



Beginner Programme: Evening

Week	Mon - Own Session	Tues - Group Session	Wed	Thurs - Group Session	Fri	Sat - Group Session	Sun
1	4-5k Easy run	Track Session 2 See notes	Rest day Stretch	Strength/Repeats - Session 1 See notes	Rest day Stretch	7km	Rest day
2	5-6k Easy run	Track Session 2 See notes	Rest day Stretch	Strength/Repeats - Session 2 See notes	Rest day Stretch	7.5km	Rest day
3	5-6k Easy run	Track Session 2 See notes	Rest day Stretch	Strength/Repeats - Session 2 See notes	Rest day Stretch	8km	Rest day
4	3-4k Easy run	Track Session 3 See notes	Rest day Stretch	Strength/Repeats - Session 2 See notes	Rest day Stretch	9km	Rest day
5	4k Easy run	Track Session 3 See notes	Rest day Stretch	Jog 40m	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: Evening

Week	Mon - Own Session	Tues - Group Session	Wed	Thurs - Group Session	Fri - Own Session	Sat - Group Session	Sun
1	5-6km Easy run	Track Session 2 See notes	Rest day Stretch	Strength/Repeats - Session 1 See notes	Walk 30m	10km run After 20m do 30m at 8/10 or goal pace	Rest day Stretch
2	5-6km Easy run	Track Session 2 See notes	Rest day Stretch	Strength/Repeats - Session 2 See notes	Walk 30m	11km run After 20m do 30m at 8/10 or goal pace	Rest day Stretch
3	5-6km Easy run	Track Session 2 See notes	Rest day Stretch	Strength/Repeats - Session 2 See notes	Walk 30m	8km Time Trial	Rest day Stretch
4	5-6km Easy run	Track Session 3 See notes	Rest day Stretch	Strength/Repeats - Session 2 See notes	Walk 30m	12km After 20m do 35m at 8/10 or goal pace	Rest day Stretch
5	5-6k Easy run	Track Session 3 See notes	Rest day	40m easy run 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 / 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)

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)



Return Programme: Evening

Week	Mon - Own Session	Tues - Group Session	Wed	Thurs - Group Session	Fri - Own Session	Sat - Group Session	Sun
1	5-6km Easy run	Track Session 2 See notes	Rest day Stretch	Strength/Repeats - Session 1 See notes	Walk 30m	10km run After 20m do 30m at 8/10 or goal pace	Rest day Stretch
2	5-6km Easy run	Track Session 2 See notes	Rest day Stretch	Strength/Repeats - Session 2 See notes	Walk 30m	12km run Do 2nd Half at 8/10 or goal pace	Rest day Stretch
3	5-6km Easy run	Track Session 2 See notes	Rest day Stretch	Strength/Repeats - Session 2 See notes	Walk 30m	8km Time Trial Race	Rest day Stretch
4	5-6km Easy run	Track Session 3 See notes	Rest day Stretch	Strength/Repeats - Session 2 See notes	Walk 30m	14km Do 2nd Half at 8/10 or goal pace	Rest day Stretch
5	5-6k Easy run	Track Session 3 See notes	Rest day	40m easy run 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	Track session 3
Strength warm up	Strength warm up
30secs- All out	2min - 80% effort
4mins - 80% effort	30secs - All out
30secs - All out	90sec - Easy
2mins - Easy	
Repeat x5	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	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)