



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 **03:59:59** **05:41** KM PACE **09:09** 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.	06:20	10:10
			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.	06:35	10:37
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 starts to build.	05:30 - 05:50	08:51 - 09:23
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.	05:12 - 05:27	08:22 - 08:46
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.	04:52 - 05:12	07:50 - 08:22

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	Easy Run 8km	Easy Run: 8km	Strength & Conditioning	Easy Run 10km	REST & RECOVERY	Strength & Conditioning	Long run 14 km	40 KM
WEEK 2 8th Jan - 14th Jan	Easy Run 8km	Easy Run 8km	Strength & Conditioning	Easy Run: 10km	REST & RECOVERY	Strength & Conditioning	Long run 15 km	43 KM
WEEK 3 15th Jan - 21st Jan	Easy Run 8km	Easy Run 8km	Strength & Conditioning	Easy Run: 10km	REST & RECOVERY	Strength & Conditioning	Quality Long run 1	46 KM
PHASE TWO PREPARATION								
WEEK 4 22nd Jan - 28th Jan	Easy Run 8km	Track Session 1	Strength & Conditioning	Hill Session 1	REST & RECOVERY	Easy Shake Out 10km	Long run 18km	50 KM
WEEK 5 29th Jan - 4th Feb	Easy Run 10km	Track Session 2	Strength & Conditioning	Tempo Run 1	REST & RECOVERY	2km warm up 5km Parkrun 2km cool down	Long run 20km	53 KM



TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
WEEK 6 5th Feb - 11th Feb	Easy Run 10km	Track Session 3	Strength & Conditioning	Hill Session 2	REST & RECOVERY	Easy Shake Out 12km	Longer run 20km	55 KM
WEEK 7 12th Feb - 18th Feb	Easy Run 12km	Track Session 4	Strength & Conditioning	Tempo Run 2	REST & RECOVERY	2km warm up 5km Parkrun 2km cool down	Quality Long Run 2	61 KM
PHASE THREE PEAK								
WEEK 8 19th Feb - 25th Feb	Easy Run 12km	Track Session 5	Strength & Conditioning	Hill Session 3	REST & RECOVERY	Easy Shake Out 12km	Long Run 24km	63 KM
WEEK 9 26th Feb - 3rd March	Easy Run 12km	Track Session 6	Strength & Conditioning	Tempo Run 3	REST & RECOVERY	3km warm up 5km Parkrun 3km cool down	Quality Long Run 3	66 KM
WEEK 10 4th March - 10th March	Easy Run 14km	Track Session 7	Strength & Conditioning	Hill Session 4	REST & RECOVERY	Easy Shake Out 14km	Long run 28km	69 KM



TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
WEEK 11 11th March - 17th March	Easy run 14km	Track Session 8	Strength & Conditioning	Tempo Run 4	REST & RECOVERY	5km warm up 5km Parkrun 5km cool down	Quality Long Run 4	73 KM

PHASE FOUR TAPER

WEEK 12 18th March - 24th March	Easy run 10km	Track Session 9	Strength & Conditioning	Tempo Run 5	REST & RECOVERY	Cross Training	Long run 26km	58 KM
WEEK 13 25th March - 31st March	Easy run 8km	Track Session 10	Strength & Conditioning	Tempo Run 6	REST & RECOVERY	Cross Training	Long run 20km	46 KM
WEEK 14 1st April - 7th April	Easy run 8km	Track Session 11	Strength & Conditioning	Tempo Run 7	REST & RECOVERY	Cross Training	Steady run 10km	33 KM

PHASE FIVE EVENT WEEK

WEEK 15 8th April - 14th April	REST & RECOVERY	Track Session 12	REST & RECOVERY	TUNE UP	REST & RECOVERY	REST & RECOVERY	EVENT DAY	
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TRACK SESSION PLANS

TRACK SESSION	WARM UP	SESSION	TRACK VOLUME	REST	COOL DOWN
1	2km	8 x 400m	3.2km	60 sec	2km
2	2km	3 x 3min 4 x 30sec	2km	90 sec (between 3 min reps) 30 sec (between 30 sec reps)	2km
3	2km	4 x 800m	3.2km	90 sec	2km
4	2km	6 x 2min	4km	75 sec	2km
5	2km	6 x 500m	3.6km	75 sec	2km
6	2km	x 3 1min + 2min	4km	60 sec (between 1min + 2min reps) 75 sec (between sets)	2km



TRACK SESSION PLANS

TRACK SESSION	WARM UP	SESSION	TRACK VOLUME	REST	COOL DOWN
7	3km	4 x 1km	4km	120 sec	3km
8	3km	8 x 1min 8 x 30 sec	4.2km	60 sec (between 1 min reps) 30 sec (between 30 sec rep)	3km
9	3km	3 x 200m 3 x 800m 3 x 200m	3km	30 sec (200m) 90s (800m)	3km
10	2km	4 x 3min	4km	90 sec	2km
11	2km	4 x 2min 6 x 1min	3km	75 sec after 2min rep) 60 sec (after 1 minute reps)	2km
12	1km	14 x 300m	2km	60 secs	1km



HILL SESSION PLANS

HILL SESSION	WARM UP	SESSION	VOLUME	REST	COOL DOWN
1	2km	8 x 50 sec 8 x 30 sec Gradual Hill	3km	60 sec (after each set)	2km
2	2km	10 x 15 sec 15 x 10 sec Steep Hill	2km	90 sec (after each set)	2km
3	2km	8 x 45 sec 8 x 35 sec Gradual Hill	2km	60 sec (after each set)	3km
4	4km	8 x 10 sec 8 x 15 sec 8 x 10 sec Steep Hill	4km	90 sec (after each set)	4km



QUALITY LONG RUNS

LONG RUN	WARM UP	SESSION	COOL DOWN
1	3km	2km / 3km/ 2km with 1km float recovery at target half marathon pace	3km
2	3km	1km [Over marathon pace target] + 1km [Under marathon pace target] X7	3km
3	5km	5km [Slightly slower than marathon pace target] + 1km jog 5km [at marathon pace target] + 1km jog 5km [faster marathon pace target] + 1km jog	5km
4	2km	21.1km [Hard half marathon effort]	5km



TEMPO SESSIONS

TEMPO SESSION	WARM UP	SESSION	VOLUME	REST	COOL DOWN
1	2km	3 x 1km	4km	90" jog recovery	2km
2	2km	2 x 90sec / 4 x 60sec / 4 x 30sec / 4 x 15sec	6km	Equal jog recovery	2km
3	2km	10mins tempo / 2 x 5mins tempo	8km	3mins jog recovery after 10mins / 2mins	2km
4	4km	12 x 1min on / 1min off	8km	1min jog recovery	2km
5	2.5km	6mins / 7mins / 8mins	10km	3mins jog recovery	2.5km
6	2km	3 x 6mins tempo	6km	2mins jog recovery	2km
7	1km	8 x 2mins on / 2mins float	4km	2mins floats	2km

TUNE UP SESSION

TUNE UP RUN	1km	2 mins - Hard 2 mins - Easy Repeat	2km	N/A	1km
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