

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Training Guide ADVANCED	40 MINUTE EASY RUN	35 MINUTE EASY RUN OR DAY OFF	40 MINUTE STEADY RUN	DAY OFF <i>A day off or easy day allows the body to build up after a hard training session. It is an important part of your program.</i>	45 MINUTE RUN - INCLUDE HILLS <i>Hills are good strength builders. Run harder up the hills and take it easy on the downhill.</i>	60 MINUTE LONG RUN <i>Sundays are traditionally "Long Run" days. Increase your "Sunday run" by 5 mins / week until you are running 90 mins. This builds up endurance. Easy pace. A few walks are OK.</i>
WEEK 2	DAY OFF	40 MINUTE RUN <i>with 20 mins fast.</i>	40 MINUTE EASY RUN OR DAY OFF	45 MINUTE STEADY RUN	DAY OFF	35 MINUTE FAST RUN <i>Tempo running - increase your pace but not an all out effort. You should be able to talk (just!).</i>	65 MINUTE LONG RUN - EASY
WEEK 3	DAY OFF <i>A day off or easy day allows the body to build up after a hard training session. It is an important part of your program.</i>	3 X 1KM REPS <i>85% effort- 1 min 30 rest between each. Reps help adjust your body to run faster. Warm up by running easy for 10 mins and stretch. Warm down 10 mins.</i>	40 MINUTE EASY RUN	45 MINUTE FAST RUN - TEMPO RUN <i>Tempo running improves your running efficiency. Concentrate on good form.</i>	DAY OFF	40 MINUTE RUN INCLUDE HILLS	70 MINUTE LONG RUN - EASY
WEEK 4	DAY OFF	6 X 500M REPS <i>90% effort - 500 m jog between each. Do these on the grass at a park. First rep 80%.</i>	35 MINUTE EASY RUN	40 MINUTE FAST RUN - TEMPO RUN <i>Build up the pace during these runs - start easy, finish harder.</i>	DAY OFF <i>A day off or easy day allows the body to build up after a hard training session. It is an important part of your program.</i>	50 MINUTE RUN <i>Include 5km time trials. Hard runs at almost full effort. These are tests to gauge your progress.</i>	75 MINUTE LONG RUN - EASY
WEEK 5	DAY OFF <i>This week will be an easier week.</i>	40 MINUTE EASY RUN	30 MINUTE EASY RUN OR DAY OFF	45 MINUTE EASY RUN	DAY OFF	50 MINUTE FAST RUN	80 MINUTE LONG RUN - EASY
WEEK 6	DAY OFF OR BIKE RIDE	4 X 1KM REPS <i>85% effort. 1 min rest between each.</i>	45 MINUTE EASY RUN	50 MINUTE FAST RUN	DAY OFF	50 MINUTE RUN INCLUDE HILLS	85 MINUTE LONG RUN - EASY
WEEK 7	DAY OFF OR BIKE RIDE	8 X 500M REPS <i>95% effort. 500m jog between each.</i>	45 MINUTE EASY RUN	55 MINUTE FAST RUN	DAY OFF <i>A day off or easy day allows the body to build up after a hard training session. It is an important part of your program.</i>	50 MINUTE RUN <i>Include 5km time trials. Maybe try the "Park Run".</i>	90 MINUTE LONG RUN - EASY
WEEK 8	DAY OFF OR BIKE RIDE	4 X 1KM REPS <i>85% effort. 1 min rest between each.</i>	50 MINUTE EASY RUN	55 MINUTE FAST RUN - TEMPO RUN <i>35 minutes at tempo pace.</i>	DAY OFF	60 MINUTE RUN INCLUDE HILLS	90 MINUTE LONG RUN - EASY
WEEK 9	DAY OFF OR BIKE RIDE	8 X 500M REPS <i>95% effort. 500m jog between each.</i>	50 MINUTE EASY RUN	55 MINUTE FAST RUN - TEMPO RUN <i>35 minutes at tempo pace.</i>	DAY OFF	50 MINUTE RUN <i>Include 5km time trials. Maybe try the "Park Run".</i>	80 MINUTE EASY RUN <i>2 weeks out from Race Day!</i>
WEEK 10	DAY OFF OR BIKE RIDE	4 X 1KM REPS <i>85% effort. 1 min rest between each.</i>	50 MINUTE EASY RUN	45 MINUTE FAST RUN - TEMPO RUN <i>Build up the pace during these runs - start easy, finish harder.</i>	DAY OFF <i>A day off or easy day allows the body to build up after a hard training session. It is an important part of your program.</i>	45 MINUTE RUN <i>with 20 mins fast.</i>	EASY 50 MINUTE RUN <i>One week to go - Start easing off the training.</i>
WEEK 11	DAY OFF	40 MINUTE EASY RUN	30 MINUTE EASY RUN	40 MINUTE EASY RUN <i>Include 3 x 500m stride outs.</i>	DAY OFF	20 MINUTE JOG <i>To ease the nerves... Race day tomorrow!</i>	 3 YEARS <i>Sunday 16th November • 2025</i>