

Beginners

WEEK	MON	TUES	WEDS	THURS	FRI	SAT	SUN
1	Rest + core/ strength and conditioning	20 mins easy run	Rest	25 mins easy run	Rest	Rest or 30 mins aerobic cross train easy/ pilates	30 mins easy run
2	Rest + core/ strength and conditioning	30 mins easy run	Rest	5 x (3 mins at threshold/3 jog/ walk recovery). All in 30 mins running	Rest	Rest or 30 mins aerobic cross train easy/ pilates	40 mins easy run
3	Rest + core/ strength and conditioning	30 mins easy run	Rest	4 x (4 mins at threshold/3 mins jog/walk recovery) all in 40 mins running	Rest	Rest or 30 mins aerobic cross train easy/ pilates	50-60 mins easy run with 2 x 20 mins running with 10 mins fast walk recovery
4	Rest + core/ strength and conditioning	40 mins easy run	Rest	3 x (5 mins at threshold/2 mins jog recovery) all in 40 mins running	Rest	Rest or 30 mins aerobic cross train easy/ pilates	60-70 mins easy run as (3 x 15 mins with 5 mins walk recovery)
5	Rest + core/ strength and conditioning	30-40 mins easy run	Rest	30 mins easy run	Rest	5k parkrun time trial or 30 mins aerobic cross train easy/ pilates	45-60 mins easy run. Try to run all the way
6	Rest + core/ strength and conditioning	30 mins with last 10 at threshold/ HM pace	Rest	4 x (5 mins at threshold/2 mins jog recovery) all in 45 mins running	Rest	30 mins aerobic cross train easy/ pilates	60-75 mins easy run. Try to run at conversational pace
7	Rest + core/ strength and conditioning	40 mins easy run	Rest	15 mins easy/15 mins steady/15 mins at HM pace	Rest	30 mins aerobic cross train easy/ pilates	90 mins easy run. Only walk for 5 mins if you need to
8	Rest + core/ strength and conditioning	30 mins easy run	Rest	15 mins easy/15 mins steady/15 mins at HM pace	Rest	30 mins aerobic cross train easy/ pilates	1.40-1.45 easy run. Try to run all the way or walk for 5 mins every 20-25 if required
9	Rest + core/ strength and conditioning	45 mins easy run	Rest	5 x (5 mins at threshold/2 mins jog recovery) all in 45 mins running	Rest	Rest or 30 mins aerobic cross train easy/ pilates	1.45-2.00 easy run. The key long run at conversational pace
10	Rest + core/ strength and conditioning	30 mins easy run	Rest	15 mins easy/15 mins steady/15 mins easy run	Rest	30 mins aerobic cross train easy/ pilates	10k race or 75 mins. Try to run harder in the last 20-30 mins
11	Rest + core/ strength and conditioning	40 mins easy run	Rest	6 x (3 mins at threshold/3 mins easy) all in 40 mins running	Rest	Rest or 30 mins aerobic cross train easy/ pilates	60 mins relaxed run
12	Rest	30 mins run with last 10 mins at HM race pace	Rest	25 mins relaxed run	Rest	15 mins easy run and stretch	Half Marathon race day