

Week 1 29 Dec – 4th Jan	Get You Round	Sub-1 hr	Sub-45 mins	Sub-38 mins
SUNDAY	30 mins walk/jog	30 mins Run	60 mins Run	90 mins Run
MONDAY	Rest	Rest	Rest	45 mins Run
TUESDAY	15 min walk/jog	30 min Run	45 min Run	8 x 2 mins at 10km pace with 2 mins jog recovery between efforts
WEDNESDAY	Rest	Rest	30 min run – last 10 mins at 10km pace	45 min Run
THURSDAY	15 min walk/jog	30 min Run	45 min run	30 min run – last 10 mins at marathon pace
FRIDAY	Rest	Rest	Rest	Rest
SATURDAY	15 mins walk/jog	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Morning – 30 mins easy/Afternoon - Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each
TRAINING OBJECTIVE:	Getting over the inhibitions and mental preparation for a regular training pattern. The amount of running is irrelevant – it's more about being 'out there'.	Getting time on the feet and the start of a gradual build up of training.	Getting time on the feet and the start of a gradual build up of training. Beginnings of generating the pace necessary to run at 7 min mile pace.	Runner probably already into full training for road or cross-country season. Introduction of 10km pace training.

Week 2 5-11 Jan	Get You Round	Sub-1 hr	Sub-45 mins	Sub-38 mins
SUNDAY	40 mins walk/jog	40 mins steady	60 mins steady	90 mins steady
MONDAY	Rest	Rest	Rest	45 mins Run
TUESDAY	15 min walk/jog	30 min Run	45 min Run	8 x 2 mins at 10km pace with 2 mins jog recovery between efforts
WEDNESDAY	Rest	Rest	30 min run – last 10 mins at 10km pace	45 min Run
THURSDAY	15 min walk/jog	30 min Run	45 min run	30 min run – last 10 mins at 10km pace
FRIDAY	Rest	Rest	Rest	Rest
SATURDAY	15 mins walk/jog	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Morning – 30 mins easy/Afternoon - Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each
TRAINING OBJECTIVE:	As week 1	As week 1	As week 1	As week 1

Week 3 12 – 18 Jan	Get You Round	Sub-1 hr	Sub-45 mins	Sub-38 mins
SUNDAY	50 mins walk/jog	60 mins steady	90 mins steady	90 mins steady
MONDAY	Rest	Rest	30 mins easy	Morning – 30 mins easy/Afternoon - 45 mins easy
TUESDAY	20 mins jog	45 mins easy	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	4 x 1 mile efforts at 10km pace.
WEDNESDAY	Rest	Rest	Rest	60 min Run
THURSDAY	20 mins jog	45 mins easy	45 mins easy	Morning – 30 mins easy/Afternoon – 45 mins easy
FRIDAY	Rest	Rest	30 mins easy	30 mins easy
SATURDAY	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each	10 x 1 min running up shallow hill – walk back down recovery	Rest	30 min Jog
TRAINING OBJECTIVES:	Starting to run short distances continuously.	Development of the long run and some hill work to build strength in the legs.	Develop long run & faster stretches within the normal steady pace run.	Develop long run & faster stretches within the normal steady pace run

Week 4 19 – 25 Jan	Get You Round	Sub-1 hr	Sub-45 mins	Sub-38 mins
SUNDAY	60 mins jog/walk	75 mins steady	5km race or time trial	5km race or time trial
MONDAY	Rest	Rest	30 mins easy	30 mins easy
TUESDAY	25 mins easy	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	6 x 1,000 m at 5km pace – 3 mins recovery between each
WEDNESDAY	Rest	Rest	30 mins easy	Morning – easy 30 mins/Afternoon – 60 mins steady
THURSDAY	25 mins easy	45 mins steady	60 mins easy	Morning – easy 30 mins/Afternoon – steady 30 mins followed by 10 x 200m
FRIDAY	Rest	Rest	Rest	Rest
SATURDAY	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each	10 x 1 min running up shallow hill – walk back down recovery	12 x 1 min running up shallow hill – walk back down recovery	16 x 1 min running up shallow hill – walk back down recovery
TRAINING OBJECTIVE:	Gradually increasing time of the feet – a mental strategy or run 5 mins/ walk 1 min for the long run will help you get through 60 mins.	Lengthening long run – the pace doesn't matter. Introduction of 'speed work' at race pace will accelerate fitness levels.	Building the speed necessary to run a 10km with some efforts faster than 10km pace.	Building the speed necessary to run a 10km with some efforts faster than 10km pace

Week 5 26 Jan – 1 Feb	Get You Round	Sub-1 hr	Sub-45 mins	Sub-38 mins
SUNDAY	75 mins run/walk	75 mins easy	90 mins steady	90 mins steady
MONDAY	Rest	Rest	30 mins easy	Morning – 30 mins easy/Afternoon – 45 mins Run
TUESDAY	35 mins easy	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	On fairly straight uninterrupted route run 10 mins at 10km pace – 10 mins recovery – run 10 min back trying to get to pass your start point
WEDNESDAY	Rest	Rest	60 mins easy	Morning – 30 mins easy/Afternoon – 60 mins steady
THURSDAY	35 mins easy	60 mins easy	30 mins steady	Morning – easy 30 mins/Afternoon – steady 30 mins followed by 10 x 200m
FRIDAY	Rest	Rest	Rest	Rest
SATURDAY	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each	10 x 1 min running up shallow hill – walk back down recovery	12 x 1 min running up shallow hill – walk back down recovery	16 x 1 min running up shallow hill – walk back down recovery
TRAINING OBJECTIVE:	15 mins added to the long run – using the 5 min run/1 min walk strategy.	Consolidation week – getting used to the balance between the long run and speed work.	Consolidation week – getting used to the balance between the long run and speed work.	Consolidation week – getting used to the balance between the long run and speed work.

