



# 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 **02:59:59** **04:16** KM PACE **06:52** 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.	04:55	07:55
			<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.	05:10	08:19
<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.	04:10 - 04:25	06:43 - 07:07
<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.	03:45 - 04:05	06:02 - 06:35
<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.	03:30 - 03:45	05:37 - 06:02

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	<b>AM</b> Recovery Run: 10 km <b>PM</b> Strength & Conditioning	Track Session 1	<b>AM</b> Cross training <b>PM</b> Strength & Conditioning	Tempo Run 1	REST & RECOVERY	2km Warm Up 5Km Parkrun 2km Cool Down	Long Run 22 km	<b>62 KM</b>
<b>WEEK 2</b> 8th Jan - 14th Jan	<b>AM</b> Recovery Run: 10 km <b>PM</b> Strength & Conditioning	Track Session 2	<b>AM</b> Cross training <b>PM</b> Strength & Conditioning	Hill Session 1	REST & RECOVERY	Easy Shake Out 10km	Quality Long Run 1	<b>64 KM</b>
<b>WEEK 3</b> 15th Jan - 21st Jan	<b>AM</b> Recovery Run: 10 km <b>PM</b> Strength & Conditioning	Track Session 3	<b>AM</b> Cross training <b>PM</b> Strength & Conditioning	Tempo Run 2	REST & RECOVERY	2.5km Warm Up 5Km Parkrun 2.5km Cool Down	Long Run 24km	<b>67 KM</b>
<b>PHASE TWO BUILD</b>								
<b>WEEK 4</b> 22nd Jan - 28th Jan	<b>AM</b> Recovery Run: 10 km <b>PM</b> Strength & Conditioning	Track Session 4	<b>AM</b> Recovery Run: 7km <b>PM</b> Strength & Conditioning	Hill Session 2	REST & RECOVERY	Easy Shake Out 8km	Quality Long Run 2	<b>70 KM</b>
<b>WEEK 5</b> 29th Jan - 4th Feb	<b>AM</b> Recovery Run 10km <b>PM</b> Strength & conditioning	Track Session 5	<b>AM</b> Cross training <b>PM</b> Strength & Conditioning	Tempo Run 3	REST & RECOVERY	2.5km Warm Up 5Km Parkrun 2.5km Cool Down	Long run 26km	<b>72 KM</b>



# TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
<b>WEEK 6</b> 5th Feb - 11th Feb	<b>AM</b> Recovery Run: 10 km  <b>PM</b> Strength & Conditioning	Track Session 6	<b>AM</b> Recovery Run: 8km  <b>PM</b> Strength & Conditioning	Hill Session 3	REST & RECOVERY	Easy Shake Out: 8km	Quality Long Run 3	<b>77 KM</b>
<b>WEEK 7</b> 12th Feb - 18th Feb	<b>AM</b> Recovery Run: 10 km  <b>PM</b> Strength & Conditioning	Track Session 7	<b>AM</b> Recovery Run: 10km  <b>PM</b> Strength & Conditioning	Tempo Run 4	REST & RECOVERY	2.5km Warm Up  5Km Parkrun  2.5km Cool Down	Long Run 26km	<b>83 KM</b>
<b>PHASE THREE PEAK</b>								
<b>WEEK 8</b> 19th Feb - 25th Feb	<b>AM</b> Recovery Run: 12 km  <b>PM</b> Strength & Conditioning	Track Session 8	<b>AM</b> Recovery Run: 10km  <b>PM</b> Strength & Conditioning	Hill Session 4	REST & RECOVERY	Easy Shake Out: 10km	Quality Long Run 4	<b>89 KM</b>
<b>WEEK 9</b> 26th Feb - 3rd March	<b>AM</b> Recovery Run 12km  <b>PM</b> Strength & conditioning	Track Session 9	<b>AM</b> Recovery Run: 12km  <b>PM</b> Strength & Conditioning	Tempo Run 5	REST & RECOVERY	3km Warm Up  5km Parkrun  3km Cool Down	Long Run 32km	<b>94 KM</b>
<b>WEEK 10</b> 4th March - 10th March	<b>AM</b> Recovery Run 12km  <b>PM</b> Strength & conditioning	Track Session 10	<b>AM</b> Recovery Run: 14km  <b>PM</b> Strength & Conditioning	Hill Session 5	REST & RECOVERY	Easy Shake Out: 14km	Quality Long Run 5	<b>102 KM</b>



# TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
<b>WEEK 11</b> 11th March - 17th March	<b>AM</b> Recovery Run: 12 km <b>PM</b> Strength & Conditioning	Track Session 11	<b>AM</b> Recovery Run: 14km <b>PM</b> Strength & Conditioning	Tempo Run 6	REST & RECOVERY	4km warm up 5km Parkrun 4km Cool Down	Long Run 36km	<b>110 KM</b>

