

THE
rebel CITY2
SURF
TRAINING
PROGRAM
POWERED BY
UNDER ARMOUR

BEGINNER

PROGRAM OUTLINE:

rebel, Under Armour and the 440 have partnered to bring the non runner and the weekend warrior together for a run experience like no other, The City2Surf.

This program enters a 12 week, easy to follow, fun regime that caters to intermediate and beginner levels of running.

Each program is broken down by 4 x 3-week training cycles. These cycles go through a 7 day week, focusing on mobility, periodisation, strength, running, recovery, and most importantly consistency of movement.

The beginner program is all bodyweight, with a focus on someone who has never run a City2Surf race to feel comfortable, strong, and confident that this 14km is going to be best experience!

The intermediate program caters to the runner that has had a taste of City2Surf and strategic strength training. With increased running, recovery, and enhanced method of training, the goal is to better your time.

In summary, this program is to make you believe that you have what it takes to take on the City2Surf. Remember, with the right training and correct mindset, you can make this race your best one yet!

STAGE ONE: WEEK 1, 2 & 3

INTRODUCTION:

In this phase of the training program, we are focused on:

- Providing an introduction to functional movement to assist in your fitness and strength.
- Development of consistent stretch and warm-up routines, within your training.
- A relatively light and easy run schedule, that will ramp up as we go through the training program.
- laying the foundations to set yourself up for the City2Surf.

DAILY WARMUP:
 3 rounds x 30 seconds each exercise:

- Side steps
- Good mornings
- Reverse lunges
- Walk outs
- Single leg kicks
- Lower back twists
- Worlds greatest stretch

One of the most important aspects of your preparation is ensuring your body is warmed up and ready to go for every session. Don't neglect your daily warmup!

TRAINING PLAN:

DAY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
ACTIVITY	Easy Jog/ Walk 1-3 km	Rest Day - Swim 20 minutes	Conditioning 40 minutes	Rest Day - swim 20 minutes	Easy Jog/ walk 3-5km	Stretch and foam rolling session for 35 minutes	Rest Day
HOT TIP	Jog / Walk to your ability. You don't have to run the whole way	Swim, walk, light work on feet	Find an appropriate setting to complete this routine	Swim, walk, light work on feet	Jog / Walk to your ability. Try to decrease the walking over the 3 weeks	Pinpoint the sore and tight areas, and focus on reducing the tension	Focus on nutrition and rest

DAY 3 CONDITIONING ROUTINE:

A ROUGH GUIDE TO THE 40 MIN SESSION:

PART A LOWER BODY	PART B UPPER BODY	PART C CONDITIONING	PART D FINISH UP
2 rounds All bodyweight 20 sec Sumo squats 20 sec single leg Dead lifts 20 sec single leg Dead lifts Rest 60 seconds 2 rounds 20 sec squats 20 sec static lunges 20 sec static lunges	2 rounds 20 sec shoulder taps 20 sec bear crawls 20 sec Y to W arm weight lifts Rest 60 seconds 2 rounds 20 sec plank twists 20 sec hip touches 20 sec reverse snow angels	2 rounds 30 seconds of each Reverse Burpees Jump lunges Side saddles Crunches Running on the spot	60 seconds of each Plank Bear crawls Burpees Star jumps Full sit ups Cool down

STAGE TWO: WEEK 4, 5 & 6

INTRODUCTION:

In this phase of the training program, we are focused on:

- Steadily increase the intensity throughout all aspects of your training.
- Ramping up to moderate running distances, to start increasing your endurance.

At this stage of the program, you will start to notice changes in your body, and will start to feel stronger, and fitter.

One of the most important aspects of your preparation is ensuring your body is warmed up and ready to go for every session. Don't neglect your daily warmup!

DAILY WARMUP:
 3 rounds x 30 seconds each exercise:

- Side steps
- Good mornings
- Reverse lunges
- Walk outs
- Single leg kicks
- Lower back twists
- Worlds greatest stretch

TRAINING PLAN:

DAY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
ACTIVITY	Easy Jog 4-6km	Rest Day - Swim 20 minutes	Conditioning 40 minutes	Rest Day - swim 20 minutes	Easy Jog 4-6km	Stretch and foam rolling session for 35 minutes	Rest Day
HOT TIP	Pick a track that challenges you. Add a hill into your run, a 440 style hill loop	Swim, walk, light work on feet	Find an appropriate setting to complete this routine	Swim, walk, light work on feet	Try and run in a crowded area	Pinpoint the sore and tight areas, and focus on reducing the tension	Focus on nutrition and rest

DAY 3 CONDITIONING ROUTINE:

A ROUGH GUIDE TO THE 40 MIN SESSION:

