

The Running Down a Dream Program

C2S, 10 August 2025

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Time: 40 Effort: Easy Notes: Extra: Stretch	Time: 30 Effort: Easy Notes: Extra:	Time: Effort: Notes: Extra:	Time: 45 Effort: Easy Notes: Extra: Strength	Time: 30 Effort: Easy Notes: Extra: Stretch	Time: 50 Effort: Easy Notes: Extra: Stretch	Time: Effort: Notes: Extra:
2	Time: 40 Effort: Easy Notes: Extra: Stretch	Time: 30 Effort: Medium Notes: Extra:	Time: Effort: Notes: Extra:	Time: 45 Effort: Easy Notes: Extra: Strength	Time: 40 Effort: Easy Notes: Extra: Stretch	Time: 50 Effort: Easy Notes: Extra: Stretch	Time: Effort: Notes: Extra:
3	Time: 40 Effort: Easy Notes: Extra: Stretch	Time: 30 Effort: Medium Notes: Extra:	Time: Effort: Notes: Extra:	Time: 45 Effort: Easy/Medium Notes: Hills Extra: Strength	Time: 40 Effort: Easy Notes: Extra: Stretch	Time: 50 Effort: Easy Notes: Extra: Stretch	Time: Effort: Notes: Extra:
4	Time: 40 Effort: Easy Notes: Extra: Stretch	Time: 40 Effort: Medium Notes: Extra: Strength	Time: Effort: Notes: Extra:	Time: 45 Effort: Easy/Medium Notes: Hills Extra: Strength	Time: 40 Effort: Easy Notes: Extra: Stretch	Time: 60 Effort: Easy Notes: Extra: Stretch	Time: Effort: Notes: Extra:
5	Time: 40 Effort: Easy Notes: Extra: Stretch	Time: 10Easy:20Hard Effort: Easy/Hard Notes: Extra: Strength	Time: Effort: Notes: Extra:	Time: 45 Effort: Easy/Medium Notes: Hills Extra: Strength	Time: 40 Effort: Easy Notes: Extra: Stretch	Time: 60 Effort: Easy/Medium Notes: Hills Extra: Stretch	Time: Walk 30 Effort: Notes: Extra: Strength
6	Time: 40 Effort: Easy Notes: Extra: Stretch	Time: 10Easy:20Hard Effort: Easy/Hard Notes: Extra: Strength	Time: Effort: Notes: Extra:	Time: 45 Effort: Easy/Medium Notes: Hills Extra: Strength	Time: 40 Effort: Easy Notes: Extra: Stretch	Time: 75 Effort: Easy/Medium Notes: Hills Extra: Stretch	Time: Walk 30 Effort: Notes: Extra: Strength
7	Time: 40 Effort: Easy Notes: Extra: Stretch	Time: 10Easy:20Hard Effort: Easy/Hard Notes: Extra: Strength	Time: Effort: Notes: Extra:	Time: 45 Effort: Easy/Medium Notes: Hills Extra: Strength	Time: Effort: Notes: Extra: Stretch	Time: 75 Effort: Easy/Medium Notes: Hills Extra: Stretch	Time: Effort: Notes: Extra:
8	Time: 40 Effort: Easy Notes: Extra: Stretch	Time: 10Easy:20Hard Effort: Easy/Hard Notes: Extra: Strength	Time: Effort: Notes: Extra:	Time: 45 Effort: Easy/Medium Notes: Hills Extra: Strength	Time: Effort: Notes: Extra: Stretch	Time: Walk 40 Effort: Notes: Extra:	RACE DAY

"Your" Effort Explained

"Easy"	"Medium"	"Hard"
<i>"Your" all-day conversational-paced effort</i>	<i>Breathing harder but still in control</i>	<i>You are now working and looking forward to finishing</i>