

# C2S 2024

The running down a dream plan

**BUILD  
SLOWLY**

**RUN  
EFFICIENTLY**

**CONTROL YOUR  
INTENSITY**

**RECOVERY  
APPROPRIATELY**

## WEEK 1

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				<ul style="list-style-type: none"> <li>• Before starting, please check out the intensity info (weblink video).</li> <li>• Also, please view the running efficiency video - this gives you my position on the right injury-preventing &amp; performance-boosting running technique.</li> <li>• Remember, most injured or sick runners have pushed too hard too soon.</li> <li>• You are free to move around the session as it best suits your schedule.</li> <li>• If you would benefit from further running training, be sure to run super efficiently and with good recovery practice: clean nutrition, stretching &amp; core exercises.</li> <li>• This guide considers the ideal work:rest ratio.</li> <li>• Sessions can be performed both outdoors and using a treadmill.</li> </ul>
Tues	Steady	Easy	405	<p>Start with the walk:run method - see the walk:run video.            1W:9R = 10 min split x 4 = 40 minutes.            Meaning walking briskly for 1 minute, then breaking into a run for 6 minutes at your easy intensity. Repeat this 10-minute split 4 times.            The W:R method is the best strategy to build towards your best running performance safely.</p>
Weds				
Thurs	Steady	Easy	50	<p>Same again.            1W:9R = 10 min split x 5 = 50 minutes.</p>

				Perhaps mix up the course.
Fri				
Sat	Steady/ Long	Easy	60	Use a 1W:9R ratio but never exceed your easy intensity during the run phase. Further, today would be a great chance to trial your learnings in the 'technique video'. Cadence is king! Try holding a cadence of 176 SPM. Set your metronome at 88 and land your left foot strike on the beat.
Sun	Recovery	Easy	30	Last trot for the week. A grass set with the final 10 minutes running with bare feet. Running barefoot is incredibly beneficial for running power, coordination, and balance, which reduces the risk of injury and improves running ability.

## WEEK 2

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady	Easy	40	More of the same. Practising at your easy intensity is the key if you're new to holding an even running cadence (174–182 SPM). Continue employing the W:R method @ 1:9.
Weds				
Thurs	Steady	Easy	40	Practice 88 CAD per one leg at your easy intensity and the W:R @ 1:9 – and throw in some hilly terrain if possible. If using a treadmill, pop it up to 5% but reduce the speed to allow your easy intensity zone.
Fri				
Sat	Steady/ Long	Easy	60	Again, it's easy intensity only. Trust me, with a safe & fitting build-up, and you'll be blowing before you know it. 60 mins @ 1W:14R & 88 CAD (per one leg), never exceeding your easy intensity – whatever speed/pace that yields.
Sun	Recovery	Easy	30	Try barefoot running – on the grass at your easy intensity. Your feet should feel tingly after the session.

## WEEK 3

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady Core Set	Easy	40	40 mins @ 1W:9R over rolling hills practising 88 CAD. Core Set
Weds				
Thurs	Steady Core Set	Easy/ Medium	50	Easy 30, then finish the final 10 minutes at your medium effort – using 88 CAD, ideally. Core Set
Fri				
Sat	Steady/ Long	Easy	60	Same as last week, and be sure to include a few hills.
Sun	Recovery Stretch Set	Easy	30	Barefoot at your easy effort. Stretch Set

## WEEK 4

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady Core Set	Easy	40	40 mins over rolling hills practising 88 CAD. Core Set.
Weds				
Thurs	Steady Core Set	Easy/ Medium	50	Easy 30, then finish the final 20 minutes at your medium effort – using 88 CAD, ideally. Core Set
Fri				
Sat	Steady/ Long	Easy/ Medium	70	45 @ your easy effort with the last 25 minutes pressed to your medium effort.
Sun	Recovery Stretch Set	Easy	30	Barefoot at your easy effort. Stretch Set

## WEEK 5

DAY	TYPE	INTENSITY	DURATION	COMMENTS
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Mon				
Tues	Steady Core Set	Easy	45	45 mins over rolling hills practising 88 CAD. Core Set
Weds				
Thurs	Steady Core Set	Easy/ Medium	40	Easy 10, then finish the final 30 minutes at your medium effort - using 88 CAD, ideally. Core Set
Fri				
Sat	Steady/ Long	Easy/ Medium	70	40 minutes easy on the flats, then 30 minutes of hill repeats at your medium to hard effort. Find a 50-100m hill at roughly 4-7%, work up at your medium to hard effort, and return at your easy effort. Run this hill set for 30 minutes.
Sun	Recovery Stretch	Easy	30	Barefoot at your easy effort. Stretch

## WEEK 6

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady Core Set	Easy	45	45 mins over rolling hills practising 88 CAD. Core Set
Weds				
Thurs	Steady Core Set	Easy/ Medium	40	Easy 15, then finish the final 25 minutes at your medium effort - using 88 CAD, ideally. Core Set
Fri				
Sat	Steady/ Long	Easy/ Medium	75	40 minutes easy on the flats, then 35 minutes of hill repeats at your medium to hard effort. Find a 50-100m hill at roughly 4-7%, work up at your medium to hard effort, and return at your easy effort. Run this hill set for 35 minutes.
Sun	Recovery Stretch Set	Easy	30	Barefoot at your easy effort. Stretch Set

## WEEK 7

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady Core Set	Easy	45	45 mins over rolling hills practising 88 CAD. You should be running faster at your easy intensity. Core Set
Weds				
Thurs	Steady Core Set.	Easy/ Medium	40	Easy 10, then finish the final 30 minutes at your medium effort - using 88 CAD, ideally. Core Set
Fri				
Sat	Steady/ Long	Easy/ Hard	75	Mark out 'about' a 1km track - grass is perfect. Warm-up at your super easy effort 2 x 1km with a 30 second stop rest. Main set. 7 x 1km at your hard effort - using your best technique with a 2-minute stop rest. On finishing, lay down and elevate your legs.
Sun	Recovery Stretch	Easy	30	Barefoot at your easy effort. Stretch

## WEEK 8

DAY	TYPE	INTENSITY	DURATION	COMMENTS
Mon				
Tues	Steady Core Set	Easy	30	30 mins easy. Core Set
Weds				
Thurs	Steady Core Set	Easy	30	30 mins easy. Core Set
Fri				
Sat	Walk		30	30-minute brisk walk.
Sun	RACE DAY			<ul style="list-style-type: none"> <li>• Take it out easily - it's not a race to the Coke sign.</li> <li>• Build up to your sustainable effort &amp; pace.</li> <li>• Work strongly and smartly up the hill.</li> </ul>

				<ul style="list-style-type: none"> <li>• Take a small swig of water at aid stations.</li> <li>• Push hard over the final 2kms.</li> <li>• Hit the line.</li> </ul> <p>Congratulations.</p>
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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 at this effort.</li> <li>• You should feel like you could go forever.</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>• We team blue will be using this intensity sparingly - but we will be using this level later in the program.</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.