

Beginner Progra	mme: Morning							
Week	Mon - Group Session	Tues	Wed - Group Session	Thurs - solo session	Fri	Sat - Group Session	Sun	
1	Pace Session 1: 50min 10mins easy running (with 4x 20sec surges) then 10min at 80% pace then 15mins easy in one direction and then 15min at 80% in one direction	Rest day Stretch	Track Session 1 See Notes Below	3-4km Easy run	Rest day Stretch	5km Easy Running	Rest day	
2	Pace Session 1: 50min 10mins easy running (with 4x 20sec surges) then 10min at 80% pace then 15mins easy in one direction and then 15min at 80% in one direction	Rest day Stretch	Track Session 1 See Notes Below	3-4km Easy run	Rest day Stretch	6km Easy Running	Rest day	
3	Pace Session 1: 50min 10mins easy running (with 4x 20sec surges) then 10min at 80% pace then 15mins easy in one direction and then 15min at 80% in one direction	Rest day Stretch	Track Session 1 See Notes Below	4-5km Easy run	Rest day Stretch	6.5km Easy Running	Rest day	
4	Pace Session 1: 50min 10mins easy running (with 4x 20sec surges) then 10min at 80% pace then 15mins easy in one direction and then 15min at 80% in one direction	Rest day Stretch	Track Session 2 See Notes Below	4-5km Easy run	Rest day Stretch	7km Easy Running	Rest day	
5	Pace Session 2: 50min 10mins easy running (with 4x 20sec surges) then 15min at 80% pace then 12.5mins easy in one direction and then 12.5min at 80% in one direction	Rest day Stretch	Track Session 2 See Notes Below	5-6km Easy run	Rest day Stretch	7.5km Easy Running	Rest day	
6	Pace Session 2: 50min 10mins easy running (with 4x 20sec surges) then 15min at 80% pace then 12.5mins easy in one direction and then 12.5min at 80% in one direction	Rest day Stretch	Track Session 3 See Notes Below	5-6km Easy run	Rest day Stretch	8km Easy Running	Rest day	
7	Pace Session 2: 50min 10mins easy running (with 4x 20sec surges) then 15min at 80% pace then 12.5mins easy in one direction and then 12.5min at 80% in one direction	Rest day Stretch	Track Session 3 See Notes Below	3-4km Easy run	Rest day Stretch	9km Easy Running	Rest day	
8	Easy 40min Jog	Rest day Stretch	Track Session 4 See Notes Below	4km Easy run	Rest day Stretch	10k Run day Kick butt!	Sleep in ;-)	
Notes rack Sessions	Our coach will take you through these track session	ns and call out your sets.						
Frack session 1  Frack session 2  Frack session 3  Frack session 4	Strength warm up* / 5min efforts @ 65% / 7 min recovery between each x 3 Sets  Strength warm up* / 3 min efforts @ 70% / 4.5 min recovery between each x 5 Sets  Strength warm up* / 2 min efforts @ 75% / 4 min recovery between each x 6 Sets  Strength warm up* / 1 min efforts @ 80% / 2 min recovery between each x 10 Sets							
Strength Warm Up wist run one direction leep low wide square leel kicks one direction in the back lunge into urge one direction is colling plank into additional section of the back lunge one direction is colling plank into additional section in the back lunge one direction is colling plank into additional section in the back lunge one direction is colling plank into additional section in the back lunge one direction is colling plank into additional section in the back lunge one direction in the back lunge one direction is colling plank into additional section in the back lunge into the back lunge in	ts rion run back run back calf raise skip back							
Surge one direction some Surge one direction some some surger of the sur								

club	

Advanced Progr	ramme: Morning		club				
Week	Mon - Group Session	Tues	Wed - Group Session	Thurs - solo session	Fri - solo session	Sat - Group Session	Sun
1	Pace Session 1: 50min 10mins easy running (with 4x 20sec surges) then 10min at 80% pace then 15mins easy in one direction and then 15min at 80% in one direction	Rest day Stretch	Track Session 1 See Notes Below	5-6km Easy run	Walk 30mins	7km run After 20mins do 20mins at 8/10 intensity or goal pace	Rest day Stretch
2	Pace Session 1: 50min 10mins easy running (with 4x 20sec surges) then 10min at 80% pace then 15mins easy in one direction and then 15min at 80% in one direction	Rest day Stretch	Track Session 1 See Notes Below	5-6km Easy run	Walk 30mins	8km run After 20mins do 20mins at 8/10 intensity or goal pace	Rest day Stretch
3	Pace Session 1: 50min 10mins easy running (with 4x 20sec surges) then 10min at 80% pace then 15mins easy in one direction and then 15min at 80% in one direction	Rest day Stretch	Track Session 1 See Notes Below	5-6km Easy run	Walk 30mins	9km run After 20mins do 20mins at 8/10 intensity or goal pace	Rest day Stretch
4	Pace Session 1: 50min 10mins easy running (with 4x 20sec surges) then 10min at 80% pace then 15mins easy in one direction and then 15min at 80% in one direction	Rest day Stretch	Track Session 2 See Notes Below	5-6km Easy run	Walk 30mins	10km run After 20mins do 30mins at 8/10 intensity or goal pace	Rest day Stretch
