



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 **03:29:59** **04:59** **08:00**
KM PACE **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.	05:35	08:59
			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.	05:50	09:23
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.	05:00 - 05:15	08:02 - 08:26
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.	04:38 - 04:55	07:27 - 07:54
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.	04:18 - 04:38	06:55 - 07:27

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 Run 2km Cool Down	Long Run 16 km	45 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 8km	Quality Long Run 1	47 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: 18km	53 KM
PHASE TWO PREPARATION								
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: 8km	Quality Long Run 2	56 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 Run 2km Cool Down	Long run: 22km	60 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: 12km 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: 8 km PM Strength & Conditioning	Track Session 7	AM Recovery Run: 8km PM Strength & Conditioning	Tempo Run 4	REST & RECOVERY	2km warm up 5km Park Run 2km Cool Down	Long Run 26km	74 KM
PHASE THREE PEAK								
WEEK 8 19th Feb - 25th Feb	AM Recovery Run: 8 km PM Strength & Conditioning	Track Session 8	AM Recovery Run: 10km PM Strength & Conditioning	Hill Session 4	REST & RECOVERY	Easy Shake Out 12km	Cancer Research UK London Winter Run OR Quality Long Run 4	80 KM
WEEK 9 26th Feb - 3rd March	AM Recovery Run 8km PM Strength & conditioning	Track Session 9	AM Recovery Run: 10km PM Strength & Conditioning	Tempo Run 5	REST & RECOVERY	2km Warm up 5km Run 2km Cool Down	Long Run 26km	86 KM
WEEK 10 4th March - 10th March	AM Recovery Run 12km PM Strength & conditioning	Track Session 10	AM Recovery Run: 12km PM Strength & Conditioning	Hill Session 5	REST & RECOVERY	Easy Shake Out: 14km	Quality Long Run 5	92 KM



TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
WEEK 11 11th March - 17th March	AM Recovery Run: 14 km PM Strength & Conditioning	Track Session 11	AM Recovery Run: 12km PM Strength & Conditioning	Tempo Run 6	REST & RECOVERY	2km warm up 5km Park Run 2km Cool Down	Long Run 30km	100 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	62 KM
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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	58 KM
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WEEK 14 1st April - 7th April	AM Recovery Run 8km PM Strength & conditioning	Track Session 14	AM Rest PM Strength & Conditioning	Tempo Run 9	REST & RECOVERY	Cross Training	Quality Long Run 7	42 KM
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PHASE FIVE EVENT WEEK

WEEK 15 8th April - 14th April	AM Recovery Run 6km PM Rest	Track Session 14	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	90 sec (between 3min reps) 30 sec (between 30 sec rep)	2km
2	2km	4 x 800m	3.2km	90 sec	2km
3	2km	7 x 2mins	3km	75 sec	2km
4	3km	8 x 500m	4km	75 sec	3km
5	2km	1mins + 2mins X 4	3km	60 sec (between 1min + 2min rep) 75 sec (between sets)	2km



TRACK SESSION PLANS

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



TRACK SESSION PLANS

TRACK SESSION	WARM UP	SESSION	TRACK VOLUME	REST	COOL DOWN
11	3km	5 x 2min 6 x 1min	4km	75 sec (after 2 min rep) 60 sec (after 2min reps) 60 sec (after 1 min reps)	3km
12	2km	14 x 300m	4.2km	60 sec	2km
13	2km	2 x 3min 3 x 2min 2 x 1min	5km	90 sec (between 3 min rep) 75 sec (between 2 min reps) 60 sec rep (between 1 min rep)	2km
14	2km	7 x 600m	4.2km	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	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	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	4km	8 x 10 sec 8 x 15 sec 8 x 10 sec Steep Hill	4km	90 sec (after each set)	4km
5	4km	5 x 60 sec 5 x 50 sec 5 x 40 sec Gradual Hill	3km	60 sec (after each set)	4km



QUALITY LONG RUNS

LONG RUN	WARM UP	SESSION	VOLUME	COOL DOWN
1	3km	2km [Half Marathon Pace] + 1km float 3km [Half Marathon Pace] + 1km float 2km [Half Marathon Pace] + 1km float	16km	3km
2	2km	1km [10s over marathon pace target] + 1km [10s under marathon pace target] X8	20km	2km
3	6km	5km [slightly slower than marathon pace] + 1km jog 5km [slight faster than marathon pace] + 1km jog	24km	6km
4	3.5km	Hard HM Pace	28km	3.5km
5	4km	10km [Slightly slower than marathon pace] + 2km jog 10km [slightly faster than marathon pace] + 2km jog	28km	4km
6		20'/15'/10' effort with 5 min jog in between Start at marathon pace target & gradually faster	28km	
7		Including 2 x 2km at target marathon pace	14km	



TEMPO SESSIONS

TEMPO 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	2km	15min tempo / 3 x 5min tempo	8km	3min jog recovery after 10min/ 2min	2km
4	2.5km	1min on/ 1min off x16	8km	1min jog recovery	2.5km
5	4km	8min/ 9min/ 10min	10km	3min jog recovery	4km
6	4km	4 x 6min tempo	10km	2min jog recovery	4km
7	2km	2min on/ 2min float x12	10km	2min float	2km
8	2km	10min/ 10min/ 5min	10km	3min jog recovery	2km
9	2km	2 x 6min 2 x 3min	8km	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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