



Beginner Programme: Morning

Week	Mon - Group Session	Tues	Wed - Group Session	Thurs - Own Session	Fri	Sat - Group Session	Sun
1	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 2 See notes	4-5k Easy run	Rest day Stretch	7km	Rest day
2	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 2 See notes	5-6k Easy run	Rest day Stretch	7.5km	Rest day
3	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 2 See notes	5-6k Easy run	Rest day Stretch	8km	Rest day
4	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 3 See notes	3-4k Easy run	Rest day Stretch	9km	Rest day
5	Jog 40m	Rest day Stretch	Track Session 3 See notes	4k Easy run	Rest day Stretch	10k Run day Kick butt!	Sleep in ;-)

Notes

Track Sessions Our coach will guide you through these track sessions and call out your sets.

Track session 2 Strength warm up / 5 x 4 min efforts @ 80% / 3 min recovery between each

Track session 3 Strength warm up / 7 x 2 min efforts @ 80% then 1min @ 100% / 2 min recovery between each

Strength/Repeats Our coach will guide you through this session.

Session Description: This session combines strength work and intensity running. Our coach will guide you through this session and give you your timings but please know what the session involves before you come to the session. Timing is the key for this session, we want quick transitions. The aim on the run sets is to get further along the course each time.

Session 1 (Week 1)

3min light jog warm up
1.5mins Out and back
Strength Circuit
Squats (45secs)
Runners Knee Lift L Leg (45secs)
Runners Knee Lift R Leg (45secs)
Rolling Plank (45secs)
Squats Jumps (45secs)
Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 1 min

Strength Circuit
Walking Lunge (90secs)
Hover Arm Tap (45secs)
Inch worm (45secs)
Burpee (45secs)
Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 1 min

Strength Circuit
Skater Step (45secs)
Rolling Plank (45secs)
Squats Jumps (45secs)
Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 1 min

Strength Circuit
Square Hops (45secs)
Hover Arm Tap (45secs)
Burpee (45secs)
Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 30secs

Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 30secs

Run Set: 5mins out and back (2.5 min turnaround)

Session 2 (Weeks 2-4)

3min light jog warm up
1.5mins Out and back
Strength Circuit
Pulse Squats (45secs)
Burpee (45secs)
Hover (45secs)
Press Up (45secs)
Burpee (45secs)
Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 1 min

Strength Circuit
Straight Leg Deadlifts (90secs)
Rolling Plank (45secs)
Hover Arm Tap (45secs)
Burpee (45secs)
Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 1 min

Strength Circuit
Pulse Squats (45secs)
Press Up (45secs)
Burpee (45secs)
Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 1 min

Strength Circuit
Walking Lunge with Twist (45secs)
Hover Arm Tap (45secs)
Burpee (45secs)
Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 30secs

Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 30secs

Run Set: 5mins out and back (2.5 min turnaround)



Advanced Programme: Morning							
Week	Mon - Group Session	Tues	Wed - Group Session	Thurs - Own Session	Fri	Sat - Group Session	Sun
1	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 2 See notes	5-6km Easy run	Rest day Stretch	10km run After 20m do 30m at 8/10 or goal pace	Rest day Stretch
2	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 2 See notes	5-6km Easy run	Rest day Stretch	11km run After 20m do 30m at 8/10 or goal pace	Rest day Stretch
3	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 2 See notes	5-6km Easy run	Rest day Stretch	8km Time Trial	Rest day Stretch
4	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 3 See notes	5-6km Easy run	Rest day Stretch	12km After 20m do 35m at 8/10 or goal pace	Rest day Stretch
5	40m easy run Easy Run	Rest day	Track Session 3 See notes	5-6km Easy run	Rest day	10km Run day Kick butt!	Sleep in ;-)
Notes							
Track Sessions	Our coach will guide you through these track sessions and call out your sets.						
Track session 2	Strength warm up / 6 x 4 min efforts @ 80% / 2 min recovery between each						
Track session 3	Strength warm up / 7 x 1 min efforts @ 80% then 2min @ 100% / 2 min recovery between each						
Strength/Repeats							
Our coach will guide you through this session.							
Session Description:		This session combines strength work and intensity running. Our coach will guide you through this session and give you your timings but please know what the session involves before you come to the session. Timing is the key for this session, we want quick transitions. The aim on the run sets is to get further along the course each time.					
Session 1 (Week 1)				Session 2 (Weeks 2-4)			
3min light jog warm up		1.5mins Out and back		3min light jog warm up		1.5mins Out and back	
Strength Circuit		Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs)		Strength Circuit		Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs)	
Run Set:		5mins out and back (2.5 min turnaround)		Run Set:		5mins out and back (2.5 min turnaround)	
Recovery:		1 min		Recovery:		1 min	
Strength Circuit		Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs)		Strength Circuit		Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs)	
Run Set:		5mins out and back (2.5 min turnaround)		Run Set:		5mins out and back (2.5 min turnaround)	
Recovery:		1 min		Recovery:		1 min	
Strength Circuit		Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs)		Strength Circuit		Pulse Squats (45secs) Press Up (45secs) Burpee (45secs)	
Run Set:		5mins out and back (2.5 min turnaround)		Run Set:		5mins out and back (2.5 min turnaround)	
Recovery:		1 min		Recovery:		1 min	
Strength Circuit		Square Hops (45secs) Hover Arm Tap (45secs) Burpee (45secs)		Strength Circuit		Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs)	
Run Set:		5mins out and back (2.5 min turnaround)		Run Set:		5mins out and back (2.5 min turnaround)	
Recovery:		30secs		Recovery:		30secs	
Run Set:		5mins out and back (2.5 min turnaround)		Run Set:		5mins out and back (2.5 min turnaround)	
Recovery:		30secs		Recovery:		30secs	
Run Set:		5mins out and back (2.5 min turnaround)		Run Set:		5mins out and back (2.5 min turnaround)	



