



OFFICIAL C2S TRAINING PROGRAM POWERED BY



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest / 98 STR^	Rest	98 STR	98 STR	R3	Rest	R1@ Comp Tempo
WEEK 2	Rest / 98 STR^	Rest	98 STR	98 STR	R2	Rest	R1@ Comp Tempo
WEEK 3	Rest / 98 STR^	Rest	98 STR	98 STR	R3	Rest	R1@ Comp Tempo
WEEK 4	Rest / 98 STR^	Rest	98 STR	98 STR	R2	Rest	R1@ Comp Tempo
WEEK 5	Rest / 98 STR^	R3	Rest	98 STR	R4	Rest	R1@ Comp Tempo
		98 STR					
WEEK 6	Rest / 98 STR^	R3	Rest	98 STR	R4	Rest	R1@ Comp Tempo
		98 STR					
WEEK 7	Rest / 98 STR^	R2	Rest	98 STR	R4	Rest	R1@ Comp Tempo
		98 STR					
WEEK 8	Rest / 98 STR^	R2	Rest	98 STR	Rest	Rest	R1@ Comp Tempo
		98 STR					
WEEK 9	Rest / 98 STR^	R3	Bike/Ski/Row/Swim @ Easy Tempo	98 STR	R4	Rest	R1@ Comp Tempo
WEEK 10	Rest / 98 STR^	R2	Bike/Ski/Row/Swim @ Easy Tempo	98 STR	R4	Rest	R1@ Comp Tempo
WEEK 11	Rest / 98 STR^	R2	Bike/Ski/Row/Swim @ Easy Tempo	98 STR	R4	Rest	R1@ Comp Tempo
RACE WEEK	Rest / 98 STR^	R2	Rest	98 STR	Rest or Bike/Ski/Row/Swim @ Easy Tempo^	Rest	CITY 2 SURF RACE DAY

R1 - Long (Run) Aerobic Training	Long steady runs prioritising C2S pacing.
R2 - Short Run Track	Preferably performed on a running track or similar flat surface. High Intensity Interval style training focusing on shorter distance running and recovery.
R3 - Short Run Hills	Short and sharp running performed on a hill or steeper gradient. High Intensity Interval style training where short intense bursts and RSA (repeat sprint ability) are prioritised.
R4 - Fartlek Training	Swedish training methodology trademarked by continuous movement with short bursts of high intensity efforts. Fartlek training reinforces higher quality running, improves running economy and increases intra-workout recoverability.

98 STR - 98 Strength Training	Unique Strength and Power workouts aimed to build structural integrity and improve running economy.
Rest	Necessary periods of recovery to allow the body time to repair and adapt. Refer to the Recovery article in the apps Knowledge Base for more info.
^ Optional session	To be completed at own discretion
Weekly Maximum Running Load - Distance	In order to ensure total load is managed for all levels of running experience distance caps have been implemented on sunday long runs. Should you reach the distance cap before the allocated time, your run is complete. The keys to sustainable progression and reducing injury are subtle increases in load. Note that to individualise the program we have capped run sessions based on time as opposed to distance thereby accomodating for different speeds.



JOIN THE FREE PROGRAM