

rebel × THE 440

CITY2
SURF

TRAINING PROGRAM

POWERED BY



Welcome to the 2023 rebel x 440 City2Surf Official Training Program, powered by adidas. Join us, as we help novice and intermediate runners get ready for the world's biggest fun run, Sydney's iconic City2Surf.

THE 440

Born from a belief that a healthy mind follows a healthy body, Sydney locals Todd Liubinskas and Trent Knox created The 440 Running Club to bring like-minded people together. For the last 8 years, they have fostered an inclusive community of hundreds who gather each week in Bondi to walk, run, shuffle or skip, side by side with friends.

ABOUT THE PROGRAM

As experts in the Eastern Sydney running community, The 440 have designed a 12 week program to prepare runners for the unique 14km course that stretches from Hyde Park to Bondi Beach. With three four-week phases, the program is a mix of running, interval training, conditioning, rest & recovery exercises for both the beginner and intermediate runner. Naturally, attending the full 12 week course is ideal, but you can pick up training at Phase 2 or 3 if needed.

RUN WITH US

Training is a lot more fun with friends. So, if you're in Sydney, join us to run together on Wednesday and Sunday mornings for the 12 weeks lead up to race day. Led by Trent & Todd from The 440, you'll have a whole community of runners (at your level) to support you on your journey. Find the full timetable [here](#).



OVERVIEW

DAY	PHASE ONE WEEK 1-4	PHASE TWO WEEK 5-8	PHASE THREE WEEK 9-12
MONDAY	Run Interval + Conditioning	Run + Conditioning	Run
TUESDAY	Rest & Recover + Run for Intermediate	Rest & Recover + Run for Intermediate	Rest & Recover + Run for Intermediate
WEDNESDAY	Run*	Run*	Run*
THURSDAY	Rest	Rest	Rest
FRIDAY	Run Interval	Run Interval Hills	Run
SATURDAY	Rest	Rest	Rest
SUNDAY	Run*	Run*	Run*

*If you are in Sydney join our in person LIVE runs, visit <https://www.rebelsport.com.au/city2surf> to find out more.

TIPS

- Be mindful of overdoing it, listen to your body, apply more rest & recovery where necessary
- Stay accountable, try and find a running buddy to keep you on track
- Start your run hydrated! Increase your intake of water up to two hours prior to a session.

This program can be started at any point, don't worry if you've missed the beginning. The most important part is not about when you start, it's starting itself!

Starting 8 Weeks Out

If you are coming from a low level of fitness, follow phase 1 & 2 beginner program. If you are generally fit, follow beginner in phase 1 and intermediate in phase 2.

Starting 4 Weeks Out

If you are coming from a low level of fitness, follow phase 1 beginner program. If you are generally fit, follow phase 2 intermediate program.



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PHASE ONE: WEEK 1, 2, 3 & 4

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
ACTIVITY	Run + Conditioning	REST and Recover + Run for Intermediate	Run*	REST and Recover	Run	REST and Recover	Run*
BEGINNER PROGRAM	12 mins 12 reps each exercise • Bodyweight squats • Walking lunges • Burpees • Crunches Rest for 3 mins 3 x 5 mins runs 2 mins rest in between • Run 1: easy pace • Run 2: moderate pace • Run 3: harder pace	RECOVERY A	3 x Run Interval Splits • Run 1: 10 mins at easy pace Rest for 2 mins • Run 2: 8 mins at moderate pace Rest 2 mins • Run 3: 6 mins at harder pace		Interval Running Up to 7 x 3 mins efforts at a moderate pace with a 3 mins rest post each effort.		Race Prep Run Day Aim to complete 5 rounds in the following format • Run: 5 mins • Walk or slow jog: 2 minutes.
INTERMEDIATE/ EXPERT PROGRAM	15mins 15 reps each exercise • Bodyweight squats • Stationary lunges • Burpees • Crunches Rest for 3 mins 2 x 10 mins runs • Run 1: easy pace • Run 2: hard to harder pace	Long run at moderate pace aiming for 45-60 mins. Ideal to run on flat road.	3 x Run Interval Splits • Run 1: 12 mins at Moderate pace Rest 2 mins • Run 2: 10 mins at harder pace Rest 2 mins • Run 3: 8 mins at Moderate pace	RECOVERY A	Interval Running 400m efforts with a 2 mins rest post each effort. Aiming to complete 10 efforts.	RECOVERY A	Race Day Mindset Run 40 mins at easy pace
RECOVER		RECOVERY B			RECOVERY B		RECOVERY B

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WARM UP

Monday, Wednesday, Friday, Sunday

3 minute run + 20 seconds on each exercise below, repeated through twice.