Return Programme: Morning

Week	Mon - Group Session	Tues	Wed - Group Session	Thurs - Own Session	Fri	Sat - Group Session	Sun
1	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 2 See notes	5-6km Easy run	Walk 30m	10km run After 20m do 30m at 8/10 or goal pace	Rest day Stretch
2	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 2 See notes	5-6km Easy run	Walk 30m	12km run Do 2nd Half at 8/10 or goal pace	Rest day Stretch
3	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 2 See notes	5-6km Easy run	Walk 30m	8km Time Trial Race	Rest day Stretch
4	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 3 See notes	5-6km Easy run	Walk 30m	14km Do 2nd Half at 8/10 or goal pace	Rest day Stretch
5	40m easy run Easy Run	Rest day	Track Session 3 See notes	5-6km Easy run	Walk 30m	10km Run day Kick butt!	Sleep in ;-)

Notes

Track Sessions Our coach will guide you through these track sessions and call out your sets.

Track session 2

Strength warm up
30secs- All out
4mins - 80% effort
30secs - All out
2mins - Easy
Repeat x5

Track session 3

Strength warm up
2min - 80% effort
30secs - All out
90sec - Easy
Repeat x9

Strength/Repeats Our coach will guide you through this session.

Session Description: This session combines strength work and intensity running. Our coach will guide you through this session and give you your timings but please know what the session involves before you come to the session. Timing is the key for this session, we want quick transitions. The aim on the run sets is to get further along the course each time.

Session 1 (Week 1)

3min light jog warm up

Strength Circuit
Squats (45secs)
Runners Knee Lift L Leg (45secs)
Runners Knee Lift R Leg (45secs)
Rolling Plank (45secs)
Squats Jumps (45secs)

Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 1 min

Strength Circuit
Walking Lunge (90secs)
Hover Arm Tap (45secs)
Inch worm (45secs)
Burpee (45secs)

Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 1 min

Strength Circuit
Skater Step (45secs)
Rolling Plank (45secs)
Squats Jumps (45secs)

Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 1 min

Strength Circuit
Square Hops (45secs)
Hover Arm Tap (45secs)
Burpee (45secs)

Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 30secs

Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 30secs

Run Set: 5mins out and back (2.5 min turnaround)

Session 2 (Weeks 2-4)

3min light jog warm up

Strength Circuit
Pulse Squats (45secs)
Burpee (45secs)
Hover (45secs)
Press Up (45secs)
Burpee (45secs)

Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 1 min

Strength Circuit
Straight Leg Deadlifts (90secs)
Rolling Plank (45secs)
Hover Arm Tap (45secs)
Burpee (45secs)

Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 1 min

Strength Circuit
Pulse Squats (45secs)
Press Up (45secs)
Burpee (45secs)

Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 1 min

Strength Circuit
Walking Lunge with Twist (45secs)
Hover Arm Tap (45secs)
Burpee (45secs)

Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 30secs

Run Set: 5mins out and back (2.5 min turnaround)
Recovery: 30secs

Run Set: 5mins out and back (2.5 min turnaround)