



# 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 **04:59:59** **07:07** KM PACE **11:26** MILE PACE

ZONE	TYPE OF SESSION	HEART RATE (%HRMAX)	TRAINING RESPONSE	KM PACE	MILE PACE
<b>1</b>	WARM UP, COOL DOWNS, RECOVERY RUNS & SHAKEOUTS	55-72%	<b>ZONE 1</b> is all about boosting your recovery. Training at this intensity should feel super easy where you can easily hold a conversation.	07:30 - 07:45	12:04 - 12:28
			<b>ZONE 2</b> 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.		
<b>3</b>	LONG RUNS	70-85%	<b>ZONE 3</b> is a moderate effort - This zone improves the efficiency of your bodies circulation and is the zone whereby lactic acid stars to build.	06:57 - 07:27	11:10 - 11:57
<b>4</b>	TEMPO RUNS & HILLS	85-90%	<b>ZONE 4</b> 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.	06:39 - 06:59	10:33 - 11:13
<b>5</b>	INTERVALS & TRACK SESSIONS	85-95%	<b>ZONE 5</b> 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.	05:45 - 06:00	09:17 - 09:40

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
<b>PHASE ONE PREPARATION</b>								
<b>WEEK 1</b> 1st Jan - 7th Jan	Strength & Conditioning	Easy Run 25 minutes	REST & RECOVERY	Easy Run 25 minutes	REST & RECOVERY	REST & RECOVERY	Long Run 14km	<b>20-22 KM</b>
<b>WEEK 2</b> 8th Jan - 14th Jan	Strength & Conditioning	Easy Run 25 minutes	REST & RECOVERY	Easy Run 25 minutes	REST & RECOVERY	REST & RECOVERY	Long Run 16km	<b>22-24 KM</b>
<b>WEEK 3</b> 15th Jan - 21st Jan	Strength & Conditioning	Easy Run 30 minutes	REST & RECOVERY	Easy Run 30 minutes	REST & RECOVERY	REST & RECOVERY	Long Run 18km	<b>24-26 KM</b>
<b>PHASE TWO BUILD</b>								
<b>WEEK 4</b> 22nd Jan - 28th Jan	Strength & conditioning	Easy Run 40 minutes	REST & RECOVERY	Easy Run 40 minutes	REST & RECOVERY	REST & RECOVERY	Long Run 20km	<b>26-28 KM</b>
<b>WEEK 5</b> 29th Jan - 4th Feb	Strength & conditioning	Easy Run 30 minutes	REST & RECOVERY	Easy Run 45 minutes	REST & RECOVERY	REST & RECOVERY	Long Run 22km	<b>28-30 KM</b>



# TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	
<b>WEEK 6</b> 5th Feb - 11th Feb	Strength & Conditioning	Easy Run 40 minutes	REST & RECOVERY	Easy Run 45 minutes	REST & RECOVERY	REST & RECOVERY	Long Run 24km	<b>30-32 KM</b>
<b>WEEK 7</b> 12th Feb - 18th Feb	Strength & Conditioning	Easy Run 40 minutes	REST & RECOVERY	Easy Run 60 minutes	REST & RECOVERY	REST & RECOVERY	Long Run 26km	<b>32-34 KM</b>
<b>PHASE THREE PEAK</b>								
<b>WEEK 8</b> 19th Feb - 25th Feb	Strength & Conditioning	Track Session 1	REST & RECOVERY	Hill Session 1	REST & RECOVERY	Easy Shake Out 30 minutes	Cancer Research UK London Winter Run or Long Run 26km	<b>30-32 KM</b>
<b>WEEK 9</b> 26th Feb - 3rd March	Strength & conditioning	Track Session 2	REST & RECOVERY	Tempo Run 1	REST & RECOVERY	Easy Shake Out 30 minutes	Long Run 30km	<b>34-36 KM</b>
<b>WEEK 10</b> 4th March - 10th March	Strength & conditioning	Track Session 3	REST & RECOVERY	Hill Session 2	REST & RECOVERY	Easy Shake Out 30 minutes	Long Run 32km	<b>36-38 KM</b>



# TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
<b>WEEK 11</b> 11th March - 17th March	Strength & Conditioning	Track Session 4	REST & RECOVERY	Tempo Run 2	REST & RECOVERY	Easy Shake Out 30 minutes	Long Run 34km	<b>40-42 KM</b>

## PHASE FOUR TAPER

<b>WEEK 12</b> 18th March - 24th March	Strength & Conditioning	Track Session 5	REST & RECOVERY	Tempo Run 3	REST & RECOVERY	REST & RECOVERY	Long Run 30km	<b>36-38 KM</b>
<b>WEEK 13</b> 25th March - 31st March	Strength & conditioning	Track Session 6	REST & RECOVERY	Tempo Run 4	REST & RECOVERY	REST & RECOVERY	Long Run 20km	<b>34-36 KM</b>
<b>WEEK 14</b> 1st April - 7th April	Strength & conditioning	Track Session 7	REST & RECOVERY	Tempo Run 5	REST & RECOVERY	REST & RECOVERY	Steady Run 15km	<b>26-28 KM</b>

## PHASE FIVE EVENT WEEK

<b>WEEK 15</b> 8th April - 14th April	REST & RECOVERY	Easy Run: 30 minutes	REST & RECOVERY	TUNE UP	REST & RECOVERY	REST & RECOVERY	<b>EVENT DAY</b>	
--	-----------------	----------------------	-----------------	---------	-----------------	-----------------	------------------	--



# TRACK SESSION PLANS

TRACK SESSION	WARM UP	SESSION	TRACK VOLUME	REST	COOL DOWN
<b>1</b>	5 - 10 minutes	5 x 400m	2km	60 sec	5 - 10 minutes
<b>2</b>	5 - 10 minutes	2 x 3mins 4 x 30sec	2km	90sec (3 minute reps)  30sec (30 second)	5 - 10 minutes
<b>3</b>	5 - 10 minutes	3 x 800m	2km	90 sec	5 - 10 minutes
<b>4</b>	5 - 10 minutes	6 x 2mins	2km	75 sec	5 - 10 minutes
<b>5</b>	5 - 10 minutes	4 x 500m	3km	75 sec	5 - 10 minutes
<b>6</b>	5 - 10 minutes	1min + 2mins x2	3km	60 sec (1 & 2 minute reps) 75 sec (between sets)	5 - 10 minutes
<b>7</b>	5 - 10 minutes	10 x 200m	2km	30 sec	5 - 10 minutes



# HILL SESSION PLANS

HILL SESSION	WARM UP	SESSION	VOLUME	REST	COOL DOWN
<b>1</b>	15 - 20 minutes	8 x 50 sec 8 x 30 sec Gradual Hill	1km	60 sec (after each set)	15 - 20 minutes
<b>2</b>	15 - 20 minutes	10 x 15 sec 15 x 10 sec Steep Hill	2km	90 sec (after each set)	15 - 20 minutes

## TUNE UP SESSION

<b>TUNE UP RUN</b>	10 minutes	2 mins - hard 2 mins - easy Repeat	2km	N/A	10 minutes
--------------------	------------	--	-----	-----	------------



# TEMPO SESSIONS

TEMPO SESSION	WARM UP	SESSION	VOLUME	REST	COOL DOWN
<b>1</b>	10 - 15 minutes	3x1km	4km	90 sec jog recovery	10 - 15 minutes
<b>2</b>	10 - 15 minutes	10min tempo /2 x5min tempo	5km	3min jog recovery after 10min / 2min	10 - 15 minutes
<b>3</b>	10 - 15 minutes	1min on/ 1min off x10	6km	1min jog recovery	10 - 15 minutes
<b>4</b>	10 - 15 minutes	6min/ 7min/ 8min	6km	3min jog recovery	10 - 15 minutes
<b>5</b>	10 - 15 minutes	2min on/ 2min float x8	4km	2min floats	10 - 15 minutes