



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 **03:44:59**

**05:20
KM PACE**

**08:35
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.	05:45	09:15
			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.	06:00	09:39
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.	05:10 - 05:25	08:18 - 08:43
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.	04:50 - 05:05	07:46 - 08:10
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.	04:35 - 04:50	07:22 - 07:46

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	AM Recovery Run: 6 km PM Strength & Conditioning	Track Session 1	AM Rest PM Strength & Conditioning	Tempo Run 1	REST & RECOVERY	2km Warm Up 5Km Parkrun 2km Cool Down	Long Run 16 km	48 KM
WEEK 2 8th Jan - 14th Jan	AM Recovery Run: 8 km PM Strength & Conditioning	Track Session 2	AM Rest PM Strength & Conditioning	Hill Session 1	REST & RECOVERY	Easy Shake Out 10km	Quality Long Run 1	54 KM
WEEK 3 15th Jan - 21st Jan	AM Recovery Run: 8 km PM Strength & Conditioning	Track Session 3	AM Rest PM Strength & Conditioning	Tempo Run 2	REST & RECOVERY	2km Warm Up 5Km Run 2km Cool Down	Long Run 19km	57 KM
PHASE TWO BUILD								
WEEK 4 22nd Jan - 28th Jan	AM Rest PM Strength & Conditioning	Track Session 4	AM Recovery Run: 10km PM Strength & Conditioning	Hill Session 2	REST & RECOVERY	Easy Shake Out 10km	Quality Long Run 2	62 KM
WEEK 5 29th Jan - 4th Feb	AM Recovery Run 10km PM Strength & conditioning	Track Session 5	AM Rest PM Strength & Conditioning	Tempo Run 3	REST & RECOVERY	2km Warm Up 5km Parkrun 2km Cool Down	Long run 22km	64 KM



TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
WEEK 6 5th Feb - 11th Feb	AM Recovery Run: 8 km PM Strength & Conditioning	Track Session 6	AM Recovery Run: 8km PM Strength & Conditioning	Hill Session 3	REST & RECOVERY	Easy Shake Out: 10km	Quality Long Run 3	68 KM
WEEK 7 12th Feb - 18th Feb	AM Recovery Run: 10 km PM Strength & Conditioning	Track Session 7	AM Rest PM Strength & Conditioning	Tempo Run 4	REST & RECOVERY	2.5km Warm Up 5Km Parkrun 2.5km Cool Down	Long Run 22km	74 KM

PHASE THREE PEAK

WEEK 8 19th Feb - 25th Feb	AM Recovery Run: 10 km PM Strength & Conditioning	Track Session 8	AM Recovery Run: 10km PM Strength & Conditioning	Hill Session 4	REST & RECOVERY	Easy Shake Out: 8km	Quality Long Run 4	73 KM
WEEK 9 26th Feb - 3rd March	AM Recovery Run 10km PM Strength & conditioning	Track Session 9	AM Recovery Run: 10km PM Strength & Conditioning	Tempo Run 5	REST & RECOVERY	2km Warm Up 5Km Parkrun 2km Cool Down	Long Run 26km	76 KM
WEEK 10 4th March - 10th March	AM Recovery Run 10km PM Strength & conditioning	Track Session 10	AM Recovery Run: 12km PM Strength & Conditioning	Hill Session 5	REST & RECOVERY	Easy Shake Out: 12km	Quality Long Run 5	81 KM



TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
WEEK 11 11th March - 17th March	AM Recovery Run: 10 km PM Strength & Conditioning	Track Session 11	AM Recovery Run: 12km PM Strength & Conditioning	Tempo Run 6	REST & RECOVERY	2km warm up 5km Parkrun 2km Cool Down	Long Run 30km	83 KM

PHASE FOUR TAPER

WEEK 12 18th March - 24th March	AM Recovery Run: 8 km PM Strength & Conditioning	Track Session 12	AM Cross Training PM Strength & Conditioning	Tempo Run 7	REST & RECOVERY	Easy Shake Out: 4km	Quality Long Run 6	70 KM
WEEK 13 25th March - 31st March	AM Recovery Run 8km PM Strength & conditioning	Track Session 13	AM Cross Training PM Strength & Conditioning	Tempo Run 8	REST & RECOVERY	Easy Shake Out: 6km	Long Run 21km	60 KM
WEEK 14 1st April - 7th April	AM Cross Training PM Strength & conditioning	Track Session 14	AM Cross Training PM Strength & Conditioning	Tempo Run 9	REST & RECOVERY	Cross Training	Quality Long Run 7	38 KM

