



August in Sydney wouldn't be the same without the City2Surf – a 14km run from Hyde Park in the heart of the city to the glorious Bondi Beach. It's the world's largest run, Sydney's favourite sporting event, and it brings together over 75,000 entrants including serious competitors and others just participating for fun.

Whether you run, jog or walk, taking part in the City2Surf is a fantastic way to see your training efforts pay off in real life. Plus being part of something so big and positive can be an invaluable motivational boost.

There are just ten weeks to go until the starting gun fires for the 2010 event but stick to the training and nutrition programs on these pages, specifically designed by Fitness First Online, and you've still got time to get in shape.

Check www.city2surf.com.au for weekly updates



Fitness First Online – your ultimate training partner, is coming this July!

Fitness First Online is like having your own personal trainer, on call 24/7. It's a cutting-edge combination of:

- **Training** – exercise programs tailored to your training goal and your level of fitness. The programs include video demonstrations and step-by-step tips.
- **Nutrition** – delicious and nutritionally balanced menu plans and recipes. Choose from the Weight Loss, Health & Wellbeing, High Protein, High Carbohydrate or Vegetarian menus.
- **Tracking** – record all your food, drinks and training sessions in the online diary and you'll get personalised energy balance and nutrition reports, and personal best charts. You can also record your 2010 City2Surf result so you can compare with next year's score.

You also get a host of other features including weekly tutorials, personalised videos, support from other members, a motivating leaderboard, access to a searchable database of over 20,000 foods and 500 exercises, and much more!

Membership to Fitness First Online costs just \$9.95 a month for Fitness First members (non-members pay \$19.95 a month). Sign up this July

Ready, set, go training plans

Whether you're walking, jogging or running the City2Surf, follow these training guides designed to get you into competitive shape.

Program guide and glossary

- **Easy run** – run at a comfortable, steady pace where you can still talk, but not sing. A 6km easy run is likely to be 35-45 minutes depending on your pace. That's approximately 6-7 minutes per kilometre.
- **Fast run** – challenge yourself by picking up the pace. Your breathing will be heavier, and you should find it difficult to hold a conversation throughout the run.
- **Hilly run** – choose a route with one or two challenging hills to help prepare for "Heartbreak Hill" – the City2Surf's 2km ascent from Rose Bay to Vaucluse.
- **Interval run** – on the treadmill, run at a challenging pace for 400m then slow down to a jog or walk for 1 minute. Repeat 4 times.
- **Walk** – walk at a brisk pace, keep your shoulders back and relaxed and your tummy muscles pulled in. It's likely to take 10 minutes to walk each kilometre, so a 6km walk will take an hour. If your schedule doesn't allow for long walks during the week, break it into a morning and evening walk or swap with a group fitness class such as BodyPump. Alternatively, jog some of the walk to get it done quicker. Start with 30-60 seconds of jogging at a time and gradually build up to longer durations as you get fitter.
- **Hilly walk** – choose a walk with some decent hills to help prepare for "Heartbreak Hill". You can do these sessions on the treadmill using the incline/gradient feature. Alternate periods of flat walking (0% incline) with hill walking (2-6% incline) to prevent overworking the calves.
- **Rest day** – give your body a rest and chance to recover. Doing so helps you get fitter and prevents burnout.

City2Surf 10-week training program

BEGINNER							
This ten-week program is designed for members who are looking to walk for the duration of the event.							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1 From 31 May	Walk 5km	Walk 6km	Rest Day	Hill 5km	Walk 6km	Rest Day	Walk 6km
Week 2 From 7 Jun	Walk 7km	Rest Day	Hill 6km	Walk 7km	Rest Day	Walk 7km	Walk 8km
Week 3 From 14 Jun	Rest Day	Hill 7km	Walk 8km	Rest Day	Walk 8km	Walk 9km	Rest Day
Week 4 From 21 Jun	Hill 8km	Walk 9km	Rest Day	Walk 9km	Walk 10km	Rest Day	Hill 9km
Week 5 From 28 Jun	Walk 10km	Rest Day	Walk 10km	Walk 11km	Rest Day	Hill 10km	Walk 11km
Week 6 From 5 Jul	Rest Day	Walk 11km	Walk 12km	Rest Day	Hill 11km	Walk 12km	Rest Day
Week 7 From 12 Jul	Walk 12km	Walk 13km	Rest Day	Hill 12km	Walk 13km	Rest Day	Walk 13km
Week 8 From 19 Jul	Walk 14km	Rest Day	Hill 13km	Walk 14km	Rest Day	Walk 14km	Walk 15km
Week 9 From 26 Jul	Rest Day	Hill 14km	Walk 15km	Rest Day	Walk 15km	Walk 16km	Rest Day
Week 10 From 2 Aug	Walk 6km	Walk 6km	Rest Day	Walk 6km	Rest Day	Rest Day	RACE DAY Aug 8, 2010

