

This program is designed for somebody who is running ~ 3 x per week already. It's a good introduction to structured training to your running. Please be flexible in how you adapt the program to your own training.

Week	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
1	Rest, Walk, XT	Intervals Warm up - 15mins @ EP. Session - 8 x 45seconds @ AP. (rest) - 90sec standing rest. Cool down - 10mins @ EP	30mins @ EP	Rest, Walk, XT	Fartlek Warm up - 15mins @ EP. Session - 6 x (2mins @ SP, 1min @ EP). Cool down - 10mins @ EP.	Rest, Walk or XT	Long Run 50mins @ EP	Record total distance on Friday session. EP - Easy Pace run which is a pace that you should be able to run at comfortably and talk. If you can't talk, it's too fast
2	Rest, Walk, XT	Hills Warm up - 15mins @ EP. Session - 8 x 30sec hill efforts (sprints). Cool down - 15mins @ EP	30mins @ EP	Rest, Walk, XT	Steady Run Warm up - 10mins @ EP. Session - 20mins @ SP. Cool down - 10mins @ EP	Rest, Walk or XT	Long Run. 60mins @ EP	SP - Steady pace is a pace that you are working hard but can hold. You should get to the end of the each rep and be able to go again. Don't go too hard and blow up early, work into the pace so you finish the last rep strong
3	Rest, Walk, XT	Intervals Warm up - 15mins @ EP. Session - 8 x 60seconds @ HP. (rest) - 90sec stand or walk rest. Cool down - 15mins @ EP	40mins @ EP	Rest, Walk, XT	30mins @ EP with some strides to finish off	PARKRUN. Warm up - 10mins @ EP. Session - Ballarat (or local) Parkrun @ HP. Cool down - 5mins @ EP	Long Run 50mins @ EP	HP - Hard Pace is a pace that you are going as hard as you can. 100% effort
4	Rest, Walk, XT	40mins @ EP. with some strides to finish off	40mins @ EP	Rest, Walk, XT	Fartlek Warm up - 15mins @ EP. Session - MONA FARTLEK Cool down - 10mins @ EP	Rest, Walk or XT	Long Run 70mins @ EP Finish with 5-6 strides	Mona Fartlek = 2 x 90secs, 2 x 60secs, 4 x 60secs, 4 x 30secs. All @ SP. Recovery is @ EP and is the length of the previous faster repetition (ie. 90sec @ SP, 90sec @ EP, 60sec @ SP, 60sec @ EP)
5	Rest, Walk, XT	Intervals Warm up - 15mins @ EP. Session - 5 x 3mins @ HP. (rest) - 2mins stand or walk rest. Cool down - 15mins @ EP	45mins @ EP	Rest, Walk, XT	Steady Run Warm up - 10mins @ EP. Session - 30mins @ SP. Cool down - 10mins @ EP	30mins @ EP with some light strides at the end	Run. Walk 8mins. Run 25mins. Walk 8mins. Run 20mins. Walk 8mins	
6	Rest, Walk, XT	Hills Warm up - 15mins @ EP. Session - 20 x 20sec hill repeats. Cool down - 15mins @ EP	45mins @ EP	Rest, Walk, XT	Progression Run Warm Up - 20mins @ EP. Session - Increase pace gradually for 25mins (Start @ EP). Cool Down - 5mins @ EP	30mins @ EP With some light strides to finish off	Long Run 70mins @ EP	
7	Rest, Walk, XT	40mins @ EP. PLUS 8 x 30sec @ AP. Rest - Walk back to start	40mins @ EP	Rest, Walk, XT	Fartlek Warm up - 15mins @ EP. Session - 6 x (2mins @ SP, 1min @ EP). Cool down - 10mins @ EP.	Rest, Walk or XT	Long Run 50mins @ EP with a few strides to finish off	Begin taper. Compare Friday session distance with week 1 session distance.
8	Rest, Walk, XT	Intervals Warm up - 15mins @ EP. Session - 6 x 30seconds @ HP. (rest) - 60sec standing rest. Cool down - 15mins @ EP	30mins @ EP	Rest, Walk, XT	30mins @ EP	Rest or Walk	PB Events 10k	Race Week