PHASE FIVE EVENT WEEK

WEEK 15 8th April - 14th April	AM Recovery Run 8km PM Rest	Track Session 15	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	3 x 3mins 6 x 30sec	3km	90sec (between 3mins reps) 30sec (between 30sec reps)	2km
2	2km	5 x 800m	4km	90 sec	2km
3	2km	6 x 2mins	3km	75 sec	2km
4	3km	8 x 500 meters	4km	75 sec	3km
5	2km	(1min, 2mins) x 4	3km	60sec (between 1 and 2min reps) 75sec (between sets)	2km



TRACK SESSION PLANS

TRACK SESSION	WARM UP	SESSION	TRACK VOLUME	REST	COOL DOWN
6	2km	5 x 1km	5km	120 sec	2km
7	2km	8 x 1min 8 x 30 sec	4km	60 sec (between 1 min reps) 30 sec (between 30 sec rep)	2km
8	2km	4 x 200 meters 4 x 800 meters 4 x 200 meters	4.8km	30 sec (for 200m) 90 sec (for 800m)	2km
9	2km	5 x 3min	4km	90 sec	2km
10	2km	3 x 1.6km	4.8km	120 sec	2km



TRACK SESSION PLANS

TRACK SESSION	WARM UP	SESSION	TRACK VOLUME	REST	COOL DOWN
11	2km	5 x 2min 6 x 1min	4km	75sec (after 2mins reps) 60sec (after 1min reps)	2km
12	2km	16 x 300m	6km	60 sec	2km
13	2km	2 x 3min 3 x 2min 2 x 1min	5km	90sec (between 3mins rep) 75sec (between 2mins reps) 60sec (between 1min rep)	2km
14	2km	8 x 600m	4.8km	90 sec	2km
15	1km	10 x 200m	2km	30 sec	1km



HILL SESSION PLANS

HILL SESSION	WARM UP	SESSION	VOLUME	REST	COOL DOWN
1	2.5km	8 x 50 sec 8 x 30 sec Gradual Hill	3km	60 sec (after each set)	2.5km
2	2km	10 x 15 sec 15 x 10 sec Steep Hill	4km	90 sec (after each set)	2km
3	2km	8 x 45 sec 8 x 35 sec Gradual Hill	4km	60 sec (after each set)	2km
4	3km	8 x 10 sec 8 x 15 sec 8 x 10 sec Steep Hill	4km	90 sec (after each set)	3km
5	3km	5 x 60 sec 5 x 50 sec 5 x 40 sec Gradual Hill	4km	60 sec (after each set)	3km



QUALITY LONG RUNS

LONG RUN	WARM UP	SESSION	VOLUME	COOL DOWN
1	4km	2k/3k/3k/2k with 1k float recovery at target HM pace	22km	4km
2	3km	7 x 1k over/1 k under target MP 10s under goal MP followed by 10s over goal MP	20km	3km
3	3km	3 X 5k efforts with 1k jog between) First rep at slightly slower than MP, second at target MP, last one faster than target MP.	24km	3km
4	2.5km	Hard HM Pace	26km	2.5km
5	2km	2 x 10k efforts with 2k jog between first rep at slightly slower than MP second one slightly faster.	24km	2km
6	N/A	30km (Including 20min / 15min / 10min effort with 5 min jog between) Start at target MP, gradually getting faster.	30km	N/A
7	2km	2 x 3k at target MP (2km floats between reps)	14km	2km



TEMPO SESSIONS

HILL SESSION	WARM UP	SESSION	VOLUME	REST	COOL DOWN
1	2km	4 x 1km	~6km	90sec jog recovery	2km
2	2km	2 x 90sec / 4 x 60sec / 4 x 30sec / 4 x 15sec	~7km	Equal jog recovery	2km
3	3km	15mins tempo / 4 x 5mins tempo	~8km	3mins jog recovery after 10mins / 2mins	2km
4	2km	18 x 1min on / 1min off	~8km	1min jog recovery	2km
5	2km	8mins / 9mins / 10mins	~10km	3mins jog recovery	2km
6	4km	4 x 8mins tempo	~10km	2mins jog recovery	2km
7	2km	14 x 2mins on / 2mins float	~14km	2mins floats	2km
8	2km	15mins / 10mins / 5mins	~12km	3mins jog recovery	2km
9	2km	2 x 6mins / 2 x 3mins	~10km	90sec jog recovery	2km

TUNE UP SESSION

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