



This program is intended for a runner who is currently running ~3 per week. If you're running less than this, please use caution as your running load increases. If you currently train more than this, adjust the distance/frequency as safely as possible.

Week	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
1	Rest, Walk, XT	30 mins @ EP with some strides to finish off	45mins @ EP	Rest, Walk, XT	Fartlek Warm up - 15mins @ EP. Session - 6 x (2mins @ SP, 1min @ EP). Cool down - 10mins @ EP.	EP Run 30 mins	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	30 mins @ EP 10 mins @ SP 10 mins EP	45mins @ EP	Rest, Walk, XT	Steady Run Warm up - 10mins @ EP. Session - 20mins @ SP. Cool down - 10mins @ EP	EP Run 30 mins	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	20 Mins EP, 4 x 4mins steady/1min easy, 10 mins EP	45mins @ EP	Rest, Walk, XT	30mins @ EP with some strides to finish off	PARKRUN. Run/Walk PARKRUN 5km course. (Run steady for the 5km distance (20 min EP either side of run)	Long Run 75mins @ EP	HP - Hard Pace is a pace that you are going as hard as you can. 100% effort
4	Rest, Walk, XT	20 Mins EP, 3 x 5mins steady/1 min easy, 10 Mins EP	45mins @ EP	Rest, Walk, XT	Fartlek Warm up - 15mins @ EP. Session - MONA FARTLEK Cool down - 10mins @ EP	EP Run 30 mins	Long Run 80mins @ 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) Strides - these are light efforts running hard (not a sprint) to stretch the legs out at the end of the run. Normally 4-6 is enough and at around 60-80 metres with a 30sec break in between each one.
5	Rest, Walk, XT	EP Run 45 mins with strides to finish	45mins @ EP	Rest, Walk, XT	Steady Run Warm up - 10mins @ EP. Session - 30mins @ SP. Cool down - 10mins @ EP	EP run 30 mins	Long Run 90mins @ EP	
6	Rest, Walk, XT	20 Mins EP, 2 x 8mins steady/2 min easy, 10 Mins EP	45mins @ EP	Rest, Walk, XT	Progression Run Warm Up - 20mins @ EP. Session - Increase pace gradually for 25mins (Start @ EP). Cool Down - 5mins @ EP	EP run 30 mins	Long Run 95mins @ EP	
7	Rest, Walk, XT	EP Run 45 mins with strides	45mins @ 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 75mins @ EP with a few strides to finish off	Begin taper. Compare Friday session distance with week 1 session distance.
8	Rest, Walk, XT	EP Run 45 mins with strides	35mins @ EP	Rest, Walk, XT	30mins @ EP	30Mins easy	PB Events 21.1k	REST and enjoy the achievement