## PHASE FOUR TAPER

<b>WEEK 12</b> 18th March - 24th March	<b>AM</b> Recovery Run: 12 km <b>PM</b> Strength & Conditioning	Track Session 12	<b>AM</b> Recovery Run: 12km <b>PM</b> Strength & Conditioning	Tempo Run 7	REST & RECOVERY	Easy Shake Out: 10km	Quality Long Run 6	<b>96 KM</b>
<b>WEEK 13</b> 25th March - 31st March	<b>AM</b> Recovery Run 12km <b>PM</b> Strength & conditioning	Track Session 13	<b>AM</b> Cross training <b>PM</b> Strength & Conditioning	Tempo Run 8	REST & RECOVERY	Easy Shake Out: 10km	Long Run 21km	<b>70 KM</b>
<b>WEEK 14</b> 1st April - 7th April	<b>AM</b> Recovery Run 12km <b>PM</b> Strength & conditioning	Track Session 14	<b>AM</b> Rest <b>PM</b> Strength & Conditioning	Tempo Run 9	REST & RECOVERY	Easy Shake Out: 8km	Quality Long Run 7	<b>54 KM</b>

## PHASE FIVE EVENT WEEK

<b>WEEK 15</b> 8th April - 14th April	<b>AM</b> Recovery Run 8km <b>PM</b> Rest	Track Session 15	REST & RECOVERY	TUNE UP	REST & RECOVERY	REST & RECOVERY	<b>EVENT DAY</b>	
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# TRACK SESSION PLANS

TRACK SESSION	WARM UP	SESSION	TRACK VOLUME	REST	COOL DOWN
<b>1</b>	3km	3 x 3mins, 5 x 30secs	5km	90sec between 3mins reps, 30sec between 30sec reps	3km
<b>2</b>	3km	5 x 800 meters	4km	90 sec	3km
<b>3</b>	3km	7 x 2mins	5km	75 sec	3km
<b>4</b>	3km	12 x 500 meters	6km	75 sec	3km
<b>5</b>	3km	(1min, 2min) x 5	5km	60 sec (between 1min + 2min rep) 75 sec (between sets)	3km



# TRACK SESSION PLANS

TRACK SESSION	WARM UP	SESSION	TRACK VOLUME	REST	COOL DOWN
<b>6</b>	3km	6 x 1km	6km	120 sec	3km
<b>7</b>	3km	10 x 1min 8 x 30secs	5km	60sec for 1min reps, 30sec for 30sec rep	3km
<b>8</b>	3km	5 x 200 meters, 5x 800 meters, 5 x 200 meters	5.2km	30sec rest for 200 meters, 90sec rest for 800 meters	3km
<b>9</b>	3km	5 x 3mins	5km	90 sec	3km
<b>10</b>	3km	4 x 1.6kms	6.4km	120 sec	3km



# TRACK SESSION PLANS

TRACK SESSION	WARM UP	SESSION	TRACK VOLUME	REST	COOL DOWN
<b>11</b>	4km	5 x 2mins 8 x 1min	5km	75sec rest after 2mins reps, 60sec rest after 1min reps	4km
<b>12</b>	3km	20 x 300 meters	6km	60 sec	3km
<b>13</b>	3km	2 x 3mins 3 x 2mins 4 x 1min	5km	90sec rest for 3min reps, 75sec rest for 2min reps, 60sec rest for 1min reps	3km
<b>14</b>	3km	10 x 600 meters	6km	90 sec	3km
<b>15</b>	1km	12 x 200 meters	2.4km	30 sec	1km



# HILL SESSION PLANS

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





# QUALITY LONG RUNS

LONG RUN	WARM UP	SESSION	VOLUME	COOL DOWN
<b>1</b>	5km	2k/3k/3k/2k with 1k float recovery at target HM pace	24km	5km
<b>2</b>	3km	7 x 1k over/1 k under target MP  10s under goal MP followed by 10s over goal MP	24km	3km
<b>3</b>	4km	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.	26km	4km
<b>4</b>	5km	26km Hard HM effort or race	31km	5km
<b>5</b>	5km	2 x 10k efforts with 2k jog between first rep at slightly slower than MP second one slightly faster.	34km	5km
<b>6</b>	N/A	30km (Including 20min / 15min / 10min effort with 5min jog between) Start at target MP, gradually getting faster.	30km	N/A
<b>7</b>	2km	2 x 3k at target MP (2km floats between reps)	14km	2km



# TEMPO SESSIONS

TEMPO SESSION	WARM UP	SESSION	VOLUME	REST	COOL DOWN
<b>1</b>	2km	4 x 1km	6km	90sec jog recovery	2km
<b>2</b>	2km	2 x 90sec / 4 x 60sec / 4 x 3sec / 4 x 15sec	~8km	Equal jog recovery	2km
<b>3</b>	2km	15mins tempo / 4 x 5mins tempo	~10km	3mins jog recovery after 10mins / 2mins	2km
<b>4</b>	2km	18 x 1min on / 1min off	~10km	1min jog recovery	2km
<b>5</b>	2km	8min / 9min / 10min	~12km	3mins jog recovery	2km
<b>6</b>	4km	4 x 8mins tempo	~14km	2mins jog recovery	4km
<b>7</b>	2km	14 x 2mins on / 2mins float	~16km	2mins floats	2km
<b>8</b>	2km	15mins / 10mins / 5mins	~14km	3mins jog recovery	2km
<b>9</b>	2km	2 x 6mins / 2 x 3mins	~6km	90sec jog recovery	2km

## TUNE UP SESSION

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