

# C2S 2024

## THE BORN TO RUN PLAN

BUILD  
SMARTLY

MANAGE  
INTENSITY

TEST  
IMPROVEMENT

RECOVERY  
APPROPRIATELY

### WEEK 1

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				<ul style="list-style-type: none"><li>• The B2R program drives athletic improvement.</li><li>• The listed sessions provide a periodised guide considering the ideal work/rest ratio.</li><li>• 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.</li><li>• Check out the run technique video in the blue program if you are interested in running economy.</li><li>• If you like including additional 'running' sessions, please police your easy intensity only.</li></ul>
Tues	Steady Core set	Easy-medium	40	Hold your easy to medium effort over rolling hills, whatever the pace may yield. You should finish believing you could easily log further miles at this pace. Core Set
Weds				
Thurs	Steady Core Set	Easy-medium	55	Same effort and terrain @ 55 minutes. Core Set
Fri	Grassy set	Easy - hard	40	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 Stretch	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. Stretch
Sun				

## WEEK 2

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady Core Set	Easy–medium	40	Again, an uncomplicated base–building session. Core Set
Weds				
Thurs	Steady Core Set	Easy–medium	50	<ul style="list-style-type: none"> <li>• 20 easy (effort)</li> <li>• 20 medium</li> <li>• 5 hard</li> <li>• 5 easy</li> </ul> Core Set Once more, your effort and the speed it produces are our main concerns rather than any particular running rate.
Fri	Grassy set	Easy – hard	40	Same session as last week. Your best running form is vital. Your 1 <sup>st</sup> rep time may change from week to week, and typically it will be faster.
Sat	Steady Core 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. Core Set
Sun				

## WEEK 3

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady Core 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 5 mins of up & backs (backs/ inclines run super easily with a short stride) at easy/medium effort, Run 5 mins of up & back at hard intensity. Repeat this 10-minute alternating set x 3 = 30 mins. S'n'S set.
Weds				
Thurs	Steady Core Set.	Easy-medium	50	Flat to ever-slightly rolling hills. <ul style="list-style-type: none"> <li>• 20 easy</li> <li>• 20 medium</li> <li>• 5 hard</li> <li>• 5 easy</li> </ul> Core 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 15 seconds stop rest. Reps 6-8 hitting test rep minus 20 seconds with 10 seconds stop rest. Easy 500-metre float recovery.
Sat	Steady Core 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. Core Set
Sun	Grassy float	Easy - Medium	25	25 minutes barefoot on grass at medium effort with perfect form. Tunes in.

## WEEK 4

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady	Easy-medium	40	Same as last week's Tuesday session.

Weds Thurs	Core Set.			Core Set.
	Steady Core Set.	Easy-medium	50	Flat to ever slightly rolling hills. <ul style="list-style-type: none"> <li>• 15 easy</li> <li>• 25 medium</li> <li>• 5 hard</li> <li>• 5 easy</li> </ul> Core 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 Core 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. Core 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 Core 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. Core Set
Weds Thurs	Steady	Easy-medium	50	Flat to ever-slightly rolling hills.

Fri Sat Sun	Core Set.			<ul style="list-style-type: none"> <li>• 15 easy</li> <li>• 20 medium</li> <li>• 10 hard</li> <li>• 5 easy</li> </ul> Core Set.
	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.
	Steady Stretch 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. Stretch Set
	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 Core Set.	Easy–medium	40	Same as last week. Core Set
Weds				
Thurs	Steady Core Set.	Easy–medium	50	Steady flow. Core 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 Core 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.

Sun				Core Set.
	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 Core Set.	Easy-medium	40	Same as last week. Core Set.
Weds				
Thurs	Steady Core Set.	Easy-medium	50	Steady flow. Core Set.
Fri				
Sat	Steady Stretch Set	Medium	60	After an easy 10 minutes, 3 minutes hard/ 2 min medium/ repeat. Stretch 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 Core Set.	Easy-medium	30	Steady medium effort. Core Set.
Weds				
Thurs	Steady Core Set.	Easy-medium	30	Steady flow. Core Set.
Fri				
Sat				
Sun	Race day		?	A steady and comfortable first 2kms Build up to your hardest (yet sustainable) effort while holding your best form. Push the hill while controlling your breath! Breath control is the key.

				Push the last 4kms as strongly as possible. Hit the line. Congratulations.
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**Your intensity guide.**

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

**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.