



HOW YOUR SESSIONS SHOULD FEEL

This Training Zones & Paces overview will give you a guideline on how to pace your training sessions.

TARGET EVENT DAY PACE **05:59:59** **08:32 KM PACE** **13:43 MILE PACE**

ZONE	TYPE OF SESSION	HEART RATE (%HRMAX)	TRAINING RESPONSE	KM PACE	MILE PACE
1	WARM UP, COOL DOWNS, RECOVERY RUNS & SHAKEOUTS	55-72%	ZONE 1 is all about boosting your recovery. Training at this intensity should feel super easy where you can easily hold a conversation.	08:40	13:56
			ZONE 2 helps to build the foundation of your aerobic endurance and allows your body to adapt to becoming better at oxidizing fat as well as increasing your capillary density.	08:55	14:21
3	LONG RUNS	70-85%	ZONE 3 is a moderate effort - This zone improves the efficiency of your bodies circulation and is the zone whereby lactic acid stars to build.	08:22 - 08:42	13:27 - 14:00
4	TEMPO RUNS & HILLS	85-90%	ZONE 4 helps to target your speed endurance. Training in this zone will allow you to become better at using carbohydrates for energy and withstand greater levels of lactic acid in the blood thus increasing your anaerobic threshold.	06:28 - 06:48	10:00 - 10:56
5	INTERVALS & TRACK SESSIONS	85-95%	ZONE 5 is maximal effort - your heart, blood and respiratory system will be working at maximal capacity. In this zone lactic acid levels will build up in your blood and after a few mins you won't be able to continue at this effort.	06:13 - 06:28	10:00 - 10:24

This table is a guide to help with your training plan. For long runs, aim to cover the distance by taking breaks if needed.



TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
PHASE ONE PREPARATION								
WEEK 1 1st Jan - 7th Jan	Strength & Conditioning	Easy Run 20 minutes	REST & RECOVERY	Easy Run 25 minutes	REST & RECOVERY	REST & RECOVERY	Long Run 12 km	18-20 KM
WEEK 2 8th Jan - 14th Jan	Strength & Conditioning	Easy Run 20 minutes	REST & RECOVERY	Easy Run 25 minutes	REST & RECOVERY	REST & RECOVERY	Long Run 14km	20-22 KM
WEEK 3 15th Jan - 21st Jan	Strength & Conditioning	Easy Run 25 minutes	REST & RECOVERY	Easy Run 25 minutes	REST & RECOVERY	REST & RECOVERY	Long Run 16km	22-24 KM
PHASE TWO BUILD								
WEEK 4 22nd Jan - 28th Jan	Strength & conditioning	Easy Run 30 minutes	REST & RECOVERY	Easy Run 30 minutes	REST & RECOVERY	REST & RECOVERY	Long Run 18km	26-28 KM
WEEK 5 29th Jan - 4th Feb	Strength & conditioning	Easy Run 30 minutes	REST & RECOVERY	Easy Run 30 minutes	REST & RECOVERY	REST & RECOVERY	Long Run 20km	28-30 KM



TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
WEEK 6 5th Feb - 11th Feb	Strength & Conditioning	Easy Run 35 minutes	REST & RECOVERY	Easy Run 35 minutes	REST & RECOVERY	REST & RECOVERY	Long Run 22km	30-32 KM
WEEK 7 12th Feb - 18th Feb	Strength & Conditioning	Easy Run 35 minutes	REST & RECOVERY	Easy Run 40 minutes	REST & RECOVERY	REST & RECOVERY	Long Run 24km	32-34 KM
PHASE THREE PEAK								
WEEK 8 19th Feb - 25th Feb	Strength & Conditioning	Track Session 1	REST & RECOVERY	Hill Session 1	REST & RECOVERY	Easy Run 30 minutes	Cancer Research UK London Winter Run or Long Run 26km	34-36 KM
WEEK 9 26th Feb - 3rd March	Strength & conditioning	Track Session 2	REST & RECOVERY	Tempo Run 1	REST & RECOVERY	Easy Run 30 minutes	Long Run 28km	36-38 KM
WEEK 10 4th March - 10th March	Strength & conditioning	Track Session 3	REST & RECOVERY	Hill Session 2	REST & RECOVERY	Easy Run 30 minutes	Long Run 32km	38-40 KM



TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
WEEK 11 11th March - 17th March	Strength & Conditioning	Track Session 4	REST & RECOVERY	Tempo Run 2	REST & RECOVERY	Easy Run: 30 minutes	Long Run 32 km	40-42 KM

PHASE FOUR TAPER

WEEK 12 18th March - 24th March	Strength & Conditioning	Track Session 5	REST & RECOVERY	Tempo Run 3	REST & RECOVERY	Easy Run: 30 minutes	Long Run 30km	36-38 KM
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WEEK 13 25th March - 31st March	Strength & conditioning	Track Session 6	REST & RECOVERY	Tempo Run 4	REST & RECOVERY	Easy Run: 30 minutes	Long Run 20 km	26-28 KM
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WEEK 14 1st April - 7th April	Strength & conditioning	Track Session 7	REST & RECOVERY	Tempo Run 5	REST & RECOVERY	Easy Run: 30 minutes	Long Run 15km	21-23 KM
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PHASE FIVE EVENT WEEK

WEEK 15 8th April - 14th April	REST & RECOVERY	Easy Run: 30 minutes	REST & RECOVERY	TUNE UP	Easy Run: 30 minutes	REST & RECOVERY	EVENT DAY	
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TRACK SESSION PLANS

TRACK SESSION	WARM UP	SESSION	TRACK VOLUME	REST	COOL DOWN
1	5 - 10 minutes	3 x 400meters	1.2km	60 sec	5 - 10 minutes
2	5 - 10 minutes	2 x 3minutes 4 x 30seconds	2km	90sec (3 minute reps) 30sec (30 second)	5 - 10 minutes
3	5 - 10 minutes	2 x 800meters	1.6km	90 sec	5 - 10 minutes
4	5 - 10 minutes	4 x 2minutes	1.8km	75 sec	5 - 10 minutes
5	5 - 10 minutes	3 x 500meters	1.5km	75 sec	5 - 10 minutes
6	5 - 10 minutes	2 x 1minute 2minutes	1.5km	60 sec (1 & 2 minute reps) 75 sec (between sets)	5 - 10 minutes
7	5 - 10 minutes	8 x 200meters	1.6km	30 sec	5 - 10 minutes



HILL SESSION PLANS

HILL SESSION	WARM UP	SESSION	VOLUME	REST	COOL DOWN
1	10 - 15 minutes	6 x 50secs 6 x 30sec Gradual Hill	1km	60 sec (after each set)	10 - 15 minutes
2	10 - 15 minutes	8 x 15secs 10 x 10secs Steep Hill	1km	90 sec (after each set)	10 - 15 minutes

TUNE UP SESSION

TUNE UP RUN	10 minutes	2 mins - hard 2 mins - easy Repeat	2km	N/A	10 minutes
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TEMPO SESSIONS

TEMPO SESSION	WARM UP	SESSION	VOLUME	REST	COOL DOWN
1	10 - 15 minutes	2x 1km	2km	90 sec jog recovery	10 - 15 minutes
2	10 - 15 minutes	5mins tempo/ 2 x3min tempo	3km	3 mins jog recovery after 10mins / 2mins	10 - 15 minutes
3	10 - 15 minutes	1min on/ 1min off x8	2km	1min jog recovery	10 - 15 minutes
4	10 - 15 minutes	4min/ 5min/ 6min	2km	3min jog recovery	10 - 15 minutes
5	10 - 15 minutes	2min on/ 2min floats x6	2km	2min floats	10 - 15 minutes