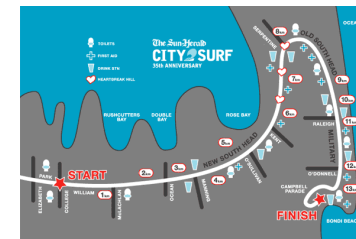


City 2 Surf 2016 Training Program

WEEK 1 - 4th to 10th July	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	6.45pm - Boxing	Rest day	MBRC 5.30am - Run and yoga	MBRC 5.30am - Hills session	Rest day	Rest day
WEEK 2 - 11th to 17th July	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	6.45pm - Boxing	Rest day	MBRC 5.30am - Run and yoga	MBRC 5.30am - Hills session	Rest day	Rest day
WEEK 3 - 18th to 24th July	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	6.45pm - Boxing	Rest day	MBRC 5.30am - Run and yoga	MBRC 5.30am - Hills session	Rest day	MBRC 5.30am - 10km run
WEEK 4 - 25th to 31st July	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	6.45pm - Boxing	Rest day	MBRC 5.30am - Run and yoga	MBRC 5.30am - Hills session	Rest day	MBRC 5.30am - 12km run
WEEK 5 - 1st to 7th August	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	6.45pm - Boxing	Rest day	MBRC 5.30am - Run and yoga	MBRC 5.30am - Hills session	Rest day	MBRC 5.30am - 10km run
WEEK 6 - 8th to 14th August	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	6.45pm - Boxing	Rest day	Rest day	Rest day	Easy 5km run	RACE DAY !!

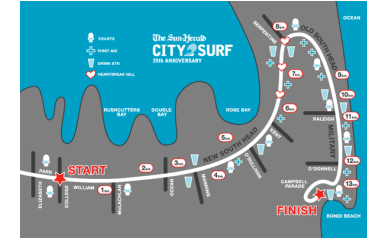


NOTES

LSD Runs - Your Sunday runs must be run around 90 seconds per km slower than your 5km pace. If you're unsure what your 5km pace is then simply go at a slow comfortable pace during these runs, slower than your usual morning run pace. The emphasis for these long runs is on the **SLOW** part. All Saturday runs should be LSD or Long Slow Distance runs where the focus is on completing the distance instead of running a fast time. PLEASE GO SLOW !! This will help build stamina and the slower pace will ensure you avoid any unnecessary injuries. Take your time with these runs and don't worry about your pace. The slower the better ! :-)

Recovery after your long runs - You will need to have an ice bath or alternatively jump in the ocean for 15 minutes after your long run. This is **ESSENTIAL** for recovery and will prevent injury. Also please ensure you rehydrate and eat some carbohydrates (i.e. 2 bananas) after your long runs to assist with muscle repair. Eating watery fruit like watermelon or rock melon is also a great idea after your long runs as this will provide you with some extra electrolytes. Coconut water is great too for electrolyte replacement. The rule for your post run recovery meal is 0.25 grams of protein per kilo of body weight and 1 gram of carbs per kilo of body weight. Please eat within 30 minutes of completing your run.

Eating and drinking on the long run - You will need to take some snacks and water with you on these long runs. If you do not hydrate you are risking injury so please please *please* take water and a few snacks with you. The general rule is 200 to 250 calories an hour of food and 700 millilitres of water an hour. Hydration packs and Fuel Belts are available in the Manly Beach Running Club Online Store - <http://manlybeachrunningclub.com/store-2/#!~/product/category=5526040&id=23278243>

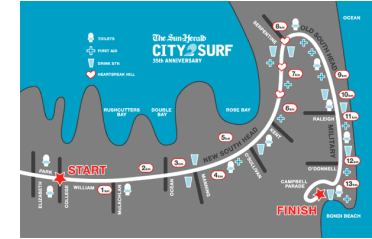


Missing a run - Missing the odd run during this program is inevitable and is factored into the training plan with lots of time and opportunities to make up for missed training. Life often gets in the way of training and this is to be expected. If you miss a training run don't panic, this program is designed to be used as a guide but it is not set in stone. Obviously the closer you stick to the plan the better prepared you will be but missing a couple of runs will not jeopardise your performance on race day. Please feel free to contact me if we need to make any amendments or changes to the training plan and I will be happy to discuss this with you and factor in holidays and/or family/work commitments.

Program Structure - This program is structured as a pyramid, with a gentle and gradual build up towards your longest run and then a gradual taper off to prepare your body. This is a tried and tested training program for marathons and it works. Training this way will prepare your body for the rigours and stress of running a marathon and put you in great shape for race day.

Many runners may not run as far as this during their training program, some runners will only be running up to half the distance max, possibly even less. In my opinion gradually building up to three quarters of the total distance offers the best preparation to prepare your mind and body for the challenge ahead. This level of training will help you enjoy the run on race day and give you the confidence and ability to complete the event in *relative* comfort ;-)

Long Runs - Manly Beach Running Club will be running a long run every weekend and Coach Joe will be providing support and encouragement the whole way. Please join us for a run whenever possible so Coach Joe can track your progress and answer any questions you may have about your training.



Rest Days - A rest day means exactly that, no sport and no cross training of any kind. Complete rest please !! Rest will give your body the time to repair and adapt to the new stress you are placing on it and this component of the program should be treated as equally as important as the actual running. Without rest, your body will not be able to strengthen the muscles or repair in time for the next training session. I would suggest that the rest day is before your long run day because this will give your body the time it needs to replenish glycogen stores in your muscles and provide the energy needed to complete these runs. If you decide you want to swap your rest day around, please ensure you have at least one rest day before the long run. Any questions please feel free to ask me.

Further info and questions - If you have any other questions or need any more info please contact Joe on 0433 819 514 or email manlybeachrunningclub@mail.com

People we recommend - Mark Green at The Body Mechanic- <http://thebodymechanic.com.au/mark-green/>
Pace Athletic Manly for running shoes - www.paceathletic.com
Manly Beach Running Club Store <http://manlybeachrunningclub.com/store-2/>
for running gear (i.e. hydration packs and energy gels) and nutrition plans

Manly Beach Running Club - www.manlybeachrunningclub.com

Joe - 0433 819 514 joeward_739@hotmail.com