

C2S 2024

The Everyday I'm shuffling Plan

BUILD
SLOWLY

BE
PATIENT

CONTROL YOUR
INTENSITY

RECOVERY
APPROPRIATELY

WEEK 1

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				<ul style="list-style-type: none"> The walk:run approach is the foundation of the red plan. Your running endurance, strength, and fitness will all be steadily increased. Feel free to move the listed training days to suit your lifestyle. All sessions can be performed outdoors and on a treadmill. Be sure to police the listed intensity guidelines – see the bottom of the program. Change to listed W:R (walk:run) ratio's to fit your current fitness and running talent. If you train outside the listed session protocol, please keep your intensity (effort) at your easy level. Note: your perceived 'easy' effort could result in a faster pace than me.
Tues	Steady	Easy	30	Using the walk:run method – 1W:4R = 5 mins x 6 = 30 mins Walk = brisk walk. Run = a short and low to-the-ground stride. When in the running phase, don't press harder than your 'easy' effort (intensity).
Weds				
Thurs	Steady	Easy	42	W1:R6 = 7 mins x 6 = 42 mins. Ideally, keep the terrain flattish for now.
Fri				

Sat	Steady/ Long	Easy	50	W1:R4 = 5 mins x 10 = 50 mins. Lay down and elevate your legs until you feel your toes tingling.
Sun				

WEEK 2

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady Core Set	Easy	30	W1:4R = 5 mins x 6 = 30mins. If possible, be sure to include a few hills. Core Set
Weds				
Thurs	Steady	Easy	42	W1:R6 = 7 mins x 6 = 42 mins. Ideally, keep the terrain flattish for now.
Fri				
Sat	Steady/ Long Core Set	Easy	50	W1:R5 = 5 mins x 10 = 50 mins. Core Set
Sun				

WEEK 3

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady Core Set	Easy	30	W1:4R = 5 mins x 6 = 30mins. Core Set
Weds				
Thurs	Steady Stretch Set	Easy	42	W1:R6 = 7 mins x 6 = 42 mins. Ideally, keep the terrain flattish for now. Training is to repeat the same session until it becomes easier. Stretch Set
Fri				
Sat	Steady/ Long Stretch Set	Easy	60	W1:R5 = 6 mins x 10 = 60 mins. Stretch Set

				As part of your recovery, lay down and elevate your legs until you feel your toes tingling.
Sun				

WEEK 4

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady Core Set	Easy	30	W1:4R = 5 mins x 6 = 30mins. Core Set
Weds				
Thurs	Steady Core & Stretch	Easy/Medium	42	W1:R6 = 7 mins x 6 = 42 mins. Ideally, keep the terrain flatish for now. NOTE - for the final 20 mins of this session, push your effort towards your medium level. Core & Stretch
Fri				
Sat	Steady/ Long Stretch	Easy	60	W1:R5 = 6 mins x 10 = 60 mins. Ideally, mix up your course. Stretch Set Lay down and elevate your legs until you feel your toes tingling.
Sun				

WEEK 5

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady Core Set	Easy	36	W1:8R = 9 mins x 4 = 36mins. As your aerobic fitness improves, you should notice a faster running speed your at 'your' relative easy & medium intensity. Maintain your 'easy' effort. Core Set
Weds				
Thurs	Steady	Medium	42	W1:R5 = 6 mins x 7 = 42 mins.

	Core & Stretch			Ideally, keep the terrain flattish for now. The entire session is spent holding your 'medium' effort. Core & Stretch
Fri				
Sat	Steady/ Long Core & Stretch	Easy/Medium	60	W1:R5 = 6 mins x 10 = 60 mins. Ideally, mix up your course and include hills if possible. Core & Stretch. Lay down and elevate your legs until you feel your toes tingling.
Sun	Grassy shuffle	Easy	20	Location: A flat grassy park – a footy oval is perfect. Needs: Tunes. Session: Start with your super easy shuffle and hold for as long as possible. Goal: 20 minutes non-stop shuffling.

WEEK 6

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady Core Set	Easy	36	W1:8R = 9 mins x 4 = 36mins. You should be feeling stronger on your feet, and your aerobic fitness will make the sessions easier. Maintain your 'easy' effort. S'n'S set.
Weds				
Thurs	Steady	Medium	42	W1:R5 = 6 mins x 7 = 42 mins. Now is an excellent time to include more hills in your sessions. The entire session is spent holding your 'medium' effort.
Fri				
Sat	Steady/ Long Core Set	Easy/Medium	80	W1:R7 = 8 mins x 10 = 80 mins. Remember, you're here to improve your running fitness, not solely your speed or pace. Core Set Lay down and elevate your legs until you feel your toes tingling.
Sun	Grassy shuffle	Easy	20	Same as last week.

WEEK 7

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady Core Set	Easy	40	W1:9R = 10 mins x 4 = 40mins. Maintain your 'easy' effort. Core Set.
Weds				
Thurs	Steady	Medium	42	W1:R5 = 6 mins x 7 = 42 mins. Hills. Hold the entire set at your medium effort.
Fri				
Sat	Steady/ Long Core Set	Easy/Medium	80	W1:R7 = 8 mins x 10 = 80 mins. Remember, you're here to improve your running fitness, not solely your speed or pace. Core Set. Lay down and elevate your legs until you feel your toes tingling.
Sun	Grassy shuffle	Easy	30	Same as last week – 30 minutes.

WEEK 8

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady	Easy	30	W1:9R = 10 mins x 3 = 30mins. Maintain your 'easy' effort.
Weds				
Thurs	Steady Stretch	Easy	30	W1:9R = 10 mins x 3 = 30mins. Maintain your 'easy' effort. Stretch
Fri				
Sat	Walk	Medium	30	Just a short walk to loosen up.
Sun	Race Day		?	Take it out comfortably. Consider the 1W:9R model – the entire way.

				<p>If you require a more significant rest period, take it!</p> <p>Hold a short economical stride, particularly up the hill.</p> <p>Consider a 3-minute recovery brisk walk at the top of the hill – from the school on the left.</p> <p>Dig deep and run the final 2 km along the beachfront.</p> <p>Hit the line.</p> <p>Congratulations.</p>
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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. • 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. • This program will not be using the intensity.