5	Pace Session 2: 50min 10mins easy running (with 4x 20sec surges) then 15min at 80% pace then 12.5mins easy in one direction and then 12.5min at 80% in one direction	Rest day Stretch	Track Session 2 See Notes Below	5-6km Easy run	Walk 30mins	11km run After 20mins do 30mins at 8/10 intensity or goal pace	Rest day Stretch
6	Pace Session 2: 50min 10mins easy running (with 4x 20sec surges) then 15min at 80% pace then 12.5mins easy in one direction and then 12.5min at 80% in one direction	Rest day Stretch	Track Session 3 See Notes Below	5-6km Easy run	Walk 30mins	8km Time Trial	Rest day Stretch
7	Pace Session 2: 50min 10mins easy running (with 4x 20sec surges) then 15min at 80% pace then 12.5mins easy in one direction and then 12.5min at 80% in one direction	Rest day Stretch	Track Session 3 See Notes Below	5-6km Easy run	Walk 30mins	12km After 20mins do 35mins at 8/10 intensity or goal pace	Rest day Stretch
8	Easy 40min Jog	Rest day	Track Session 4 See Notes Below	5-6km Easy run	Walk 30mins	10km Run day Kick butt!	Sleep in ;-)
Notes							
Track Sessions	Our coach will take you through these track sessions	and call out your sets.					
Track Session 1 Track Session 2	Strength warm up* / 5min efforts @ 75% 5 min recov Strength warm up* / 3 min efforts @ 80% / 3 min rec	-					
Track Session 3	3 Strength warm up* / 2 min efforts @ 85% / 2 min recovery between each x 8 Sets						
Track Session 4	Strength warm up* / 1 min efforts @ 90% / 1 min reco	overy between each <b>x 1</b>	5 Sets				
<b>'Strength Warm Up</b> Twist run one direction	(1min of each movement - coach lead) on and run back						
Deep low wide squats Heel kicks one direction							
Deadlift into squat	C.T. GIT DOCK						
Surge one direction ru							
Step back lunge into Surge one direction s							
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Rolling plank into add	ductor						
Rolling plank into add Surge one direction s Press Up Leg Lift	ductor						
Surge one direction s	ductor						



	e: Morning						
Week	Mon - Group Session	Tues	Wed - Group Session	Thurs - solo session	Fri - solo session	Sat - Group Session	Sun
1	Pace Session 1: 50min 10mins easy running (with 4x 20sec surges) then 10min at 80% pace then 15mins easy in one direction and then 15min at 80% in one direction	Rest day Stretch	Track Session 1 See Notes Below	5-6km Easy run	Walk 30mins	8km run After 20mins do 30mins at 8/10 intensity or goal pace	Rest day Stretch
2	Pace Session 1: 50min 10mins easy running (with 4x 20sec surges) then 10min at 80% pace then 15mins easy in one direction and then 15min at 80% in one direction	Rest day Stretch	Track Session 1 See Notes Below	5-6km Easy run	Walk 30mins	10km run After 20mins do 30mins at 8/10 intensity or goal pace	Rest day Stretch
3	Pace Session 1: 50min 10mins easy running (with 4x 20sec surges) then 10min at 80% pace then 15mins easy in one direction and then 15min at 80% in one direction	Rest day Stretch	Track Session 1 See Notes Below	5-6km Easy run	Walk 30mins	13km run After 20mins do 35mins at 8/10 intensity or goal pace	Rest day Stretch
4	Pace Session 1: 50min 10mins easy running (with 4x 20sec surges) then 10min at 80% pace then 15mins easy in one direction and then 15min at 80% in one direction	Rest day Stretch	Track Session 2 See Notes Below	5-6km Easy run	Walk 30mins	10km run After 20mins do 30mins at 8/10 intensity or goal pace	Rest day Stretch
5	Pace Session 2: 50min 10mins easy running (with 4x 20sec surges) then 15min at 80% pace then 12.5mins easy in one direction and then 12.5min at 80% in one direction	Rest day Stretch	Track Session 2 See Notes Below	5-6km Easy run	Walk 30mins	12km run Do 2nd Half at 8/10 intensity or goal pace	Rest day Stretch
6	Pace Session 2: 50min 10mins easy running (with 4x 20sec surges) then 15min at 80% pace then 12.5mins easy in one direction and then 12.5min at 80% in one direction	Rest day Stretch	Track Session 2 See Notes Below	5-6km Easy run	Walk 30mins	8km Time Trial Race	Rest day Stretch
7	Pace Session 2: 50min 10mins easy running (with 4x 20sec surges) then 15min at 80% pace then 12.5mins easy in one direction and then 12.5min at 80% in one direction	Rest day Stretch	Track Session 3 See Notes Below	5-6km Easy run	Walk 30mins	14km Do 2nd Half at 8/10 intensity or goal pace	Rest day Stretch
8	Easy 40min Jog	Rest day	Track Session 3 See Notes Below	5-6km Easy run	Walk 30mins	10km Run day Kick butt!	Sleep in ;-)
Notes Track Sessions		d call out your sets					
	Our coach will take you through these track sessions an	a can out your sets.					