- High skips
- High knees
- Walking lunges
- Hamstring stretches
- Butt kicks
- Straight leg kicks

RECOVERY SESSIONS

A) 60 mins of either stretching, yoga, sauna or massage

B) For every 45 minutes of exercise, complete 15 minutes of stretching.



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PHASE TWO: WEEK 5, 6, 7 & 8

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
ACTIVITY	Run + Conditioning	REST and Recover + Run for Intermediate	LIVE Run Day*	REST and Recover	Run Interval Hills	REST and Recover	Run*
BEGINNER PROGRAM	<p>Run Intervals Run Intervals</p> <ul style="list-style-type: none"> • Run 1 easy pace 5 min rest • Run 2 moderate pace 5 min rest • Run 3 hard pace 5 min rest • Run 4 easy pace 5 min rest <p>Conditioning 5 rounds 10 reps each</p> <ul style="list-style-type: none"> • Star Jumps • Burpees • Crunches • Body weight squats • Walk lunges 	RECOVERY A	<p>40 Minute Stage Run</p> <ul style="list-style-type: none"> • 0-5 mins at easy/moderate pace • 5-10 mins at harder pace • 10-15 mins at easy/moderate pace • 15-20 mins at harder pace • 20-25 mins at easy/moderate pace • 25-30 mins at harder pace • 30-35 mins easy/moderate pace • 5 mins slow jog or cool down run 	RECOVERY A	<p>Run Intervals</p> <ul style="list-style-type: none"> • 10 x Hill Repeats (Try to find a hill incline distance of roughly 440m) <p>• Post hill recovery: in between each hill sprint, jog for 260m on a flat or descending track to recover your breath and get ready for the next hill incline.</p> <p>If on a treadmill: try find a program with a hill incline effort of 8-10 and flat road recovery</p>	RECOVERY A	<p>Race Prep Run Up to 35 mins easy pace run</p>
INTERMEDIATE/ EXPERT PROGRAM	<p>Run 30 minute run</p> <p>Repeat 6 times (no break)</p> <ul style="list-style-type: none"> • 3 mins moderate pace • 2 mins hard pace <p>Conditioning Repeat 5 times 20 per exercise</p> <ul style="list-style-type: none"> • Burpees • Walking lunges • Bodyweight squats • Crunches 	Long run at moderate pace aiming for 45-60 mins	<p>40 Minute Stage Run</p> <ul style="list-style-type: none"> • 0-5 mins at easy pace • 5-10 mins at easy/moderate pace • 10-15 mins at moderate pace • 15-20 mins at harder pace • 20-25 mins at moderate pace • 25-30 mins at easy pace • 30-40 mins at recovery pace 	RECOVERY A	<p>Hill Repeats</p> <ul style="list-style-type: none"> • Hill Repeats: 7km in total (Try to find a hill incline distance of roughly 440m) <p>• Post hill recovery: in between each hill sprint, jog for 260m on a flat or descending track to recover your breath and get ready for the next hill incline.</p> <p>If on a treadmill: try find a program with a hill incline effort of 8-10 and flat road recovery</p>	RECOVERY A	<p>Race Day Prep 45 mins moderate pace run</p>
RECOVER		RECOVERY B			RECOVERY B		RECOVERY B

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RECOVERY SESSIONS

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PHASE THREE: WEEK 9, 10, 11 & 12

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
ACTIVITY	Run	REST and Recover + Run for Intermediate	Run*	REST and Recover	Run Interval	REST and Recover	Run*
BEGINNER PROGRAM	Run 30 mins (non stop if possible) at easy pace	RECOVERY A	Stage Run • 4 x 8 mins runs at moderate pace with 2 mins rest in between • Cool down with a 5 mins slow jog		Run Intervals • 10 mins easy pace jog • 8 mins moderate pace run • 10 mins easy pace jog		Race Prep Run Up to 40 mins easy pace run
INTERMEDIATE/ EXPERT PROGRAM	Run • 8 mins warm up run at easy pace • 5 x 4 mins moderate efforts runs with a 2 mins rest in between • Finish with a 8 mins cool down run at easy pace	Run Easy pace run for 45 mins	Run • 10 mins run at moderate pace • 8 x 1min run efforts at harder pace with a 2 mins rest in between • Remaining 10 mins easy pace jog	RECOVERY A	Run Intervals • 10 mins moderate pace run • 8 x 1 min efforts at harder pace with 2mins rest in between • 10 mins easy pace jog	RECOVERY A	Race Day Prep 50 mins easy pace run
RECOVER		RECOVERY B			RECOVERY B		RECOVERY B

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WARM UP

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3 minute run + 20 seconds on each exercise below, repeated through twice.

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- Walking lunges
- Hamstring stretches
- Butt kicks
- Straight leg kicks

RECOVERY SESSIONS

A) 60 mins of either stretching, yoga, sauna or massage

B) For every 45 minutes of exercise, complete 15 minutes of stretching.

