

The Born to Run Program

C2S, 10 August 2025

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Time: 30 Effort: Easy Notes: Extra:	Time: 40 Effort: Easy Notes: Extra: Strength	Time: Effort: Notes: Extra:	Time: 40 Effort: Easy/Medium Notes: Hills Extra:	Time: Effort: Notes: Extra:	Time: 60 Effort: Easy Notes: Extra: Stretch	Time: 30 Effort: Easy Notes: Extra:
2	Time: 40 Effort: Easy Notes: Hills Extra:	Time: 40 Effort: Easy Notes: Extra: Strength	Time: Effort: Notes: Extra:	Time: 50 Effort: Easy/Medium Notes: Hills Extra:	Time: Effort: Notes: Extra:	Time: 60 Effort: Easy/ Medium Notes: Extra: Stretch	Time: 30 on grass Effort: Easy Notes: Extra:
3	Time: 40 Effort: Easy Notes: Hills Extra:	Time: 40 Effort: Easy Notes: Extra: Strength	Time: Effort: Notes: Extra:	Time: 5easy:5hardx4 Effort: Notes: Intervals Extra: Stretch	Time: Effort: Notes: Extra:	Time: 60 Effort: Medium Notes: Extra: Stretch	Time: 30 on grass Effort: Easy Notes: Extra:
4	Time: 40 Effort: Medium Notes: Hills Extra:	Time: 50 Effort: Easy Notes: Extra: Strength	Time: Effort: Notes: Extra:	Time: 5easy:5hardx4 Effort: Notes: Intervals Extra: Stretch	Time: Effort: Notes: Extra:	Time: 80 Effort: Medium/Hard Notes: Extra: Stretch	Time: 30 on grass Effort: Easy Notes: Extra: Strength
5	Time: 8 x 1km: 30rest Effort: Hard Notes: Flat Extra:	Time: 50 Effort: Easy Notes: Extra: Strength	Time: Effort: Notes: Extra:	Time: 3easy:8hardx4 Effort: Notes: Intervals Extra: Stretch	Time: Effort: Notes: Extra:	Time: 80 Effort: Medium/Hard Notes: Extra: Stretch	Time: 30 on grass Effort: Easy Notes: Extra: Strength
6	Time: 8 x 1km: 30rest Effort: Hard Notes: Flat Extra:	Time: 40 Effort: Easy Notes: Extra: Strength	Time: Effort: Notes: Extra:	Time: 3easy:8hardx4 Effort: Notes: Intervals Extra: Stretch	Time: Effort: Notes: Extra:	Time: 80 Effort: Medium/Hard Notes: Extra: Stretch	Time: 30 on grass Effort: Easy Notes: Extra: Strength
7	Time: 10 x 1km: 30rest Effort: Hard Notes: Flat Extra:	Time: 40 Effort: Easy Notes: Extra: Strength	Time: Effort: Notes: Extra:	Time: 3easy:8hardx4 Effort: Notes: Intervals Extra: Stretch	Time: Effort: Notes: Extra:	Time: 80 Effort: Medium/Hard Notes: Extra: Stretch	Time: 30 on grass Effort: Easy Notes: Extra: Strength
8	Time: 40 Effort: Easy Notes: Hills Extra:	Time: 40 Effort: Easy Notes: Extra: Strength	Time: Effort: Notes: Extra:	Time: 5easy:5hardx4 Effort: Notes: Intervals Extra: Stretch	Time: Effort: Notes: Extra:	Time: 20 Effort: Easy 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>