style="text-align: center;">Track</p> <p style="text-align: center;">2 km Recovery Run</p> <p style="text-align: center;">2 x 100 meter strides 1 km Tempo pace</p> <p style="text-align: center;">2 x 100 meters strides 1 km tempo pace</p> <p style="text-align: center;">2 km Recovery Run</p>										
Friday	Recover from your previous effort with a 4- 8 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.										
Saturday	9 km long distance Run										
Sunday	Recover, Relax & Enjoy The Rest										

WEEK 16 – RACE WEEK!

RACE WEEK- 6 th August – 12 th August – RACE WEEK											
Monday	Recover from your previous effort with a 4- 8 Km progressive run. Aiming for a slower start with a gradual pace increase throughout your run.										
Tuesday	<p style="text-align: center;">Track</p> <table><tbody><tr><td>2 x 200 meters</td><td>Km pace</td></tr><tr><td>2 x 400 meters</td><td>5 Km pace</td></tr><tr><td>800 meters</td><td>10 Km pace</td></tr><tr><td>2 x 400 meters</td><td>Marathon pace</td></tr><tr><td>2 x 200 meters</td><td>Km pace</td></tr></tbody></table> <p style="text-align: center;">2 minute recovery between effort</p>	2 x 200 meters	Km pace	2 x 400 meters	5 Km pace	800 meters	10 Km pace	2 x 400 meters	Marathon pace	2 x 200 meters	Km pace
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2 x 200 meters	Km pace										
Wednesday	Rest- (Yoga, stretch, swim or walk)										
Thursday	<p style="text-align: center;">Track</p> <p style="text-align: center;">3 km recovery run</p>										
Friday	Rest- (Yoga, stretch, swim or walk)										
Saturday	5 km long distance Run										
Sunday											