

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<b>Training Guide</b> <b>BEGINNERS</b>	<b>15 MINUTE WALK/RUN</b> <i>Walk 3 mins, run 1 min for 15 minutes</i>	<b>15 MINUTE WALK/RUN</b> <i>Walk 3 mins, run 1 min for 15 minutes</i>	<b>DAY OFF</b> <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>	<b>15 MINUTE WALK OR DAY OFF</b>	<b>20 MINUTE WALK/RUN</b> <i>Walk 3 mins, run 2 mins for 20 minutes</i>	<b>20 MINUTE WALK/RUN</b> <i>Walk 3 mins, run 2 mins for 20 minutes</i>
WEEK 2	<b>DAY OFF OR SHORT BIKE RIDE</b> <i>Swimming or biking is good cross training and can help if you have sore legs.</i>	<b>20 MINUTE WALK/RUN</b> <i>Walk 3 mins, run 1 min for 20 minutes</i>	<b>20 MINUTE WALK/RUN</b> <i>Walk 3 mins, run 2 mins for 20 minutes</i>	<b>DAY OFF OR SHORT BIKE RIDE</b>	<b>20 MINUTE WALK/RUN</b> <i>Walk 3 mins, run 1 min for 20 minutes</i>	<b>25 MINUTE WALK/RUN</b> <i>Walk 3 mins, run 2 mins for 25 minutes - Include hills</i>	<b>25 MINUTE WALK/RUN</b> <i>Walk 3 mins, run 2 mins for 25 minutes</i>
WEEK 3	<b>DAY OFF OR SHORT BIKE RIDE</b>	<b>30 MINUTE WALK/RUN</b> <i>Walk 3 mins, run 2 mins for 30 minutes</i>	<b>30 MINUTE WALK/RUN</b> <i>Walk 2 mins, run 3 mins for 30 minutes</i>	<b>DAY OFF</b> <i>Rest days are important!</i>	<b>30 MINUTE WALK OR DAY OFF</b>	<b>35 MINUTE WALK/RUN</b> <i>Walk 3 mins, run 2 mins for 25 minutes - Include hills</i>	<b>35 MINUTE WALK/RUN</b> <i>Walk 2 mins, run 3 mins for 35 minutes</i>
WEEK 4	<b>DAY OFF OR BIKE RIDE</b>	<b>35 MINUTE WALK/RUN</b> <i>Walk 2 mins, run 3 mins for 35 minutes</i>	<b>30 MINUTE WALK/RUN</b> <i>Walk 2 mins, run 3 mins for 30 minutes. Don't forget to stretch your muscles - lightly before you run and longer after your run.</i>	<b>35 MINUTE WALK/RUN</b> <i>Walk 1 min, run 2 mins for 35 minutes</i>	<b>DAY OFF</b>	<b>35 MINUTE WALK/RUN</b> <i>Walk 1 min, run 3 mins for 35 minutes</i>	<b>40 MINUTE WALK/RUN</b> <i>Daylight Savings! More daylight to train!</i>
WEEK 5	<b>DAY OFF OR BIKE RIDE</b>	<b>35 MINUTE WALK/RUN</b> <i>Walk 1 min, run 3 mins for 35 minutes</i>	<b>40 MINUTE WALK/RUN</b> <i>Walk 2 mins, run 2 mins for 40 minutes</i>	<b>35 MINUTE WALK/RUN</b> <i>Walk 1 min, run 3 mins for 35 minutes</i>	<b>DAY OFF</b> <i>A day off or easy day allows the body to build up after a hard training session.</i>	<b>35 MINUTE WALK/RUN</b> <i>Walk 1 min, run 3 mins for 35 minutes - Include hills</i>	<b>45 MINUTE WALK/RUN</b> <i>Walk 2 mins, run 2 mins for 45 minutes - Include hills</i>
WEEK 6	<b>DAY OFF OR BIKE RIDE</b>	<b>30 MINUTE WALK/RUN</b> <i>Walk 1 min, run 4 mins for 30 minutes</i>	<b>40 MINUTE WALK/RUN</b> <i>Walk 2 mins, run 2 mins for 40 minutes</i>	<b>35 MINUTE WALK/RUN</b> <i>Walk 1 min, run 3 mins for 35 minutes - Try to step the pace up a little.</i>	<b>DAY OFF</b>	<b>35 MINUTE WALK/RUN</b> <i>Walk 1 min, run 4 mins for 35 minutes</i>	<b>45 MINUTE WALK/RUN</b> <i>Walk 1 min, run 5 mins for 45 minutes</i>
