

CITY TO BAY TRAINING PLAN

City To Bay Date:

Sunday 17th Of September 2023

Program Start Date:

Sunday 9th of July 2023

Program Length:

10 Weeks

Who's it for?

Beginner to Intermediate Runners currently running 2-5kms without stopping. ***Advanced see below.

This running program is meant to complement a current strength & conditioning program ie. you're already training 3-4 times a week in a strength and conditioning gym.

The aim is to run the 12km race in a confident fashion at a pace you know you can handle for the entire 12kms. This program will give you knowledge around your comfortable pace so you can crush Jetty Road with pace, rather than stagger Jetty Road in pain.

If you'd like to be a part of Team V2 for the City To Bay Run, please let us know on train@v2fit.com.au. Just a 'I'm in for City To Bay Team V2!' will suffice.

TAG US IN YOUR TRAINING ON INSTAGRAM @V2_FIT AND HASHTAG #TEAMV2

***Advanced runners can use this as a basis for their running program. Your intensity can increase in some of the runs to allow more speed in the preparation leading up to the race. The longer runs should be done at prescribed pace, but more intense speed work can be added in where the ons&offs workouts have been prescribed. We're looking for 'overpace' on this work, so if you're comfortable at 4.00min/km pace, we need to push to 3.45min/km.

Each week we'll give you three sessions to complete. They can be done in any day of the week and preferably with a 'rest' day in between. That rest day can be a gym session though - avoid a run workout that day and change it up if you can.

// Week ONE

Start Them Up - Let's Get The Legs Moving

Session 1

Easy 15-20mins jog.

Within this run, 3 times you'll do 45sec bursts at your HARD pace. Not flat out, just solid.

Session 2

Inside or outside. Interval session.

WU - 3mins easy.

3 x 4min at medium-hard pace with 3min jog recovery in between.

WD - 3mins easy.

Session 3

Long Easy - 35mins

Conversational pace the whole way or Zone 2.

Tips: how are your running shoes feeling? If they're old and in need of replacement it might be best to do that now so during the week you'll be used to the shoes you'll run your race in! Nothing worse than pulling out a brand new paid for race day (insert blisters).

For any 1:1 help, please email train@v2fit.com.au for a callback. Sometimes it's nice to have a dedicated coach on your side, and we're here for you!

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// Week TWO

Build Phase - Volume Is The Name

Session 1

Easy 20-25mins jog.

Comprised of 5mins warm up, into 10mins at medium pace, 5-10 mins of easy pace.

Session 2

Inside or outside. Interval session.

WU - 3mins easy.

5 x 3min at medium-hard pace with 2min jog recovery in between.

WD - 3mins easy.

Session 3

Long Easy - 40mins

Conversational pace the whole way or Zone 2.

Tips: Calves get beat up with running! Stretch those out and roll out your plantar fascia as much as you can. Grab a cricket ball or hockey ball and go crazy.

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// Week THREE

Build Phase - Volume Is The Name

Session 1

Easy 2 x 15mins

Comprised of 5mins warm up, into 10mins at medium pace, 5-10 mins of easy pace.

Session 2

Inside or outside. Interval session.

WU - 3mins easy.

4 x 5min at tempo pace with 1min jog recovery in between (tempo=potential race pace)

WD - 3mins easy.

Session 3

Long Easy - 8-10km

Conversational pace the whole way or Zone 2.

Tips: Conversational pace is a great way to catch up with someone for a run. There's nothing worse than trying to chat during an interval session! Why don't you contact a friend and grab a coffee after? Even a cold beach dip to refresh the legs?

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// Week FOUR

Deload Week - Take Some Load Off The Joints

Session 1

Easy 15mins jog.

Session 2

Inside or outside. Interval session.

WU - 5mins easy.

6 x 1min at HARD pace with 2min jog recovery in between.

WD - 5mins easy.

Session 3

Long Easy - 20mins

Conversational pace the whole way or Zone 2.

Tips: Deload week is a great week to let go of some soreness. Maybe you need a massage? Reach out to our friends at CPT <https://www.cptphysiotherapy.com/>

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// Week FIVE

Build Phase - Volume Is The Name

Session 1

Easy 20mins jog.