Week 6 2 – 8 Feb	Get You Round	Sub-1 hr	Sub-45 mins	Sub-38 mins
SUNDAY	75 mins run/walk	75 mins easy	90 mins steady	90 mins steady
MONDAY	Rest	Rest	30 mins easy	Morning – 30 mins easy/Afternoon – 45 mins Run
TUESDAY	40 mins easy	Up the clock – run 1 min fast/1 min slow, 2 mins fast/ 2 mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast.	Up the clock – run 1 min fast/1 min slow, 2 mins fast/ 2mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast.	Up and down the clock – run 1 min fast/1 min slow, 2 mins fast/ 2mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast/5 mins slow, the 4, 3, 2, 1 min back down.
WEDNESDAY	Rest	Rest	30 mins easy	Morning – 30 mins easy/Afternoon – 60 mins Run
THURSDAY	40 mins easy	60 mins easy	75 mins easy	Morning – 30 mins easy/Afternoon - 10 min warm-up – 20 min Tempo run (10 km race pace) – 10 mins warm-down
FRIDAY	Rest	Rest	30 min easy	30 min easy
SATURDAY	10 x 1 min running up shallow hill – walk back down recovery	12 x 1 min running up shallow hill – walk back down recovery	Rest	Rest
TRAINING OBJECTIVES	Consolidation week – slight increase in the mid week runs.	Development of ability to run faster than race pace and hold the pace for an increasing amount of time.	Development of ability to run faster than race pace and hold the pace for an increasing amount of time. At same time long run is increased to the magic 2-hrs.	Up and down the clock develops strength and speed. The Tempo run enables you to hold a fast pace for a long time.

Week 7 9 – 15 Feb	Get You Round	Sub-1 hr	Sub-45 mins	Sub-38 mins
SUNDAY	75 mins run/walk	75 min run	75 min run	75 min run
MONDAY	Rest	Rest	30 mins easy	Morning – 30 mins easy/Afternoon – 30 mins easy
TUESDAY	45 mins steady	10 mins warm up – 20 mins at 10km pace – 10 min warm down.	10 mins warm up – 20 mins at 10km pace – 10 min warm down.	3 sets of 4 x 300m at 3 km pace with 100 m jog recovery between efforts/3 mins standing recovery between sets.
WEDNESDAY	Rest	Rest	60 mins steady	60 mins steady
THURSDAY	60 mins steady	60 mins steady	Morning – 30 mins easy/Afternoon – 30 min easy	Morning – 30 mins easy /Afternoon – 30 mins easy
FRIDAY	Rest	Rest	Rest	Rest
SATURDAY	10 x 1 min running up shallow hill – walk back down recovery	12 x 1 min running up shallow hill – walk back down recovery	15 x 1 min running up shallow hill – walk back down recovery	20 x 1 min running up shallow hill – walk back down recovery
TRAINING OBJECTIVE:	The long runs are going to start to get you tired – refuelling after the long Sunday run & mid week hour run is essential – it's tough but it will start to build the endurance you'll need for the race.	Race pace running is important so that your body gets the 'feel' of the speed you want to race at.	Race pace running is important so that your body gets the 'feel' of the speed you want to race at. Twice a day training on some days gives a boost to your endurance, and the afternoon run can sometimes be better because you have 'warmed-up' in the morning.	Big 'interval sessions' develop the heart & lungs, build strength and develop the speed necessary to run 6 min per mile comfortably.

Week 8 16 – 23 Feb	Get You Round	Sub-1 hr	Sub-45 mins	Sub-38 mins
SUNDAY	45 mins run/walk	45 mins run/walk	45 mins run/walk	45 mins run/walk
MONDAY	Rest	Rest	30 mins easy	45 mins Run
TUESDAY	45 mins Run	10 mins warm up – 10 x 200m with 200m walk/jog recovery– 10 min warm down.	10 mins warm up – 10 x 200m with 200m walk/jog recovery– 10 min warm down.	10 mins warm up – 10 x 200m with 200m walk/jog recovery– 10 min warm down.
WEDNESDAY	Rest	Rest	30 min easy	30 mins easy
THURSDAY	20 mins easy	30 mins steady	30 mins steady	30 mins easy
FRIDAY	20 min easy	30 mins easy	30 mins easy	30 mins easy
SATURDAY	Rest	Rest	Rest	Rest
TRAINING OBJECTIVE:	Taper down for race.	Taper down for race.	Taper down for race.	Taper down for race.
23 Feb	RACEDAY	RACEDAY	RACEDAY	RACEDAY