



# 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
<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.	05:35	08:59
			<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.	05:50	09:23
<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.	04:55 - 05:15	07:54 - 08:26
<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.	04:38 - 04:55	07:27 - 07:54
<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.	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

<b>WEEK 1</b> 22nd Jan - 28th Jan	<b>AM</b> Recovery Run: 10 km  <b>PM</b> Strength & Conditioning	Track Session 1	<b>AM</b> Cross Training (45-60 mins)  <b>PM</b> Strength & Conditioning	Tempo Session 1	REST & RECOVERY	Easy Shake Out 10km	Long Run 20 km	<b>60 KM</b>
<b>WEEK 2</b> 29th Jan - 4th Feb	<b>AM</b> Recovery Run: 12 km  <b>PM</b> Strength & Conditioning	Track Session 2	<b>AM</b> Recovery Run: 5 km  <b>PM</b> Strength & Conditioning	Hill Session 1	REST & RECOVERY	Easy Shake Out 10km	Quality Long Run 1	<b>65 KM</b>
<b>WEEK 3</b> 5th Feb - 11th Feb	<b>AM</b> Recovery Run: 12 km  <b>PM</b> Strength & Conditioning	Track Session 3	<b>AM</b> Recovery Run: 6 km  <b>PM</b> Strength & Conditioning	Tempo Session 2	REST & RECOVERY	Easy Shake Out 10km	Long Run 21km	<b>70 KM</b>

## PHASE TWO BUILD

<b>WEEK 4</b> 12th Feb - 18th Feb	<b>AM</b> Recovery Run: 12 km  <b>PM</b> Strength & Conditioning	Track Session 4	<b>AM</b> Recovery Run: 8km  <b>PM</b> Strength & Conditioning	Hill Session 2	REST & RECOVERY	Warm up: 5km 5km Parkrun Cool down: 5km	Quality Long Run 2	<b>74 KM</b>
--------------------------------------	--	-----------------	--	----------------	-----------------	---	--------------------	--------------



# TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
<b>WEEK 5</b> 19th Feb - 25th Feb	<b>AM</b> Recovery Run 12km  <b>PM</b> Strength & conditioning	Track Session 5	<b>AM</b> Recovery Run 10km  <b>PM</b> Strength & Conditioning	Tempo Session 3	REST & RECOVERY	Easy Shake Out: 12km	Long run 24km	<b>78 KM</b>
<b>WEEK 6</b> 26th Feb - 3rd March	<b>AM</b> Recovery Run: 12 km  <b>PM</b> Strength & Conditioning	Track Session 6	<b>AM</b> Recovery Run: 10km  <b>PM</b> Strength & Conditioning	Hill Session 3	REST & RECOVERY	Easy Shake Out: 12km	Quality Long Run 3	<b>81 KM</b>
<b>PHASE THREE PEAK</b>								
<b>WEEK 7</b> 4th March - 10th March	<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 Session 4	REST & RECOVERY	4km Warm Up  5Km Parkrun  4km Cool Down	Long Run 28km	<b>85 KM</b>
<b>WEEK 8</b> 11th March - 17th March	<b>AM</b> Recovery Run: 12 km  <b>PM</b> Strength & Conditioning	Track Session 8	<b>AM</b> Recovery Run: 12km  <b>PM</b> Strength & Conditioning	Hill Session 4	REST & RECOVERY	Easy Shake Out: 12km	Quality Long Run 4	<b>90 KM</b>



# TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
<b>WEEK 9</b> 18th March - 24th 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 Session 5	REST & RECOVERY	Easy Shake Out: 12km	Long Run 32km	<b>95 KM</b>

## PHASE FOUR TAPER

<b>WEEK 10</b> 25th March - 31st March	<b>AM</b> Recovery Run 10km  <b>PM</b> Strength & conditioning	Track Session 10	<b>AM</b> Cross Training  <b>PM</b> Mobility and core	Tempo Session 6	REST & RECOVERY	Easy Shake Out: 10km	Long Run 18km	<b>62 KM</b>
---	--	------------------	---	-----------------	-----------------	----------------------	---------------	--------------

