

THE
rebel **CITY2**
TRAINING
PROGRAM
POWERED BY
UNDER ARMOUR

INTERMEDIATE

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:

- Revamping your training to set you up to achieve your goal of your fastest ever City2Surf.
- Introducing a consistent bodyweight and functional plan, adding in dumbbells to build strength.
- Ensuring that throughout your training there is a focus on recovery methods and building consistency in your routine.

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	Run 45min	Rest Day - Swim 20 minutes	Conditioning 40 minutes	Run 20min	Easy Jog 40min	Stretch and foam rolling session for 35 minutes	Rest Day
HOT TIP	Pick a track that you know and are comfortable with	Swim, walk, light work on feet	Find an appropriate setting to complete this routine	Challenge yourself with this run, and run at various speeds	Pick a course that is known and a cadence that you can talk at while running	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 20 sec 5kg DB Sumo squats 20 sec single leg Dead lifts 20 sec single leg Dead lifts Rest 60 seconds 2 rounds 20 sec 5kg DB 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 Get ups 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:

- Longer running times during your training, to assist in improving your stamina and strength.
- Adding intensity to the conditioning process.

A tip for this stage of the program is to prioritise stretching and nutrition to help your body recover.

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 60min	Rest Day - Swim 20 minutes	Conditioning 40 minutes	Run 25min	Easy Jog 50min	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	Challenge yourself with this run, and run at various speeds	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 SESSION:

A ROUGH GUIDE TO THE 40 MIN SESSION:

PART A LOWER BODY	PART B UPPER BODY	PART C FINISH UP
4 rounds 20 sec 5kg DB sumo squats 20 alternating 5kg DB lunges 20 sec 5kg DB single leg Dead lifts 20 sec 5kg DB single leg Dead lifts Rest 60 seconds 4 rounds 20 sec 10kg DB squats 20 sec static lunges 20 sec static lunges	2 rounds 20 sec push ups 20 sec up and 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:

- Improving your strength and cadence throughout your longer runs.
- Prioritising your recovery and foam rolling sessions.

Take yourself on some more scenic runs in order to mix it up.

Review and reflect on your running times and highlight where you can improve.

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 12-14km	Rest Day - Swim 20 minutes	Conditioning 40 minutes	Run 30min	Easy Jog 12km	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	Challenge yourself with this run, and run at various speeds	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 SESSION:

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 and down planks 20 sec Y to W arm weight lifts Rest 60 seconds 2 rounds 20 sec plank twist 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 FOUR: WEEK 10, 11 & 12

INTRODUCTION:

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

- Finalising your race preparation at the City2Surf distance.
- Ensuring a focus on recovery and rest within your training, so you are ready to go with no injury or tension in this final phase of training.

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 fuel your body accordingly pre and post training (with coffee, water and gels). Make sure that your nutrition strategy is well established in this stage before the race.

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 12-14km	Rest Day - Swim 20 minutes	Conditioning 30 minutes	Run 35min	Easy Jog 12-14km	Stretch and foam rolling session for 35 minutes	Rest Day
HOT TIP	Try and run this run on a Sunday with crowded areas. Aim for race conditions as best you can, here is where you try your race strategy	Swim, walk, light work on feet	Find an appropriate setting to complete this routine	Challenge yourself with this run, and run at various speeds	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 SESSION:

A ROUGH GUIDE TO THE 30 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 and 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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