

**CITY 2 SURF CURE OUR KIDS CHALLENGE  
WALKING PROGRAM  
Goal finishing time: 2-2.5hours**

	<b>Session 1</b>	<b>Session 2</b>	<b>Optional 1</b>	<b>Optional 2</b>	<b>Session 3 Sat OR Sun (23/24May)</b>
<b>1</b>	Walk 40min. Very fast walk 7 times during the 40min for 1 min (total of 7min of a big effort during the session)	Walk 45min. Fast Walk (slightly below Session 1). 5 times for 3mins (total of 15min of effort in the session)	N/a	n/a	70minutes. Comfortable talking pace
<b>2</b>	Walk 40min 8x1 min very fast walk	Walk 45min Fast Walk 6x3min	Easy Walk or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr20min Comfortable talking pace.
<b>3</b>	Walk 40min 10x1min very fast walk (maybe even jog a couple!)	Walk 45min Fast Walk 8x3min	Easy Jog 15min	Pilates/Gym/Yoga 30min Core strength work	1hr30min Comfortable talking pace
<b>4 REST WK</b>	Easy Walk 40min	Easy Walk 45min	N/A	Pilates/Gym/Yoga 30min Core strength work	40minutes. Comfortable talking pace
<b>5</b>	Walk 40min Find a hilly course & work really hard going up the hill. If no hilly course then find a steep hill & walk up hard and down easy.	Walk 45min Pyramid. Walk Fast 1min, Easy 1min, Fast 2min, Easy 2min, Walk Fast 3min, Easy 3min, Fast 2min, Easy 2min, Fast 1min, Easy 1min	Easy Walk or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr20min Comfortable talking pace
<b>6</b>	Walk 40min Hills as above Think of HEARTBREAK HILL!	Walk 45min Pyramid as Above but go up to 4min and then back down	Easy Walk or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr35min Comfortable talking pace
<b>7</b>	Walk 40min Hills (try to jog one or two hills) LOVE THOSE HILLS	Walk 50min Pyramid as above but go up to 5min & then back down	Easy Walk or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr50min Comfortable talking pace
<b>8 REST WK</b>	Easy Walk 40min	Easy Walk 45min	N/A	Pilates/Gym/Yoga 30min Core strength work	40min Comfortable talking pace

<b>9</b>	Walk 40min Do 1x10min Walking Fast, get your HeartRate down and then go again for 1x5min.	Walk 45min Hills session	Easy Walk or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr50 Comfortable talking pace
<b>10</b>	Walk 40min Do 1x10min Walking fast, get your HeartRate down and then go again for 1x10min	Walk 45min Pyramid session (go up to 4min & then back down)	Easy Walk or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	2 hours Comfortable talking pace
<b>11</b>	Walk 40min Do 1x15min Walking fast, get your HeartRate down and then go again for 1x10min	Walk 50min 10x1min very fast efforts. Get your HeartRate down before going again.	Easy Walk or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	2hour15min Comfortable talking pace
<b>12 TAPER WK</b>	Walk 40min Medium pace	Walk 50min Easy	n/a	Yoga/stretching	Saturday: REST Sunday: CITY TO SURF!

The sessions can occur anytime during the week to fit into your schedule.

This program has been developed by a Level 1 Triathlon Coach, Melinda Cockshutt. Participants complete this program at their own risk and Cure Our Kids, its employees, contractors or associates and Melinda Cockshutt are not liable for any injury or loss that occurs while people are completing this training program. If you any health issues, please consult your doctor before participating in this program. Please assess your own personal fitness level before choosing the program to follow.

Please contact Melinda Cockshutt at [mtza@iinet.com.au](mailto:mtza@iinet.com.au) if you would like some further information about particular sessions.

Completing the City2Surf is a fantastic experience and one you will remember forever. GOOD LUCK!

**CITY 2 SURF CURE OUR KIDS CHALLENGE  
JOGGING PROGRAM  
Goal finishing time: 100-120minutes**

	<b>Session 1</b>	<b>Session 2</b>	<b>Optional 1</b>	<b>Optional 2</b>	<b>Session 3 Sat OR Sun (23/24May)</b>
<b>1</b>	Run/Walk 40min. Run Medium Pace 7 times during the 40min for 1 min (total of 7min of a big effort during the session)	Run/Walk 45min. Jog (slightly below Session 1). 5 times for 3mins (total of 15min of effort in the session). Walk between efforts	N/a	n/a	60minutes. Jog/Walk when you need
<b>2</b>	Run/Walk 40min 8x1 min Run. Walk immediately after the effort. Walk/jog the rest of the session	Run/Walk 45min Jog 6x3min/Walk between efforts & get HeartRate down. Walk/Jog the rest of the session	Easy Jog or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr10min Jog/Walk when you need.
<b>3</b>	Run/Walk 40min 10x1min Run Hard! Rest of session as above	Walk 45min Run 8x3min. Rest of session as above	Easy Jog 15min	Pilates/Gym/Yoga 30min Core strength work	1hr20min Jog/Walk when you need
<b>4 REST WK</b>	Easy Walk/Jog 40min	Easy Walk/Jog 45min	N/A	Pilates/Gym/Yoga 30min Core strength work	40minutes. Walk/Jog
<b>5</b>	Run 40min Find a hilly course & work really hard going up the hill. If no hilly course then find a steep hill & run up hard and down easy.	Run 45min Pyramid. Run Fast 1min, Jog/Walk Easy 1min, Fast 2min, Easy 2min, Walk Fast 3min, Easy 3min, Fast 2min, Easy 2min, Fast 1min, Easy 1min	Easy Jog or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr10min Jog/Walk – Jog for a minimum 40min
<b>6</b>	Run 40min Hills as above Think of HEARTBREAK HILL!	Run 45min Pyramid as Above but go up to 4min and then back down	Easy Jog or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr20min Jog/Walk – Jog for a minimum 50min
<b>7</b>	Run 40min Hills as above. LOVE THOSE HILLS	Run 50min Pyramid as above but go up to 5min & then back down	Easy Jog or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr30min Jog/Walk – Jog for a minimum 60min
<b>8 REST WK</b>	Easy Jog 40min	Easy Jog/Walk 45min	N/A	Pilates/Gym/Yoga 30min Core strength work	40min Walk

