

C2S 2022

8 WEEK GREEN PLAN

BUILD
SMARTLY

MANAGE
INTENSITY

TEST
IMPROVEMENT

RECOVERY
APPROPRIATELY

WEEK 1

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				<ul style="list-style-type: none">• The green program drives athletic improvement.• The listed sessions provide a periodised guide that considers the ideal work/rest ratio.• If your lifestyle requires changing the listed sessions, consider the work/rest model. E.g. two back to back, harder, higher threshold sessions are typically counter-productive and risky.• Check out the run technique video in the blue program if you are interested in running economy.• If you feel like including additional 'running' sessions, please police your easy intensity only.
Tues	Steady S'n'S set.	Easy-medium	40	Hold your easy to medium effort over rolling hills, whatever the pace my yield. You should finish believing you could easily log further miles at this pace. S'n'S set.
Weds				
Thurs	Steady S'n'S set.	Easy-medium	55	Same effort and terrain @ 55 minutes. S'n'S set.
Fri	Grassy set	Easy - hard	40	Video – see green weblink for the video explanation. Location: Grassy flat park – a footy park is perfect. Map out 'roughly' 1km – it doesn't have to be metre perfect. Rep 1 – run at your easy to medium effort = TIME (e.g 4.30)

				Reps 2-5 – Rep 1 time minus 15 seconds. (e.g. 4.30 – 4.15) – run each rep in 4.15 (or as close to it) with 15 seconds stop rest. Reps 6-8 – Rep 1 time minus 20 seconds. (e.g 4.30 – 4.10) – run each rep in 4.10)or close to it) with 20 seconds stop rest. Easy float 500 metres warm down.
Sat	Steady S'n'S set.	Medium	60	After an easy 10 minutes, build towards a comfortable but working effort for the remainder of the session. Choosing a rolling hills course is best. S'n'S set.
Sun				

WEEK 2

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady S'n'S set.	Easy-medium	40	Again, an uncomplicated base building session. S'n'S set.
Weds				
Thurs	Steady S'n'S set.	Easy-medium	50	<ul style="list-style-type: none"> 20 easy (effort) 20 medium 5 hard 5 easy S'n'S set. Again – we are NOT focussing on a given running pace, but on your effort and the pace that yields.
Fri	Grassy set	Easy - hard	40	Same session as last week. Your best running form is vital. Your rep 1 time may change from week to week, and typically it will be faster.
Sat	Steady S'n'S set.	Medium	70	After an easy 10 minutes, build towards a comfortable but working effort for the remainder of the session. Choosing a rolling hills course is best. S'n'S set.
Sun				

WEEK 3

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady S'n'S set.	Easy-medium	40	<p>After an easy 10 minute warm up, Find a hill, roughly 4-7% incline and allow 30 seconds of ascent at your medium intensity. Run 5 mins of up & backs (backs/ inclines run super easily with a short stride) at easy/medium effort, Run 5 mins of up & backs at hard intensity. Repeat this 10 minute alternating set x 3 = 30 mins. S'n'S set.</p>
Weds				
Thurs	Steady S'n'S set.	Easy-medium	50	<p>Flat to ever slightly rolling hills.</p> <ul style="list-style-type: none"> • 20 easy • 20 medium • 5 hard • 5 easy <p>S'n'S set.</p>
Fri	Grassy set	Easy - hard	40	<p>5-10 super easy warm up. Test rep 1 @ medium effort = time Reps 2-5 hitting test rep minus 20 seconds with 15 seconds stop rest. Reps 6-8 hitting test rep minus 20 seconds with 10 seconds stop rest. Easy 500-metre float recovery.</p>
Sat	Steady S'n'S set.	Medium	80	<p>After an easy 10 minutes, build towards a comfortable but working effort for the remainder of the session. Choosing a rolling hills course is best. S'n'S set.</p>
Sun	Grassy float	Easy - Medium	25	<p>25 minutes barefoot on grass at medium effort with perfect form. Tunes in.</p>

WEEK 4

DAY	TYPE	INTENSITY	DURATION	COMMENTS
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Mon				
Tues	Steady S'n'S set.	Easy-medium	40	Same as last week's Tuesday session. S'n'S set.
Weds				
Thurs	Steady S'n'S set.	Easy-medium	50	Flat to ever slightly rolling hills. <ul style="list-style-type: none"> • 15 easy • 25 medium • 5 hard • 5 easy S'n'S set.
Fri	Grassy set	Easy - hard	40	5-10 super easy warm up. Test rep 1 @ medium effort = time Reps 2-5 hitting test rep minus 20 seconds with 10 seconds stop rest. Reps 6-8 hitting test rep minus 20 seconds with 5 seconds stop rest. Easy 500-metre float recovery.
Sat	Steady S'n'S set.	Medium	80	After an easy 10 minutes, build towards a comfortable but working effort for the remainder of the session. Choosing a rolling hills course is best. S'n'S set.
Sun	Grassy float	Easy - Medium	25	25 minutes barefoot on grass at medium effort with perfect form. Tunes in.