<b>WEEK 11</b> 1st April - 7th April	<b>AM</b> Recovery Run: 8 km  <b>PM</b> Strength & Conditioning	Track Session 11	<b>AM</b> Cross Training  <b>PM</b> Mobility and core	Tempo Session 7	REST & RECOVERY	Cross Training	Quality Long Run 5	<b>43 KM</b>
---	---	------------------	---	-----------------	-----------------	----------------	--------------------	--------------

## PHASE FIVE EVENT WEEK

<b>WEEK 12</b> 8th April - 14th April	<b>AM</b> Recovery Run: 10 km  <b>PM</b> Strength & Conditioning	Track Session 12	<b>AM</b> Recovery Run: 10km  <b>PM</b> Mobility and core	Tune up 1	REST & RECOVERY	REST & RECOVERY	<b>EVENT DAY</b>	
--	--	------------------	---	-----------	-----------------	-----------------	------------------	--



# TRACK SESSION PLANS

TRACK SESSION	WARM UP	SESSION	TRACK VOLUME	REST	COOL DOWN
<b>1</b>	2km	3 x 3mins, 6 x 30secs	5km	90sec between 3mins reps, 30sec between 30sec reps	2km
<b>2</b>	2km	5 x 800 meters	4km	90 sec	2km
<b>3</b>	2km	6 x 2mins	4.5km	75 sec	2km
<b>4</b>	2km	5 x 1km	5km	120 sec	2km
<b>5</b>	2km	8 X 1 minute, 8 X 30 seconds	4.5km	60 sec for 1 minute reps, 30 sec for 30 second rep	2km
<b>6</b>	2km	4 X 200 meters, 4 X 800 meters, 4 X 200 meters	3.5km	30 sec rest for 200 meters, 90 sec rest for 800 meters	2km



# TRACK SESSION PLANS

TRACK SESSION	WARM UP	SESSION	TRACK VOLUME	REST	COOL DOWN
<b>7</b>	2km	5 X 3 minutes	5km	90 sec	2km
<b>8</b>	2km	3 X 1.6kms	4.8km	120 sec	2km
<b>9</b>	3km	5 X 2 minutes, 6 X 1 minute	5km	75 seconds rest after 2 minute reps, 60 seconds rest after 1 minute reps	3km
<b>10</b>	2km	16 X 300 meters	4.8km	60 sec	2km
<b>11</b>	2km	2 X 3 minutes, 3 X 2 minutes, 2 X 1 minute	5km	90 sec rest for 3 min reps, 75 sec rest for 2 min reps, 60 sec rest for 1 min reps	2km
<b>12</b>	1.5km	10 X 200 meters	2km	30 seconds	1.5km



# HILL SESSION PLANS

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



# QUALITY LONG RUNS

LONG RUN	WARM UP	SESSION	COOL DOWN
<b>1</b>	4km	2km/3km/3km/2km with 1km float recoveries.  Efforts at target HM pace. Zone 3/4.	4km
<b>2</b>	2km	8 x 1km under // 1km over target MP.  (10s under goal MP followed by 10s over goal MP)	2km
<b>3</b>	4km	3 x 5km efforts (1km jog recovery).  First rep at slightly slower than MP, last one slightly faster than target MP.	4km
<b>4</b>	4km	2 x 10km efforts (2km jog recovery)  First rep at slightly slower than MP, last one slightly faster than target MP.	4km
<b>5</b>	2km	2 x 3km at target MP (2km float recovery)	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 30sec / 4 x 15sec	8km	Equal jog recovery	2km
<b>3</b>	2km	15mins tempo / 3 x 5mins tempo	8km	3mins jog recovery after 10mins / 2mins	2km
<b>4</b>	3km	16 x 1min on / 1min off	9km	1min jog recovery	3km
<b>5</b>	2km	8mins / 9mins / 10mins	12km	3mins jog recovery	2km
<b>6</b>	2km	4 x 7mins tempo	12km	2mins jog recovery	2km
<b>7</b>	2km	12 x 2mins on / 2mins float	8km	2mins floats	2km

## TUNE UP SESSION

<b>TUNE UP RUN</b>	10-15 minutes	3km of 2 mins hard / 2min easy	3km	N/A	10-15 minutes
--------------------	---------------	--------------------------------	-----	-----	---------------