



**Beginner Programme: 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	<b>10k Run day</b> Kick butt!	Sleep in ;-)
<b>Notes</b>							
<b>Track Sessions</b>	Our coach will take you through these track sessions and call out your sets.						
<b>Track session 1</b>	Strength warm up* / 5min efforts @ 65% / 7 min recovery between each <b>x 3 Sets</b>						
<b>Track session 2</b>	Strength warm up* / 3 min efforts @ 70% / 4.5 min recovery between each <b>x 5 Sets</b>						
<b>Track session 3</b>	Strength warm up* / 2 min efforts @ 75% / 4 min recovery between each <b>x 6 Sets</b>						
<b>Track session 4</b>	Strength warm up* / 1 min efforts @ 80% / 2 min recovery between each <b>x 10 Sets</b>						
<b>*Strength Warm Up (1min of each movement - coach lead)</b>							
Twist run one direction and run back							
Deep low wide squats							
Heel kicks one direction run back							
Deadlift into squat							
Surge one direction run back							
Step back lunge into calf raise							
Surge one direction skip back							
Rolling plank into adductor							
Surge one direction skip back							
Press Up Leg Lift							



**Advanced Programme: 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	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	<b>10km Run day</b> Kick butt!	Sleep in ;-)

**Notes**

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

**Track Session 1** Strength warm up\* / 5min efforts @ 75% / 5 min recovery between each x 4 Sets

**Track Session 2** Strength warm up\* / 3 min efforts @ 80% / 3 min recovery between each x 6 Sets

**Track Session 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 recovery between each x 15 Sets

**\*Strength Warm Up (1min of each movement - coach lead)**

Twist run one direction and run back

Deep low wide squats

Heel kicks one direction run back

Deadlift into squat

Surge one direction run back

Step back lunge into calf raise

Surge one direction skip back

Rolling plank into adductor

Surge one direction skip back

Press Up Leg Lift



**Return Programme: 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	<b>10km Run day</b> 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	Track Session 3
Strength warm up*	Strength warm up*	Strength warm up*
4mins - 80% effort	1mins - 90% effort	2min - All out
2mins - All out	3mins - 80% effort	1min - Easy
2mins - Easy	1mins - All out	<b>Repeat x11 sets</b>
<b>Repeat x4 sets</b>	1mins - Easy	
	<b>Repeat x6 sets</b>	

**\*Strength Warm Up (1min of each movement - coach lead)**

- Twist run one direction and run back
- Deep low wide squats
- Heel kicks one direction run back
- Deadlift into squat
- Surge one direction run back
- Step back lunge into calf raise
- Surge one direction skip back
- Rolling plank into adductor
- Surge one direction skip back
- Press Up Leg Lift