WEEK 5

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady S'n'S set.	Easy-medium	40	After an easy 10 minute warm-up, Find a hill, roughly 4-7% incline and allow 30 seconds of ascent at your medium intensity. Run 10 mins of up & backs (backs/ inclines run super easily) at hard effort, Easy flattish float for 5 mins. Run 10 mins of up & backs (backs/ inclines run super easily) at hard effort, Easy flattish float for 5 mins.

				S'n'S set.
Weds				
Thurs	Steady S'n'S set.	Easy-medium	50	Flat to ever slightly rolling hills. <ul style="list-style-type: none"> • 15 easy • 20 medium • 10 hard • 5 easy S'n'S set.
Fri	Grassy set	Easy - hard	40	5-10 super easy warm up. Test rep 1 @ medium effort = time Reps 2-5 hitting test rep minus 25 seconds with 10 seconds stop rest. Reps 6-8 hitting test rep minus 25 seconds with 5 seconds stop rest. Easy 500-metre float recovery.
Sat	Steady S'n'S set.	Medium	80	After an easy 10 minutes, build towards a comfortable but working effort for the remainder of the session. Choosing a rolling hills course is best. S'n'S set.
Sun	Grassy float	Easy - Medium	25	25 minutes barefoot on grass at medium effort with perfect form. Tunes in.

WEEK 6

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady S'n'S set.	Easy-medium	40	Same as last week. S'n'S set.
Weds				
Thurs	Steady S'n'S set.	Easy-medium	50	Steady flow. S'n'S set.
Fri	Grassy set	Easy - hard	40	5-10 super easy warm up. Test rep 1 @ medium effort = time Reps 2-5 hitting test rep minus 30 seconds with 15 seconds stop rest. Reps 6-8 hitting test rep minus 30 seconds with 10 seconds stop rest.

				Easy 500-metre float recovery.
Sat	Steady S'n'S set.	Medium	80	After an easy 10 minutes, build towards a comfortable but working effort for the remainder of the session. Choosing a rolling hills course is best. S'n'S set.
Sun	Grassy float	Easy - Medium	25	25 minutes barefoot on grass at medium effort with perfect form. Tunes in.

WEEK 7

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady S'n'S set.	Easy-medium	40	Same as last week. S'n'S set.
Weds				
Thurs	Steady S'n'S set.	Easy-medium	50	Steady flow. S'n'S set.
Fri				
Sat	Steady S'n'S set.	Medium	60	After an easy 10 minutes, 3 minutes hard/ 2 min medium/ repeat. S'n'S set.
Sun	Grassy float	Easy - Medium	20	20 minutes barefoot on grass at easy effort with perfect form. Tunes in.

WEEK 8

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady S'n'S set.	Easy-medium	30	Steady medium effort. S'n'S set.
Weds				
Thurs	Steady S'n'S set.	Easy-medium	30	Steady flow. S'n'S set.
Fri				

Sat				
Sun	Race day		?	<p>A steady and comfortable first 2kms</p> <p>Build up to your hardest (yet sustainable) effort while holding your best form.</p> <p>Push the hill while controlling your breath! Breath control is the key.</p> <p>Push the last 4kms as strongly as possible.</p> <p>Hit the line.</p> <p>Congratulations.</p>

Your intensity guide.

Easy	Medium	Hard
<ul style="list-style-type: none"> You can hold entire conversations at this effort. You should feel like you could go forever at this effort level. Upon finishing, you should feel like you could go again. Never should you pull up sore. Your starting warm-up effort. 	<ul style="list-style-type: none"> You can answer questions in 3-4 words. You're working but not blowing. You produce manageable body heat and perhaps a lite sweat. On finishing, you could keep going, but you know it's been a solid session. 	<ul style="list-style-type: none"> You are working vigorously. You are catching your breath. You can feel the 'sting'. You are looking forward to finishing. We green team will be using this intensity – overriding and buffering waste products like lactic acid are critical for your best result. Equally, the harder more challenging sessions at your hard effort will build mental resolve.

Attention: those with a heart rate monitor.

Calculate your 'medium' effort represented in beats per minute.

a) 183 minus your Age =

b) If you've suffered significant illness within the last five years; minus 6 =

c) You've been largely sedentary over the past two years; minus 3 =

d) You have suffered more than one cold & flu over the past 12 months; minus 2 =

e) You are challenged regularly with muscle or joint inflammatory conditions; minus 3 =

f) You are challenged with lifestyle stress; minus 3 =

g) You've mainly been healthy for two years; add 6 =

h) You've exercised regularly for three years; add 5 = (This number is your medium perceived effort).

Easy = <10 beats lower.

Hard = 10> beats higher.