rack Session 1		Track Session 2		Track Session 3 Strength warm up*			
Frack Session 1 Strength warm up*				Track Session 3 Strength warm up* 2min - All out			
Track Session 1 Strength warm up* 4mins - 80% effort		Track Session 2 Strength warm up*		Strength warm up*			
Frack Session 1 Strength warm up* Amins - 80% effort Emins - All out		Track Session 2 Strength warm up* 1mins - 90% effort		Strength warm up* 2min - All out			
Track Session 1 Strength warm up* 4mins - 80% effort 2mins - All out 2mins - Easy		Track Session 2 Strength warm up* 1mins - 90% effort 3mins - 80% effort		Strength warm up* 2min - All out 1min - Easy			
Track Session 1 Strength warm up* 4mins - 80% effort 2mins - All out 2mins - Easy Repeat x4 sets		Track Session 2 Strength warm up* 1mins - 90% effort 3mins - 80% effort 1mins - All out 1mins - Easy		Strength warm up* 2min - All out 1min - Easy			
Frack Session 1 Strength warm up* 4mins - 80% effort 2mins - All out 2mins - Easy Repeat x4 sets	1min of each movement - coach lead)	Track Session 2 Strength warm up* 1mins - 90% effort 3mins - 80% effort 1mins - All out 1mins - Easy		Strength warm up* 2min - All out 1min - Easy			
Track Session 1 Strength warm up* 4mins - 80% effort 2mins - All out 2mins - Easy Repeat x4 sets  *Strength Warm Up (1 Twist run one direction Deep low wide squats	1min of each movement - coach lead) and run back	Track Session 2 Strength warm up* 1mins - 90% effort 3mins - 80% effort 1mins - All out 1mins - Easy		Strength warm up* 2min - All out 1min - Easy			
Track Session 1 Strength warm up* 4mins - 80% effort 2mins - All out 2mins - Easy Repeat x4 sets  *Strength Warm Up (1 Twist run one direction Deep low wide squats Heel kicks one direction	1min of each movement - coach lead) and run back	Track Session 2 Strength warm up* 1mins - 90% effort 3mins - 80% effort 1mins - All out 1mins - Easy		Strength warm up* 2min - All out 1min - Easy			
Track Session 1 Strength warm up* 4mins - 80% effort 2mins - All out 2mins - Easy Repeat x4 sets  *Strength Warm Up (1 Twist run one direction Deep low wide squats Heel kicks one direction Deadlift into squat	1min of each movement - coach lead) and run back	Track Session 2 Strength warm up* 1mins - 90% effort 3mins - 80% effort 1mins - All out 1mins - Easy		Strength warm up* 2min - All out 1min - Easy			
Frack Session 1 Strength warm up* Amins - 80% effort Cmins - All out Cmins - Easy Repeat x4 sets  Strength Warm Up (1) Twist run one direction Deep low wide squats Heel kicks one direction Deadlift into squat Surge one direction run	Imin of each movement - coach lead) and run back on run back	Track Session 2 Strength warm up* 1mins - 90% effort 3mins - 80% effort 1mins - All out 1mins - Easy		Strength warm up* 2min - All out 1min - Easy			
Frack Session 1 Strength warm up* Amins - 80% effort Cmins - All out Cmins - Easy Repeat x4 sets  Strength Warm Up (1 Twist run one direction Deep low wide squats Heel kicks one direction Deadlift into squat Surge one direction run Step back lunge into ca	Imin of each movement - coach lead) and run back an run back alf raise	Track Session 2 Strength warm up* 1mins - 90% effort 3mins - 80% effort 1mins - All out 1mins - Easy		Strength warm up* 2min - All out 1min - Easy			
Frack Session 1 Strength warm up* Amins - 80% effort Cmins - All out Cmins - Easy Repeat x4 sets  Strength Warm Up (1 Twist run one direction Deep low wide squats Heel kicks one direction Deadlift into squat Surge one direction run Step back lunge into ca Gurge one direction ski Rolling plank into addu	Imin of each movement - coach lead) and run back an run back alf raise ip back uctor	Track Session 2 Strength warm up* 1mins - 90% effort 3mins - 80% effort 1mins - All out 1mins - Easy		Strength warm up* 2min - All out 1min - Easy			
Track Session 1 Strength warm up* 4mins - 80% effort 2mins - All out 2mins - Easy Repeat x4 sets  *Strength Warm Up (1 Twist run one direction Deep low wide squats Heel kicks one direction	Imin of each movement - coach lead) and run back an run back alf raise ip back uctor	Track Session 2 Strength warm up* 1mins - 90% effort 3mins - 80% effort 1mins - All out 1mins - Easy		Strength warm up* 2min - All out 1min - Easy			