2 x 3 min tempo runs in the mix here. Nothing hard, just turn the legs over.

Session 2

Inside or outside. Interval session.

WU - 3mins easy.

6 x 3min at medium-hard pace with 90secs jog recovery in between.

WD - 3mins easy.

This session should feel pretty tough. Not enough rest to really recover, but enough to push the pace each time!

Session 3

Long Easy - 35mins

Conversational pace the whole way or Zone 2.

Tips: Treadmill runs are actually a great tool for intervals. The screen shows exact times you're trying to achieve so there's no letting up!

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// Week SIX

Build Phase - Volume Is The Name

Session 1

Tempo Run

Warm up for 10mins, do some stretches.

Then

Tempo Run 15mins at what you would think is your race pace. Ie if you want to do 60mins for City To Bay, then 5.00min/km pace.

Then

Warm down for 5mins.

Session 2

Inside or outside. Interval session.

WU - 5mins easy.

10 x 1min at HARD pace with 1min jog recovery in between.

This session should feel really hard. Pace is hot, trying to overpace the legs and get them used to running faster.

WD - 3mins easy.

Session 3

Long Easy Trail or Beach Run - 8-10km. Change the scenery and change the load on the legs today!

Conversational pace the whole way or Zone 2.

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// Week SEVEN

Build Phase - Volume Is The Name

Session 1

Easy 20-25mins jog.

Comprised of 5mins warm up, into 10mins at medium pace, 5-10 mins of easy pace.

Session 2

Inside or outside. Interval session.

WU - 3mins easy.

5 x 3min at medium-hard pace with 2min jog recovery in between.

WD - 3mins easy.

Session 3

Long Easy - 10-12km

Conversational pace the whole way or Zone 2.

Tips: We're coming up to race day in a few weeks time. Have you registered?

<https://city-bay.org.au/>

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// Week EIGHT

Deload Week - Take Some Load Off The Joints

Session 1

Easy 20mins jog.

2 x 30 second openers in the midst. Just at tempo to turn the legs over. Nothing fast, just lengthen the stride.

Session 2

Inside or outside. Interval session.

WU - 3mins easy.

10 x 45sec at HARD pace with 2min jog recovery in between.

WD - 3mins easy.

This is a short and sharp session. Building leg speed without too much volume on the joints.

Session 3

Long Easy - 30mins

Conversational pace the whole way or Zone 2.

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// Week NINE

Final Build Phase Week - Volume Is The Name

Session 1

Tempo Run

Warm up for 10mins, do some stretches.

Then

Tempo Run 25mins at what you would think is your race pace. Ie if you want to do 60mins for City To Bay, then 5.00min/km pace.

Then

Warm down for 5mins.

Session 2

Inside or outside. Interval session.

WU - 5mins easy.

14 x 1min at HARD pace with 1min jog recovery in between.

This session should feel really hard. Pace is hot, trying to overpace the legs and get them used to running faster.

WD - 3mins easy.

Session 3

Long Easy Trail or Beach Run - 40-50mins. Change the scenery and change the load on the legs.

Conversational pace the whole way or Zone 2.

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// Week TEN

Race Week! The Work Is Done - Just Spin The Legs Over

Session 1

Tempo Run

Warm up for 10mins, do some stretches.
Then

Tempo Run 10mins at what you would think is your race pace. Ie if you want to do 60mins for City To Bay, then 5.00min/km pace.

Then
Warm down for 5mins.

Session 2

Inside or outside. Interval session.

WU - 3mins easy.

3 x 3min at medium pace with 2min jog recovery in between.

This session should feel really moderate. We just want to freshen up the legs, not beat them up.

WD - 3mins easy.

Session 3 - Done Day Before Race Day

Short Easy Run - 15-20mins. Conversational pace the whole way or Zone 2.

Just 2 x 45sec openers in the mix at race pace. Get the heart pumping a little but not too much. Lots of stretches after!

GOOD LUCK ON RACE DAY!!!

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