



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 **03:14:59**

04:37
KM PACE

07:26
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.	05:05	08:11
			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.	05:20	08:34
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.	04:40 - 04:45	07:15 - 07:39
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.	04:10 - 04:25	06:43 - 07:06
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.	03:50 - 04:05	06:11 - 06:34

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: 8 km PM Strength & Conditioning	Track Session 1	AM Recovery Run: 8km PM Strength & Conditioning	Tempo Run 1	REST & RECOVERY	2km Warm Up 5Km Run 2km Cool Down	Long Run 18 km	62 KM
WEEK 2 8th Jan - 14th Jan	AM Recovery Run: 8 km PM Strength & Conditioning	Track Session 2	AM Recovery Run: 8km PM Strength & Conditioning	Hill Session 1	REST & RECOVERY	Easy Shake Out 10km	Quality Long Run 1	64 KM
WEEK 3 15th Jan - 21st Jan	AM Recovery Run: 10 km PM Strength & Conditioning	Track Session 3	AM Recovery Run: 8km PM Strength & Conditioning	Tempo Run 2	REST & RECOVERY	2km Warm Up 5Km Run 2km Cool Down	Long Run 21km	68 KM
PHASE TWO BUILD								
WEEK 4 22nd Jan - 28th Jan	AM Recovery Run: 10 km PM Strength & Conditioning	Track Session 4	AM Recovery Run: 10km PM Strength & Conditioning	Hill Session 2	REST & RECOVERY	Easy Shake Out 12km	Quality Long Run 2	72 KM
WEEK 5 29th Jan - 4th Feb	AM Recovery Run 12km PM Strength & conditioning	Track Session 5	AM Cross training PM Strength & Conditioning	Tempo Run 3	REST & RECOVERY	4km Warm Up 5Km Run 4km Cool Down	Long run 24km	68 KM



TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
WEEK 6 5th Feb - 11th Feb	AM Recovery Run: 10 km PM Strength & Conditioning	Track Session 6	AM Recovery Run: 10km PM Strength & Conditioning	Hill Session 3	REST & RECOVERY	Easy Shake Out: 10km	Quality Long Run 3	74 KM
WEEK 7 12th Feb - 18th Feb	AM Recovery Run: 10 km PM Strength & Conditioning	Track Session 7	AM Recovery Run: 10km PM Strength & Conditioning	Tempo Run 4	REST & RECOVERY	2km Warm Up 5km Run 2km Cool Down	Long Run 28km	80 KM
PHASE THREE PEAK								
WEEK 8 19th Feb - 25th Feb	AM Recovery Run: 12 km PM Strength & Conditioning	Track Session 8	AM Recovery Run: 12km PM Strength & Conditioning	Hill Session 4	REST & RECOVERY	Easy Shake Out: 12km	Cancer Research UK London Winter Run OR Quality Long Run 4	88 KM
WEEK 9 26th Feb - 3rd March	AM Recovery Run 12km PM Strength & conditioning	Track Session 9	AM Recovery Run: 12km PM Strength & Conditioning	Tempo Run 5	REST & RECOVERY	2km Warm Up 5km Run 2km Cool Down	Long Run 32km	90 KM
WEEK 10 4th March - 10th March	AM Recovery Run 14km 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	97 KM



TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
WEEK 11 11th March - 17th March	AM Recovery Run: 14km PM Strength & Conditioning	Track Session 11	AM Recovery Run: 12km PM Strength & Conditioning	Tempo Run 6	REST & RECOVERY	4km warm up 5km Run 4km Cool Down	Long Run 36km	105 KM

PHASE FOUR TAPER

WEEK 12 18th March - 24th March	AM Recovery Run: 8km PM Strength & Conditioning	Track Session 12	AM Cross Training PM Strength & Conditioning	Tempo Run 7	REST & RECOVERY	Easy Shake Out: 10km	Quality Long Run 6	76 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: 8km	Long Run 24km	65 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	46 KM
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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	5km	90 sec (between 3min reps) 30 sec (between 30 sec rep)	2km
2	2km	5 x 800m	4km	90 sec	2km
3	2km	8 x 2mins	5km	75 sec	2km
4	2km	10 x 500m	5km	75 sec	2km
5	2km	1mins + 2mins X 4	5km	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	5 x 1km	5km	120 sec	2km
7	3km	8 x 1min 8 x 30 sec	5km	60 sec (between 1 min reps) 30 sec (between 30 sec rep)	3km
8	3km	5 x 200m 4 x 800m 5 x 200m	5.2km	30 sec (for 200m) 90 sec (for 800m)	3km
9	3km	5 x 3min	5km	90 sec	3km
10	4km	3 x 1.6km	4.8km	120 sec	4km



TRACK SESSION PLANS

TRACK SESSION	WARM UP	SESSION	TRACK VOLUME	REST	COOL DOWN
11	4km	5 x 2min 6 x 1min	5km	75 sec (after 2 min rep) 60 sec (after 2min reps) 60 sec (after 1 min reps)	4km
12	2km	18 x 300m	5.4km	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	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	2.5km	10 x 15 sec 15 x 10 sec Steep Hill	4km	90 sec (after each set)	2.5km
3	2.5km	8 x 45 sec 8 x 35 sec Gradual Hill	4km	60 sec (after each set)	2.5km
4	3km	8 x 10 sec 8 x 15 sec 8 x 10 sec Steep Hill	4km	90 sec (after each set)	3km
5	4km	5 x 60 sec 5 x 50 sec 5 x 40 sec Gradual Hill	4km	60 sec (after each set)	4km



QUALITY LONG RUNS

LONG RUN	WARM UP	SESSION	VOLUME	COOL DOWN
1	4km	2km [Half Marathon pace] +1km float 3km [Half Marathon pace] +1km float 3km [Half Marathon pace] +1km float 2km [Half Marathon pace] +1km float	21km	4km
2	3km	1km [Over marathon pace target] + 1km [Under marathon pace target] x8	22km	3km
3	4km	5km [Slightly slower than marathon pace target] + 1km jog / 5km [at marathon pace target] + 1km jog / 5km [faster marathon pace target] + 1km jog	26km	4km
4	5km	21km [Hard half marathon effort]	31km	5km
5	3km	10km [Slightly slower than marathon pace target] + 2km jog 10km [Slightly faster than marathon pace target] + 2km jog	34km	3km
6	N/A	30km including 20mins/ 15mins/ 10mins effort with 5min jog in between [Start at target marathon pace, getting gradually faster]	30km	N/A
7	2km	3km [at target marathon pace] + 2km floats between x2	14km	2km



TEMPO SESSIONS

TEMPO SESSION	WARM UP	SESSION	VOLUME	REST	COOL DOWN
1	2km	4 x 1km	6km	90sec jog recovery	2km
2	2km	20 x 90sec / 4 x 60sec / 4 x 30sec / 4 x 15sec	7km	Equal jog recovery	2km
3	3km	15min tempo / 3 x5min tempo	8km	3mins jog recovery after 10mins / 2mins	3km
4	2km	1min on +1min off x16	8km	1min jog recovery	2km
5	2km	8min/ 9min/ 10min	10km	3mins jog recovery	2km
6	4km	4 x6min tempo	10km	2mins jog recovery	4km
7	2km	2min on + 2min float x12	14km	2mins floats	2km
8	2km	10min/ 10min/ 5min	12km	3mins jog recovery	2km
9	2km	2 x 6min 2 x 3min	6km	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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