<b>9</b>	Run 40min Do 1x10min Running Med Pace, get your HeartRate down and then go again for 1x5min.	Run 45min Hills session as per Wk5-7	Easy Jog or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr30 Jog/Walk – Jog for a minimum 70min
<b>10</b>	Run 40min Do 1x10min Running Medium Pace, get your HeartRate down and then go again for 1x10min	Run 45min Pyramid session (go up to 4min & then back down) as per Wk 6	Easy Jog or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr40min Jog/Walk – Jog for a minimum 80min
<b>11</b>	Run 40min Do 1x15min Running Medium Pace, get your HeartRate down and then go again for 1x10min	Run 50min 10x1min very fast efforts. Get your HeartRate down (Walk) before going again.	Easy Jog or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr30min Jog the whole way!
<b>12 TAPER WK</b>	Walk 40min Medium pace	Walk 50min Easy	n/a	Yoga/stretching	Saturday: REST Sunday: CITY TO SURF!

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Completing the City2Surf is a fantastic experience and one you will remember forever. GOOD LUCK!

**CITY 2 SURF CURE OUR KIDS CHALLENGE  
RUNNING PROGRAM  
Goal finishing time: Under 90minutes**

	<b>Session 1</b>	<b>Session 2</b>	<b>Optional 1</b>	<b>Optional 2</b>	<b>Session 3 Sat OR Sun (23/24May)</b>
<b>1</b>	Run 40min. Run Medium Pace 7 times during the 40min for 1 min (total of 7min of a big effort during the session)	Run 45min. Jog (slightly below Session 1). 5 times for 3mins (total of 15min of effort in the session).	N/a	n/a	60minutes. Comfortable talking pace
<b>2</b>	Run 40min 8x1 min Run efforts. These are hard. Jog the rest of the session	Run 45min Run (medium pace) 6x3min. get HeartRate down before next effort.	Easy Run or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr10min Comfortable talking pace.
<b>3</b>	Run 40min 10x1min Run Hard! Rest of session as above	Run 45min Run 8x3min. Rest of session as above	Easy Jog 15min	Pilates/Gym/Yoga 30min Core strength work	1hr20min Comfortable talking pace
<b>4 REST WK</b>	Easy Jog 40min	Easy Jog 45min	N/A	Pilates/Gym/Yoga 30min Core strength work	40minutes. Jog
<b>5</b>	Run 40min Find a hilly course & work really hard going up the hill. If no hilly course then find a steep hill & run up hard and down easy.	Run 45min Pyramid. Run Fast 1min, Jog Easy 1min, Fast 2min, Easy 2min, Walk Fast 3min, Easy 3min, Fast 2min, Easy 2min, Fast 1min, Easy 1min	Easy Jog or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr10min Comfortable talking pace
<b>6</b>	Run 40min Hills as above Think of HEARTBREAK HILL!	Run 45min Pyramid as Above but go up to 4min and then back down	Easy Jog or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr20min Comfortable talking pace
<b>7</b>	Run 40min Hills as above. LOVE THOSE HILLS	Run 50min Pyramid as above but go up to 5min & then back down	Easy Jog or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr30min Comfortable talking pace
<b>8 REST WK</b>	Easy Jog 40min	Easy Jog/Walk 45min	N/A	Pilates/Gym/Yoga 30min Core strength work	40min Jog

<b>9</b>	Run 40min Do 1x10min Running Med Pace, get your HeartRate down and then go again for 1x5min.	Run 45min Hills session as per Wk5-7	Easy Jog or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr30 Comfortable talking pace
<b>10</b>	Run 40min Do 1x10min Running Medium Pace, get your HeartRate down and then go again for 1x10min	Run 45min Pyramid session (go up to 4min & then back down) as per Wk 6	Easy Jog or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr40min Comfortable talking pace
<b>11</b>	Run 40min Do 1x15min Running Medium Pace, get your HeartRate down and then go again for 1x10min	Run 50min 10x1min very fast efforts. Get your HeartRate down before going again.	Easy Jog or Bike Ride 30min	Pilates/Gym/Yoga 30min Core strength work	1hr30min Comfortable talking pace
<b>12 TAPER WK</b>	Run 40min Medium pace	Jog 50min Easy	n/a	Yoga/stretching	Saturday: REST Sunday: CITY TO SURF!

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