

THE rebel CITY2 TRAINING PROGRAM POWERED BY UNDER ARMOUR.

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 is a condensed program designed for runners signing up late to the event, with only 4 weeks to prepare. This program is an easy to follow, fun regime that caters to intermediate runner with a moderate base fitness.

Each page is broken down week into a 1 week training cycle for you to follow. These cycles go through a 7 day week, focusing on mobility, periodisation, strength, running, recovery, and most importantly consistency of movement.

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!

JOIN OUR RUN TEAM:

We are inviting runners of all different levels to join **UA Rebel 440 Run Team** for the City2Surf. It's free to join, and all runners get a **FREE Under Armour T-shirt**, so we can look out and support our team mates. Use this [link](#) to join the team or update your current registration to align with the team.

WEEK ONE:

INTRODUCTION:

In week one of the training program, we are focused on:

- Providing an introduction to functional movement to assist in your fitness and strength for your late start into training.
- Development of consistent stretch and warm-up routines, within your training, and focus on your nutrition.
- 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

If you would like to train with a group of other runners, don't forget to we are running live training runs throughout the week that you are welcome to come and join. Click [here](#) to find out more details.

TRAINING PLAN:

DAY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
ACTIVITY	Run 15 minutes one way, and return the same way	Run 30 minutes	Conditioning 40 minutes	Rest Day - swim 20 minutes	HILL repeat session preferably looped hills, like The 440 track	Stretch and foam rolling session for 35 minutes	Rest Day
HOT TIP	Allocate your start point and ensure you finish at the start point	Record your KMs, and don't forget stretching afterwards	Find an appropriate setting to complete this routine	Swim, walk, light work on feet	Aim for 10 hill repeats, on a 700-750m loop. I.e. The 440 is 440m up, and a 260m hill decline	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

WEEK TWO:

INTRODUCTION:

In the second week 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.

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!

Looking for some tips for the race? Check out our video program [here](#).

Remember you are welcome to join us for live runs, with the race only a few weeks away.

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 20 minutes one way, and return the same way	Run for 45 minutes	Conditioning 40 minutes	Rest Day - swim 20 minutes	HILL repeat session preferably looped hills, like The 440 track	Stretch and foam rolling session for 35 minutes	Rest Day
HOT TIP	Allocate your start point and ensure you finish at the start point	Record your KMs, and don't forget stretching afterwards	Find an appropriate setting to complete this routine	Swim, walk, light work on feet	Aim for 10 hill repeats, on a 700-750m loop. I.e. The 440 is 440m up, and a 260m hill decline	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

WEEK THREE:

INTRODUCTION:

In the third week 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 runs in this week 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.

Have you thought about your race strategy?

Check out our guide to the race [here](#), to help get you ready for the big day.

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 30 minutes one way, and return the same way	Run 60 minutes	Conditioning 40 minutes	Rest Day	Flat 400m repeat session	Stretch and foam rolling session for 35 minutes	Light 45 minute Run
HOT TIP	Allocate your start point and ensure you finish at the start point	Record your KMs, and don't forget stretching afterwards	Find an appropriate setting to complete this routine	Focus on nutrition and rest	10 x 400m with a 90 second break in between runs	Pinpoint the sore and tight areas, and focus on reducing the tension	Focus on technique and breathing at these slower speeds

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

WEEK FOUR:

INTRODUCTION:

In the final week 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 week 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.

Check out our live runs [here](#) for any final tips and tricks, and make sure to have fun.

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	Aim to run 14km at a comfortable pace, which would be Race Pace	Light 45 minute Run	Conditioning 30 minutes	Rest Day - swim 20 minutes	Short and fun 6km run	Stretch and foam rolling session for 35 minutes	Rest Day
HOT TIP	Make sure you record how you felt, and how long it took	Focus on technique and breathing at these slower speeds	Find an appropriate setting to complete this routine	Swim, walk, light work on feet	Take this week to work and focus on your nutrition, and remember to stretch	Pinpoint the sore and tight areas, and focus on reducing the tension	Focus on developing your race strategy

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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