City2Surf 10-week training program

INTERMEDIATE

This ten-week program is designed for members currently running for 30 minutes or more at least twice a week.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1 From 31 May	Easy run 6km	Rest day	Easy run 6km	Hilly run 5km	Rest day	Easy run 7km	Rest day
Week 2 From 7 Jun	Rest day	Easy run 8km	Fast run 4km	Rest day	Easy run 8km	Hilly run 6km	Rest day
Week 3 From 14 Jun	Rest day	Easy run 9km	Interval run 4x400m	Hilly run 7km	Rest day	Easy run 9km	Rest day
Week 4 From 21 Jun	Easy run 10km	Rest day	Interval run 4x400m	Easy run 10km	Hilly run 8km	Rest day	Rest day
Week 5 From 28 Jun	Rest day	Easy run 11km	Interval run 8x200m	Easy run 11km	Rest day	Fast run 4km	Rest day
Week 6 From 5 Jul	Easy run 12km	Rest day	Interval run 8x200m	Rest day	Easy run 12km	Hilly run 9km	Rest day
Week 7 From 12 Jul	Rest day	Easy run 13km	Interval run 6x400m	Hilly run 10km	Rest day	Easy run 13km	Rest day
Week 8 From 19 Jul	Easy run 14km	Rest day	Interval run 6x400m	Hilly run 11km	Easy run 14km	Rest day	Rest day
Week 9 From 26 Jul	Rest day	Easy run 15km	Interval run 10x200m	Easy run 15km	Rest day	Fast run 4km	Rest day
Week 10 From 2 Aug	Easy run 5km	Rest day	Easy run 5km	Easy run 4km	Rest day	Rest day	RACE DAY Aug 8, 2010

City2Surf 10-week training program

ADVANCED							
This ten-week program is designed for members currently running for 30 minutes or more at least four times a week.							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1 From 31 May	Steady 6km	Hill 6km	Rest Day	Interval 5x200m	Steady 6km	Rest Day	Steady 7km
Week 2 From 7 Jun	Hill 7km	Rest Day	Interval 6x200m	Steady 7km	Rest Day	Steady 8km	Hill 8km
Week 3 From 14 Jun	Rest Day	Interval 4x400m	Steady 8km	Rest Day	Sprint 5x50m	Hill 9km	Rest Day
Week 4 From 21 Jun	Interval 5x400m	Steady 9km	Rest Day	Sprint 6x50m	Hill 10km	Rest Day	Interval 4x600m
Week 5 From 28 Jun	Steady 10km	Rest Day	Sprint 4x100m	Hill 11km	Rest Day	Interval 5x600m	Steady 11km
Week 6 From 5 Jul	Rest Day	Steady 12km	Hill 12km	Rest Day	Interval 4x800	Steady 12km	Rest Day
Week 7 From 12 Jul	Sprint 5x100m	Hill 12km	Rest Day	Interval 5x800m	Steady 13km	Rest Day	Sprint 6x100m
Week 8 From 19 Jul	Hill 13km	Rest Day	Interval 4x1km	Steady 14km	Rest Day	Steady 15km	Hill 14km
Week 9 From 26 Jul	Rest Day	Interval 4x1km	Steady 16km	Rest Day	Steady 16km	Hill 15km	Rest Day
Week 10 From 2 Aug	Steady 6km	Steady 6km	Rest Day	Steady 6km	Rest Day	Rest Day	RACE DAY Aug 8, 2010

Nutrition training

Nutrition training is just as important as your physical training, so prepare for race day with these tips on hydration and optimising your diet.

Drink up

Whether you're walking or running the City2Surf, it's essential to stay hydrated. You're well hydrated if your urine is pale to clear 30 minutes before the race.

Taking the drinks breaks during the City2Surf is also important. Losing just 2 percent of your body fluids can lead to dehydration, which decreases physical and mental performance, and makes you feel like you're working twice as hard as you are.

According to Robert Murray of the Gatorade Sports Science Institute (GSSI), drinking during exercise has the "largest beneficial effect on performance of any single nutritional intervention". Drinking 150-300ml every 15-20 minutes during high intensity exercise is generally recommended and well tolerated. But remember to take small sips, or you could end up with a stitch.

Sports drinks are great if you're running the City2Surf. They effectively hydrate with the right balance of fluid, electrolytes and carbohydrates that are lost during exercise. Once you're across the finish line, ensure you replace all the lost fluid and electrolytes to completely rehydrate.

Eat smart

Providing your body with the energy it needs to exercise is just like fuelling a car; pump it with quality fuel and it will run better, faster and more efficiently.

Giving your diet some thought in advance of the big day can help determine when to eat and what foods give you optimum performance, while preventing any possible stomach upsets, stitches or uncertainty of energy levels.

The menu plans available at Fitness First Online (starting July) are a good guide to optimising your nutrition in the weeks leading up to the race.

It's also recommended to eat a low-fat, carbohydrate-rich meal the night before the City2Surf and at least 2 hours prior to the race to ensure your muscle glycogen (the energy reserves stored in your muscles) is topped up. That may mean getting up early to eat and hydrate.

Good pre-race dinner meals include:

- Pasta with tomato-based sauce
- Homemade risotto
- Healthy homemade fried rice

Good pre-race morning meals include:

- Cereal or porridge with low-fat milk and fruit
- Toast or muffin with honey, jam, marmalade or vegemite
- Sandwich with banana and honey
- Smoothie with low-fat milk, low-fat yoghurt and fruit
- Low-fat cereal or sports bar
- Fresh fruit salad with low-fat yoghurt