WEEK 7	<b>DAY OFF OR BIKE RIDE</b> <i>Swimming or biking is good cross training and can help if you have sore legs.</i>	<b>35 MINUTE WALK/RUN</b> <i>Walk 1 min, run 4 mins for 35 minutes</i>	<b>40 MINUTE WALK/RUN</b> <i>Walk 2 mins, run 3 mins for 40 minutes</i>	<b>35 MINUTE WALK/RUN</b> <i>Walk 1 min, run 3 mins for 35 minutes - Try to step the pace up a little.</i>	<b>DAY OFF</b>	<b>15 MINUTE RUN</b> <i>Warm up with 5 min walk, run 15 mins, then warm down walk for 5 mins.</i>	<b>50 MINUTE WALK/RUN</b> <i>Walk 1 min, run 5 mins for 50 minutes</i>
WEEK 8	<b>DAY OFF OR BIKE RIDE</b>	<b>30 MINUTE WALK/RUN</b> <i>Walk 1 min, run 5 mins for 30 minutes</i>	<b>40 MINUTE WALK/RUN</b> <i>Walk 1 min, run 4 mins for 40 minutes</i>	<b>15 MINUTE RUN</b> <i>Warm up with 5 min walk, run 15 mins, then warm down walk for 5 mins.</i>	<b>DAY OFF</b>	<b>20 MINUTE RUN</b> <i>Warm up with 5 min walk, run 20 mins, then warm down walk for 5 mins.</i>	<b>60 MINUTE WALK/RUN</b> <i>Walk 1 min, run 5 mins for 60 minutes</i>
WEEK 9	<b>DAY OFF OR BIKE RIDE</b>	<b>35 MINUTE WALK/RUN</b> <i>Walk 1 min, run 4 mins for 35 minutes</i>	<b>50 MINUTE WALK/RUN</b> <i>Walk 1 min, run 5 mins for 50 minutes</i>	<b>20 MINUTE RUN</b> <i>Warm up with 5 min walk, run 20 mins, then warm down walk for 5 mins.</i>	<b>DAY OFF</b> <i>A day off or easy day allows the body to build up after a hard training session.</i>	<b>25 MINUTE RUN</b> <i>Warm up with 5 min walk, run 25 mins, then warm down walk for 5 mins.</i>	<b>70 MINUTE WALK/RUN</b> <i>Walk 1 min, run 5 mins for 70 minutes</i>
WEEK 10	<b>DAY OFF OR BIKE RIDE</b> <i>Swimming or biking is good cross training and can help if you have sore legs.</i>	<b>40 MINUTE WALK/RUN</b> <i>Walk 1 min, run 4 mins for 40 minutes</i>	<b>55 MINUTE WALK/RUN</b> <i>Walk 1 min, run 5 mins for 55 minutes</i>	<b>20 MINUTE RUN</b> <i>Warm up with 5 min walk, run 20 mins, then warm down walk for 5 mins.</i>	<b>DAY OFF</b>	<b>25 MINUTE RUN</b> <i>Warm up with 5 min walk, run 25 mins, then warm down walk for 5 mins.</i>	<b>40 MINUTE WALK/RUN</b> <i>Walk 1 min, run 4 mins for 40 minutes</i> <b>1 WEEK TO GO!</b>
WEEK 11	<b>DAY OFF</b>	<b>40 MINUTE WALK/RUN</b> <i>Walk 1 min, run 4 mins for 40 minutes</i>	<b>35 MINUTE WALK/RUN</b> <i>Walk 1 min, run 5 mins for 35 minutes</i>	<b>20 MINUTE RUN</b> <i>Warm up with 5 min walk, run 20 mins, then warm down walk for 5 mins.</i>	<b>DAY OFF</b> <i>A day off or easy day allows the body to build up after a hard training session.</i>	<b>20 MINUTE WALK OR JOG</b> <b>Race day tomorrow!</b>	 <b>3 YEARS</b> Sunday 16th November - 2025