



**Beginner Programme: Evening**

Week	Mon (solo session)	Tues - Group Session	Wed	Thurs - Group Session	Fri	Sat - Group Session	Sun
1	3-4km Easy run	Track Session 1 See notes below	Rest day Stretch	Pace Session 1: 50min 10mins easy running (with 4 x 20sec surges) then 10mins at 80% effort then 15mins easy then 15mins at 80% effort	Rest day Stretch	5km Easy running	Rest day
2	3-4km Easy run	Track Session 1 See notes below	Rest day Stretch	Pace Session 1: 50min 10mins easy running (with 4 x 20sec surges) then 10mins at 80% effort then 15mins easy then 15mins at 80% effort	Rest day Stretch	6km Easy running	Rest day
3	4-5km Easy run	Track Session 1 See notes below	Rest day Stretch	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Rest day Stretch	6.5km Easy running	Rest day
4	4-5km Easy run	Track Session 2 See notes below	Rest day Stretch	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Rest day Stretch	7km Easy running	Rest day
5	5-6km Easy run	Track Session 2 See notes below	Rest day Stretch	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Rest day Stretch	7.5km Easy running	Rest day
6	5-6km Easy run	Track Session 3 See notes below	Rest day Stretch	Pace Session 3: 50min 10mins easy running (with 4x 20sec surges) then 10mins at 80% effort then 10mins easy then 20mins at 80% effort	Rest day Stretch	8km Easy running	Rest day
7	3-4km Easy run	Track Session 3 See notes below	Rest day Stretch	Pace Session 3: 50min 10mins easy running (with 4x 20sec surges) then 10mins at 80% effort then 10mins easy then 20mins at 80% effort	Rest day Stretch	9km Easy running	Rest day
8	4km Easy run	Track Session 4 See notes below	Rest day Stretch	Easy Jog 40mins	Rest day Stretch	<b>10k Run day</b> Kick butt!	Sleep in ;-)

**Notes:**

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

Track Session 1	5 mins @ 65% / 7 min recovery between each <b>x 3 Sets</b>
Track Session 2	3 mins @ 70% / 4.5 mins recovery between each <b>x 5 Sets</b>
Track Session 3	2 mins @ 75% / 4 mins recovery between each <b>x 6 Sets</b>
Track Session 4	1 min @ 80% / 2 mins recovery between each <b>x 10 Sets</b>



**Advanced Programme: Evening**

Week	Mon (solo session)	Tues - Group Session	Wed	Thurs - Group Session	Fri (solo session)	Sat - Group Session	Sun
1	5-6km Easy run	Track Session 1 See notes below	Rest day Stretch	Pace Session 1: 50min 10mins easy running (with 4 x 20sec surges) then 10mins at 80% effort then 15mins easy then 15mins at 80% effort	Walk 30mins	7km run After 20mins do 20mins at 8/10 or goal pace	Rest day Stretch
2	5-6km Easy run	Track Session 1 See notes below	Rest day Stretch	Pace Session 1: 50min 10mins easy running (with 4 x 20sec surges) then 10mins at 80% effort then 15mins easy then 15mins at 80% effort	Walk 30mins	8km run After 20mins do 20mins at 8/10 or goal pace	Rest day Stretch
3	5-6km Easy run	Track Session 1 See notes below	Rest day Stretch	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Walk 30mins	9km run After 20mins do 20mins at 8/10 or goal pace	Rest day Stretch
4	5-6km Easy run	Track Session 2 See notes below	Rest day Stretch	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Walk 30mins	10km run After 20mins do 30mins at 8/10 or goal pace	Rest day Stretch
5	5-6km Easy run	Track Session 2 See notes below	Rest day Stretch	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Walk 30mins	11km run After 20mins do 30mins at 8/10 or goal pace	Rest day Stretch
6	5-6km Easy run	Track Session 3 See notes below	Rest day Stretch	Pace Session 3: 50min 10mins easy running (with 4x 20sec surges) then 10mins at 80% effort then 10mins easy then 20mins at 80% effort	Walk 30mins	8km Time Trial	Sleep in ;-)
7	5-6km Easy run	Track Session 3 See notes	Rest day Stretch	Pace Session 3: 50min 10mins easy running (with 4x 20sec surges) then 10mins at 80% effort then 10mins easy then 20mins at 80% effort	Walk 30mins	12km After 20m do 35mins at 8/10 or goal pace	Rest day Stretch
8	5-6km Easy run	Track Session 4 See notes below	Rest day	Easy Jog 40mins	Walk 30mins	<b>10km Run day</b> Kick butt!	Sleep In :o)
<b>Notes</b>							
<b>Track Sessions</b>	Our coach will guide you through these track sessions and call out your sets.						
Track Session 1	5 mins @ 75% 5 mins recovery between each <b>x 4 Sets</b>						
Track Session 2	3 mins @ 80% / 3 mins recovery between each <b>x 6 Sets</b>						
Track Session 3	2 mins @ 85% / 2 mins recovery between each <b>x 8 Sets</b>						
Track Session 4	1 min @ 90% / 1 min recovery between each <b>x 15 Sets</b>						



Return Programme: Evening							
Week	Mon (solo session)	Tues - Group Session	Wed	Thurs - Group Session	Fri (solo session)	Sat - Group Session	Sun
1	5-6k Easy run	Track Session 1 See notes below	Rest day Stretch	Pace Session 1: 50min 10mins easy running (with 4 x 20sec surges) then 10mins at 80% effort then 15mins easy then 15mins at 80% effort	Walk 30m	8km run After 20mins do 30mins at 8/10 or goal pace	Rest day Stretch
2	5-6k Easy run	Track Session 1 See notes below	Rest day Stretch	Pace Session 1: 50min 10mins easy running (with 4 x 20sec surges) then 10mins at 80% effort then 15mins easy then 15mins at 80% effort	Walk 30m	10km run After 20mins do 30mins at 8/10 or goal pace then easy running to end	Rest day Stretch
3	5-6k Easy run	Track Session 1 See notes below	Rest day Stretch	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Walk 30m	13km run After 20m do 35m at 8/10 or goal pace then easy running to end	Rest day Stretch
4	5-6k Easy run	Track Session 2 See notes below	Rest day Stretch	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Walk 30m	10km run After 20m do 30m at 8/10 or goal pace then easy running to end	Rest day Stretch
5	5-6k Easy run	Track Session 2 See notes below	Rest day Stretch	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Walk 30m	12km run Do 2nd Half at 8/10 or goal pace	Rest day Stretch
6	5-6k Easy run	Track Session 2 See notes below	Rest day Stretch	Pace Session 3: 50min 10mins easy running (with 4x 20sec surges) then 10mins at 80% effort then 10mins easy then 20mins at 80% effort	Walk 30m	8km Time Trial Race	Rest day Stretch
7	5-6k Easy run	Track Session 3 See notes below	Rest day Stretch	Pace Session 3: 50min 10mins easy running (with 4x 20sec surges) then 10mins at 80% effort then 10mins easy then 20mins at 80% effort	Walk 30m	14km Do 2nd Half at 8/10 or goal pace	Rest day Stretch
8	5-6k Easy run	Track Session 3 See notes below	Rest day	Easy Jog 40mins	Walk 30m	<b>10km 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>		<b>Track Session 2</b>		<b>Track Session 3</b>			
4mins - 80% effort		1mins - 90% effort		2min - All out			
2mins - All out		3mins - 80% effort		1min - Easy			
2mins - Easy		1mins - All out		<b>Repeat x 11 Sets</b>			
<b>Repeat x 4 Sets</b>		1mins - Easy					
		<b>Repeat x 6 sets</b>					