

## City to Bay Training Programme.

If you have not run consistently for some time, aim for three days running a week. It is preferable to run on every other day in order that you allow sufficient time for recovery.

If you are running in old worn-out shoes that you have been gardening in, make an investment and buy a pair of new shoes. Visit a store that specialise in the fitting of the correct shoe for your particular build and running style. Running in good shoes will save you from possible injury problems in the future when your training increases in volume. Keep a training diary and record your runs, how you felt, were you sore the following morning. It is good idea to keep a record of your resting heart-rate, this best taken before you get out of bed in the morning. Time HR for 30 seconds and double it. Over the period of 12 weeks you can expect the resting HR to decrease as you become fitter, but in the short term a sudden rise of 5 to 10 beats per minute in resting HR can indicate that you may not have had sufficient recovery, or that you are coming down with some low-grade viral infection. This is signal to ease up or miss a training day until your HR has returned to normal. Do not try and run through illness or injury—listen to your body!

### Week One.

4 X 5 minutes easy running with 2 minutes walk between each. Run at a pace that you could talk at, in other words, do not get out of breath! Repeat this session three times taking care to warm-up, stretch, run, and then stretch after the run.

### Week Two.

If you managed last weeks training without any problems, you should increase the training load:

4 X 6 minutes with 2 minutes walk.

If you found that 5 minutes running was difficult, keep on 5 minute runs for another week. It is important that you progress at a rate that is right for you. This is particularly important if you are running with someone who may be slightly fitter than you.

Don't forget; run at pace that is comfortable for you, it's the time you spend on your feet and not the speed that is important.

### Week Three.

Increase the running time to a total of 30 minutes:

3 X 10 minutes with 2 minutes walk.

## Week Four.

If you managed the 3 X 10 minutes comfortably, it is now time to introduce one run of 30 minutes duration and a session of a slightly higher intensity.

Day One. 30 minute steady paced run. Remember to run at a pace that can talk at!

Day Two. 10 minutes easy paced running as a warm-up.  
5 X 3 minutes with 3 minutes slow jog recovery. Run the 3 minute bursts at a pace slightly faster than the pace you run for the 30 minute run. You can expect to run at an intensity where you are just below the “getting out of breath” level.  
Concentrate on maintaining an even pace for every repetition.

Day Three. 2 X 15 minute with 2 minutes walk or slow jog recovery.

## Week Five.

Day One. 35 minute steady paced run.

Day Two. 10 X 2 minutes with 1 minute walk or slow jog recovery.  
This should be at the same pace as the 3 minute runs of last week.

Day Three. 1 X 20 minutes steady paced run-- 5 minutes walk—1 X 10 minute steady paced run.

## Week Six.

It is now time to introduce an extra day into your training program.

Day One. 40 minute steady paced run.

Day Two. 20 minute easy paced run. This is a recovery run and so should be run at a relaxed pace.

Day Three. 20 X 60 seconds with 60 seconds slow jog recovery.

Day Four. 20 minutes steady paced run.

As this is halfway through your training program, it is time to review your progress. It is also the time where having increased your fitness level it is tempting to think that you should rapidly increase your training load. Do not give in to temptation! This is where the risk of overuse injury is greatest; remember that Rome wasn't built in a day. If you are experiencing any niggling aches and pains, have a few days off. If the problems persist, consult a health professional.

### Week Seven.

By now you should have worked out an achievable time to aim for on big day. Be conservative, it is far better to have a pleasant experience on race day than suffer because you over-estimated you fitness. After all, there is always next year!

Day One. 45 minute steady paced run.

Day Two. 25 minutes easy paced run.

Day Three. 4 X 5 minutes with 3 minutes slow jog recovery.

Day Four. 30 minutes steady paced run.

### Week Eight.

Day One. 50 minutes steady paced run. This is the time where you could run this run over an accurately measured course in order to establish your running speed in kilometres per hour. On race day there will be markers at each kilometre mark to assist you in reaching your goal time.

Day Two. 30 minutes easy paced run.

Day Three. 5 X 3 minutes with 3 minutes slow jog recovery. Remember to keep jogging during the recovery, after all, there are no rest breaks in a race.

Day Four. 35 minutes steady paced run.

### Week Nine.

Day One. 55 minutes steady paced run. Now that you are running for this length of time, it is not necessary to run the entire distance at your proposed race speed—remember “It is time on feet” that is important on these runs.

Day Two. 30 minutes easy paced run.

Day Three. 3 X 6 minutes with 3 minutes recovery.

Day Four. 40 minutes steady paced run.

### Week Ten.

Day One. 60 minutes steady paced run.

Day Two. 30 minutes easy paced run.

Day Three. 20 X 60 seconds with 60 seconds slow jog recovery.

Day Four. 45 minutes steady paced run.

## Week Eleven.

With the City to Bay only one week away, you have done all the training necessary to complete the run successfully. Don't ruin now by training hard in the last week, it is now time to taper your training so that you are fresh on the day of the run.

Day One. 30 minutes easy paced run with a few gentle strides of 1 to 3 minutes in the run.

Day Two. 20 minutes easy paced run.

Day Three. 10 minutes easy paced running.  
6 X 60 seconds strides with 2 minutes easy running between.

Day Four. REST. Prepare your equipment for the big day. Don't run in anything that you have not been wearing for the past few weeks. Race day is not the time to try out new shoes. If you are planning to drink on the run, make sure that you have practised on one of your long runs. Eat the same as you have done before your long runs.

Race Day. Arrive early in order to give yourself plenty of time to warm-up, stretch, and find your starting place. Do not try and start from a place with a predicted time much faster than your time. Remember that your electronic number means that you are timed when you cross the starting line and not from when the starting gun fires.

**GOOD LUCK!!**