

City to Bay

8 week program from July 27th – Sept 20th

Movement
Club 

RUNAsONE

City to Bay

Week 1 27 July – 2 Aug	Week 2 3 – 9 Aug	Week 3 10 – 16 Aug	Week 4 17 – 23 Aug	Week 5 24 – 30 Aug	Week 6 31 Aug – 6 Sept	Week 7 7 – 13 Sept	Week 7 14 – 20 Sept
Weekly overview Establish your 5km benchmark and ease into the program.	Weekly overview Build consistency with community runs and your first long run.	Weekly overview Introduce interval training while increasing your long run.	Weekly overview Focus on Corporate Cup while using Movement Club as a recovery run.	Weekly overview Continue building endurance with interval training and your longest run yet.	Weekly overview Peak training week before tapering.	Weekly overview Re-test your 5km benchmark and begin tapering for race day.	Weekly overview Reduce your training load, stay fresh and prepare for race day.
30 Aug – Thurs Festival Tower Movement Club – 5km (RPE 4)	5 Aug – Wed Corporate Cup Round 1 – 4.5km (RPE 8)	13 Aug – Thurs Festival Tower Movement Club (Interval Session) – 5km (RPE 6)	19 Aug – Wed Corporate Cup Round 2 – 7.2km (RPE 8)	27 Aug – Thurs Festival Tower Movement Club (Interval Session) – 5km (RPE 6)	2 Sept – Wed Corporate Cup Round 3 – 7.2km (RPE 8)	10 Sept – Thurs Festival Tower Movement Club – 5km (RPE 4)	16 Sept – Wed Corporate Cup Round 4 – 4.5km (RPE 7)
1 Aug – Sat 5km Benchmark Parkrun or Fitzy's 5 Fun Run 5km (RPE 9)	6 Aug – Thurs Festival Tower Movement Club – 5km (RPE 4)	15 Aug – Sat Easy Run or Parkrun – 5km (RPE 3)	20 Aug – Thurs Festival Tower Movement Club – 5km (RPE 4)	29 Aug – Sat Easy Run or parkrun – 5km (RPE 3)	3 Sept – Thurs Festival Tower Movement Club – 5km (RPE 4)	12 Sept – Sat 5km Benchmark Parkrun – 5km (RPE 9)	17 Sept – Thurs Festival Tower Movement Club – 3km (RPE 4)
	9 Aug – Sun Long Run – 7km (RPE 4)	16 Aug – Sun Long Run – 8km (RPE 4)	22 Aug – Sat Easy Run or Parkrun – 5km (RPE 3)	30 Aug – Sun Long Run – 10km (RPE 5)	6 Sept – Sun Long Run – 12km (RPE 5)	13 Sept – Sun Long Run – 8km (RPE 4)	20 Sept – Sun City-Bay Fun Run – 12km (RPE 10)
Total kms							
10km	16.5km	18km	17.2km	20km	24.2km	18km	19.5km



FESTIVAL
TOWER

