

TRAINING PLANS

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	4miles easy running	Rest Day	3miles easy running	Rest Day	3miles easy running	6miles easy running
2	Rest Day	4miles easy running followed by 6x15sec strides	Rest Day	4miles easy running	Rest Day	3miles easy running	8miles long run
3	Rest Day	10x60sec fartlek. Start with a 10 min warm up. Run 10mins alternating 60sec @ 5k pace, 60sec @ easy jog recovery. Finish off with a 10 min warm down.	Rest Day	5miles easy running	Rest Day	3miles easy running	8miles long run
4	Rest Day	4miles easy running	Rest Day	3miles @ half marathon pace Start with a 10 min warm up. Run 3miles at your HM goal pace. Finish off with a 10 min warm down.	Rest Day	3miles easy running	10miles long run
5	Rest Day	6x1/2mile (2mins jog) @5km pace. Start with a 10 min warm up. Run 6x1/2 miles @5k pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down.	Rest Day	5miles easy running	Rest Day	3miles easy running	12miles long run
6	Rest Day	6miles easy running	Rest Day	4miles easy running	Rest Day	Rest Day	8miles long run
7	Rest Day	8x1km (90secs) @10km pace. Start with a 10 min warm up. Run 8x1km @10k pace followed by 90 seconds jog/walk to recover, repeated 8 times. Finish off with a 10 min warm down.	Rest Day	5miles easy running	Rest Day	3miles easy running	12miles long run
8	Rest Day	5miles @ half marathon pace Start with a 10 min warm up. Run 5miles at your HM goal pace. Finish off with a 10 min warm down.	Rest Day	4miles easy running	Rest Day	3miles easy running	10miles long run
9	Rest Day	5miles easy running	Rest Day	4miles easy running	Rest Day	3miles easy running	6miles easy running
10	Rest Day	3miles easy running	Rest Day	3miles easy running	Rest Day	1miles easy running	Half Marathon

THE IMPROVER PLAN IS SUITABLE FOR RUNNERS WHO PERHAPS HAVE AN EVENT UNDER THEIR BELT OR THEY'RE ALREADY REASONABLY FIT (E.G. CAN RUN FOR 25MINS). GRADUALLY INCREASES YOUR TRAINING LEVEL TO IMPROVE YOUR PERFORMANCE.

PACE GUIDE

EASY RUN - AN EASY RUN SHOULD BE RUN AT CONVERSATIONAL PACE MAINTAINING RELAXED BREATHING. EASY RUNS MAKE UP THE BULK OF YOUR TRAINING PROGRAMME.

LONG RUN - YOUR LONG RUN IS SIMILAR TO AN EASY RUN BUT JUST LASTS LONGER! THE EFFORT IS STILL EASY BUT MAY BECOME MORE DIFFICULT DUE TO THE DURATION OF THE RUN.

5K PACE - A PACE WHICH YOU HAVE OR THINK YOU COULD MAINTAIN FOR A 5K EVENT OR APPROXIMATELY FOR 30-MINUTES OF RUNNING.

10K PACE - A PACE WHICH YOU HAVE OR THINK YOU COULD MAINTAIN FOR A 10K EVENT OR APPROXIMATELY FOR ONE-HOUR OF RUNNING.

HALF MARATHON PACE - A PACE WHICH YOU HAVE OR THINK YOU COULD MAINTAIN FOR A HM EVENT. HALF MARATHON PACE SHOULD BE HARD BUT CONTROLLED.

MARATHON PACE - A PACE WHICH YOU HAVE OR THINK YOU COULD MAINTAIN FOR A MARATHON EVENT. MARATHON PACE SHOULD BE SLOWER THAN HM PACE BUT FASTER THAN EASY RUN PACE.

REST DAY - REST DAYS ARE IMPORTANT TO ALLOW ADAPTATION AND ARE USED TO ENHANCE RECOVERY AND CAN BE A COMPLETE DAY OF REST OR CROSS-TRAINING.