PART A LOWER BODY	PART B UPPER BODY	PART C FINISH UP
4 rounds 20 sec sumo squats 20 alternating lunges 20 sec single leg Dead lifts 20 sec single leg Dead lifts Rest 60 seconds 4 rounds 20 sec squats 20 sec static lunges 20 sec static lunges	2 rounds 20 sec push ups 20 sec up down planks 20 sec Y to W arm weight lifts Rest 60 seconds 2 rounds 20 sec plank twists 20 sec shoulder taps 20 sec reverse snow angels	2 rounds 30 seconds of each Reverse Burpees Jump lunges Side saddles Crunches Running on the spot Cool down

STAGE THREE: WEEK 7, 8 & 9

INTRODUCTION:

In this phase of the training program, we are focused on:

- Moving to a higher focus in running throughout your training;
- In line with this stretching and recovery becomes a high priority.

The longer runs in this stage of the training program are designed to make you feel a lot stronger in your running and develop your confidence in achieving the distance required in the City2Surf.

One of the most important aspects of your preparation is ensuring your body is warmed up and ready to go for every session. Don't neglect your daily warmup!

DAILY WARMUP:
 3 rounds x 30 seconds each exercise:

- Side steps
- Good mornings
- Reverse lunges
- Walk outs
- Single leg kicks
- Lower back twists
- Worlds greatest stretch

TRAINING PLAN:

DAY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
ACTIVITY	Run 6-8km	Rest Day - Swim 20 minutes	Conditioning 40 minutes	Rest Day - swim 20 minutes	Easy Jog 6-8km	Stretch and foam rolling session for 35 minutes	Rest Day
HOT TIP	Pick a track that challenges you. Add a hill into your run, a 440 style hill loop	Swim, walk, light work on feet	Find an appropriate setting to complete this routine	Swim, walk, light work on feet	Try and run in a crowded area	Pinpoint the sore and tight areas, and focus on reducing the tension	Focus on nutrition and rest

DAY 3 CONDITIONING ROUTINE:

A ROUGH GUIDE TO THE 40 MIN SESSION:

PART A LOWER BODY	PART B UPPER BODY	PART C FINISH UP
4 rounds 20 sec sumo squats 20 alternating lunges 20 sec single leg Dead lifts 20 sec single leg Dead lifts Rest 60 seconds 4 rounds 20 sec Bodyweight squats 20 sec static lunges 20 sec static lunges	2 rounds 20 sec push ups 20 sec up down planks 20 sec Y to W arm weight lifts Rest 60 seconds 2 rounds 20 sec plank twists 20 sec shoulder taps 20 sec reverse snow angels	2 rounds 30 seconds of each Reserve burpees Jump lunges Side saddles Crunches Running on the spot Cool down

STAGE FOUR: WEEK 10, 11 & 12

INTRODUCTION:

In this phase of the training program, we are focused on:

- Finalising your race preparation and confidence in the City2Surf distance.
- Ensuring a focus on Recovery and rest, so you are ready to go.
- Enjoy the preparation, you've done the work, have fun!

A key tip for this phase of your training is to make sure during your practice runs, that you are running as you will on the day and fuelling your body accordingly (water, gels, etc). You will want an established routine before the race.

One of the most important aspects of your preparation is ensuring your body is warmed up and ready to go for every session. Don't neglect your daily warmup!

DAILY WARMUP:
 3 rounds x 30 seconds each exercise:

- Side steps
- Good mornings
- Reverse lunges
- Walk outs
- Single leg kicks
- Lower back twists
- Worlds greatest stretch

TRAINING PLAN:

DAY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
ACTIVITY	Run 8-10km, try for 12km	Rest Day - Swim 20 minutes	Conditioning 40 minutes	Rest Day - swim 20 minutes	Easy Jog 8-10km	Stretch and foam rolling session for 35 minutes	Rest Day
HOT TIP	Try and run this run on a Sunday with crowded areas.	Swim, walk, light work on feet	Find an appropriate setting to complete this routine	Swim, walk, light work on feet	Try and run in a crowded area.	Pinpoint the sore and tight areas, and focus on reducing the tension	Focus on nutrition and rest

DAY 3 CONDITIONING ROUTINE:

A ROUGH GUIDE TO THE 40 MIN SESSION:

PART A LOWER BODY	PART B UPPER BODY
3 rounds 20 alternating lunges 20 sec single leg Dead lifts 20 sec single leg Dead lifts Rest 60 seconds 2 rounds 20 sec bodyweight squats 20 sec static lunges 20 sec static lunges	2 rounds 20 sec push ups 20 sec up down planks 20 sec Y to W arm weight lifts Rest 60 seconds 2 rounds 20 sec plank twists 20 sec shoulder taps 20 sec reverse snow angels Cool down

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