

100KM SURF COAST CENTURY

25km Training program

So you are enjoying your running and starting to get into running trails. Maybe you're doing the odd long run up to 10km but you'd love to be able to run a bit further – and ideally do the Surf Coast Century as part of a team of 4 people... which would mean running 25km (gulp...!) So how do you get there?

Well read on because the following training program has been written by one of the best in the business – Julian Spence and endorsed by David Eadie and Nikki Wynd from www.TheRunningMan.com.au. David, Nikki and Julian have amongst them some very credible ultra, marathon and track running results, all three know a thing or two about how to train and get the best out of your body as can be seen in their results.

This program is designed to help educate and inform you how to do the Surf Coast Century as part of a team of 4 people having started from a pretty low level of running right now. We hope you find it useful.

This program is designed for somebody who is currently running approximately 3-4 times a week but for no longer than 30 or 40 minutes each time. It is prepared so that you have a base understanding of the types and quantities of training required to get you to the start line and the finish line of one 25km leg of the Surf Coast Century. BUT please also understand that training programs are very subjective things and that there are many different ways to train for such an event. If you want further advice or customisation of this program we recommend that you contract David and Nikki and discuss a specific running program.

Key notes about the program below;

- The program builds mileage much more conservatively than the 100km program for several reasons:
 - This 25km program is designed for the runner who is coming from a background of less running (15-50km per week)
 - The distance is less and therefore mileage plays less of a role in finishing the relay leg
 - Those with less experience at running distance at a greater risk of injury from increasing mileage too quickly.
- Rest is important in a novice program, as the body needs extra time to absorb the new stresses placed on it. So don't feel too bad about taking a break (as long as you are also doing the sessions you need to!)
- The first half of this program is about establishing a weekly routine and a degree of base fitness before higher intensity running is introduced.
- Tempo
 - Run at a pace that can be maintained for approx. 20 – 40 minutes without feeling overly exerted. These should be controlled efforts. Gradually increase distance at the beginning of the program and then increase pace as fitness improves.
- Fartlek
 - A workout that involves both hard and recovery efforts. The key to this workout is to maintain the recovery pace at a moderate intensity rather than an easy pace. During the run, complete a workout that is structured like
 - 2 x 90 Seconds on 90 Seconds off, 4 x 1 on 1 off, 4 x on 30 Seconds on 30 Seconds, 4 x 15 Seconds on, 15 Seconds off.
 - Or 8 x 1 Min on, 1 Min off
- Intervals
 - Sets of intervals 2-5mins at moderate – hard intensity.
 - Number of intervals should be 4 – 8.
 - Recovery should be sufficient, enough to complete all sets at without significant fatigue.
- Hill Repeats
 - Done on a hill approx. 400m long.
 - Should take 90sec – 3mins
 - Jog the downhills slightly faster to condition quads.

- General Notes

- Most important run of the week is the long run.
- Whenever possible, run on trails rather than roads/sidewalk as this helps your body adapt to the uneven surfaces of trails
- Specificity is key – run on the beach, uphill trails, and downhill trails and in particular – get on the actual SC100 course.

WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
20 weeks to go	REST	40MIN	60 MINS	FARTLEK	REST	50MINS	70MINS
19 weeks to go	REST	40MIN	60 MINS	FARTLEK	REST	50MINS	70MINS
18 weeks to go	REST	40MIN	60 MINS	FARTLEK	REST	50MINS	70MINS
17 weeks to go	REST	40MIN	60 MINS	FARTLEK	REST	50MINS	70MINS
16 weeks to go	REST	40MIN	70 MINS	INTERVALS	REST	60MINS	90MINS
15 weeks to go	REST	40MIN	70 MINS	INTERVALS	REST	60MINS	90MINS
14 weeks to go	REST	40MIN	70 MINS	INTERVALS	REST	60MINS	90MINS
13 weeks to go	REST	FARTLEK	40MINS	REST	30MINS	REST	Salomon Trail Series Medium Course
12 weeks to go	EASY 40 MINS	60MINS	75 MINS	FARTLEK	REST	HILLS	2 HOURS
11 weeks to go	EASY 40 MINS	60MINS	75 MINS	FARTLEK	REST	HILLS	2 HOURS
10 weeks to go	EASY 40 MINS	60MINS	75 MINS	FARTLEK	REST	HILLS	2 HOURS
9 weeks to go	REST	FARTLEK	60MINS	40 MINS	40MINS	REST	2 HOURS
8 weeks to go	EASY 40 MINS	60MINS	75 MINS	FARTLEK	REST	TEMPO	Salomon Trail Series medium course
7 weeks to go	EASY 40 MINS	FARTLEK	75 MINS	INTERVALS	REST	90 MINS	2 HOURS
6 weeks to go	EASY 40 MINS	FARTLEK	90 MINS	INTERVALS	REST	90 MINS	2 HOURS
5 weeks to go	REST	FARTLEK	60MINS	40MINS	40MINS	REST	2 HOURS
4 weeks to go	EASY 40 MINS	FARTLEK	90 MINS	60MINS	REST	TEMPO	Salomon Trail Series long course
3 weeks to go	EASY 40 MINS	60MINS	75 MINS	FARTLEK	REST	TEMPO	2 HOURS
2 weeks to go	EASY 40 MINS	60MINS	75 MINS	FARTLEK	REST	TEMPO	2 HOURS
1 week to go	REST	45MINS	60MINS	45MINS	REST	FARTLEK	60MINS
Race week	REST	30MINS	30MINS	REST	REST	SCC 25K	