



www.manlybeachrunningclub.com



City2Surf 2017 Training Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1 - 13th to 19th March	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	Rest day
WEEK 2 - 20th to 26th March	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	Rest day
WEEK 3 - 27th March to 2nd April	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	Rest day
WEEK 4 - 3rd to 9th April	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	Rest day
WEEK 5 - 10th to 16th April	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	Rest day
WEEK 6 - 17th to 23rd April	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	MBRC 5.30am - 10km
WEEK 7 - 24th to 30th April	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	MBRC 5.30am - 10km



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WEEK 8 - 1st to 7th May	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	MBRC 5.30am - 10km
WEEK 9 - 8th to 14th May	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	MBRC 5.30am - 10km
WEEK 10 - 15th to 21st May	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	MBRC 5.30am - 12km
WEEK 11 - 22nd to 28th May	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	MBRC 5.30am - 14km
WEEK 12 - 29th May to 4th June	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	10km Manly Dam? (optional)	MBRC 5.30am - 10km or rest day if ran yesterday
WEEK 13 - 5th to 11th June	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	10km Manly Dam? (optional)	MBRC 5.30am - 12km or rest day if ran yesterday
WEEK 14 - 12th to 18th June	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	MBRC 5.30am - 14km



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WEEK 15 - 19th to 25th June	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	MBRC 5.30am - 10km
WEEK 16 - 26th June to 2nd July	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	MBRC 5.30am - 12km
WEEK 17 - 3rd to 9th July	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	MBRC 5.30am - 14km
WEEK 18 - 10th to 16th July	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	MBRC 5.30am - 12km
WEEK 19 - 17th to 23rd July	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	MBRC 5.30am - 12km
WEEK 20 - 24th to 30th July	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	MBRC 5.30am - 12km
WEEK 21 - 31st July to 6th August	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	MBRC 5.30am - Fast Friday hills session	Rest day	MBRC 5.30am - 10km



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WEEK 22 - 7th to 13th August	MBRC 5.30am - Easy recovery run	MBRC 5.30am - Tempo run (fortnightly)	MBRC 5.30am - Curl Curl Run or TT	Rest day	Rest day	5km easy run	RACE DAY GO MANLY BEACH RUNNING CLUB!! :-D



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NOTES

LSD Runs - Your Weekend runs must be run around 90 to 120 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. I cannot emphasise enough, all long runs should be LSD or Long Slow Distance runs where the focus is on completing the distance instead of running to a time. This will help build stamina and the slower pace will ensure you avoid any injuries. Take your time with these sessions 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 runs. 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.

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 calories an hour and 750 millilitres of water an hour. Hydration packs and Fuel Belts are available Pace Athletic Store in Manly - <http://paceathletic.com>



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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/ride 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 sessions 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.

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 important to the training. 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 after your long run day because this will give your body the time it needs to replenish glycogen stores in your muscles and repair. If you decide you want to swap your rest day around, please ensure you have at least one rest day before the next 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



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People we recommend - Olly at **Pace Athletic** Manly for running shoes and trail gear - www.paceathletic.com

Peter and Mark at **The Body Mechanic** for injuries and niggles <http://thebodymechanic.com.au>

Tamara at **Mad on Nutrition** for nutrition advice

www.madonnutrition.com.au

Joe at **Manly Beach Running Club** for any of your trail running training questions 0433 819 514

Joe - 0433 819 514 manlybeachrunningclub@mail.com

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