



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
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.	04:55	07:55
			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.	05:10	08:19
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.	04:10 - 04:25	06:43 - 07:07
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.	03:45 - 04:05	06:02 - 06:35
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.	03:30 - 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
PHASE ONE PREPARATION								
WEEK 1 22nd Jan - 28th Jan	AM Recovery Run: 10 km PM Strength & Conditioning	Track Session 1	AM Recovery Run: 8 km PM Strength & Conditioning	Tempo Session 1	REST & RECOVERY	Easy Shake Out 10km	Long Run 22 km	71 KM
WEEK 2 29th Jan - 4th Feb	AM Recovery Run: 10 km PM Strength & Conditioning	Track Session 2	AM Recovery Run: 10 km PM Strength & Conditioning	Hill Session 1	REST & RECOVERY	Easy Shake Out 12km	Quality Long Run 1	76 KM
WEEK 3 5th Feb - 11th Feb	AM Recovery Run: 10 km PM Strength & Conditioning	Track Session 3	AM Recovery Run: 10 km PM Strength & Conditioning	Tempo Session 2	REST & RECOVERY	Easy Shake Out 12km	Long Run 24km	81 KM
PHASE TWO BUILD								
WEEK 4 12th Feb - 18th Feb	AM Recovery Run: 12 km PM Strength & Conditioning	Track Session 4	AM Recovery Run: 12km PM Strength & Conditioning	Hill Session 2	REST & RECOVERY	Warm up: 5km 5km Parkrun Cool down: 5km	Quality Long Run 2	86 KM



TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
WEEK 5 19th Feb - 25th Feb	AM Recovery Run 10km PM Strength & conditioning	Track Session 5	AM Recovery Run 12km PM Strength & Conditioning	Tempo Session 3	REST & RECOVERY	Easy Shake Out: 12km	Long run 26km	89 KM
WEEK 6 26th Feb - 3rd March	AM Recovery Run: 12 km PM Strength & Conditioning	Track Session 6	AM Recovery Run: 14km PM Strength & Conditioning	Hill Session 3	REST & RECOVERY	Easy Shake Out: 16km	Quality Long Run 3	91 KM
PHASE THREE PEAK								
WEEK 7 4th March - 10th March	AM Recovery Run: 12 km PM Strength & Conditioning	Track Session 7	AM Recovery Run: 14km PM Strength & Conditioning	Tempo Session 4	REST & RECOVERY	5km Warm Up 5Km Parkrun 5km Cool Down	Long Run 30km	100 KM
WEEK 8 11th March - 17th March	AM Recovery Run: 12 km PM Strength & Conditioning	Track Session 8	AM Recovery Run: 14km PM Strength & Conditioning	Hill Session 4	REST & RECOVERY	Easy Shake Out: 16km	Quality Long Run 4	102 KM



TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
WEEK 9 18th March - 24th March	AM Recovery Run 12km PM Strength & conditioning	Track Session 9	AM Recovery Run: 14km PM Strength & Conditioning	Tempo Session 5	REST & RECOVERY	Easy Shake Out: 16km	Long Run 36km	107 KM

PHASE FOUR TAPER

WEEK 10 25th March - 31st March	AM Recovery Run 10km PM Strength & conditioning	Track Session 10	AM Recovery Run: 8km PM Mobility and core	Tempo Session 6	REST & RECOVERY	Easy Shake Out: 12km	Long Run 22km	84 KM
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WEEK 11 1st April - 7th April	AM Recovery Run: 10 km PM Strength & Conditioning	Track Session 11	AM Cross Training PM Mobility and core	Tempo Session 7	REST & RECOVERY	Easy Shake Out: 10km	Quality Long Run 5	63 KM
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PHASE FIVE EVENT WEEK

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

TRACK SESSION	WARM UP	SESSION	TRACK VOLUME	REST	COOL DOWN
1	3km	3 x 3mins, 6 x 30secs	5km	90sec between 3mins reps, 30sec between 30sec reps	3km
2	3km	5 x 800 meters	4km	90 sec	3km
3	3km	7 x 2mins	5km	75 sec	3km
4	3km	6 x 1km	6km	120 sec	3km
5	3km	10 X 1 minute, 8 X 30 seconds	5km	60 sec for 1 minute reps, 30 sec for 30 second rep	3km
6	3km	5 X 200 meters, 5 X 800 meters, 5 X 200 meters	5.2km	30 sec rest for 200 meters, 90 sec rest for 800 meters	3km



TRACK SESSION PLANS

TRACK SESSION	WARM UP	SESSION	TRACK VOLUME	REST	COOL DOWN
7	3km	5 X 3 minutes	5km	90 sec	3km
8	3km	4 X 1.6kms	6.4km	120 sec	3km
9	3km	5 X 2 minutes, 8 X 1 minute	5km	75 seconds rest after 2 minute reps, 60 seconds rest after 1 minute reps	3km
10	3km	20 X 300 meters	6km	60 sec	3km
11	3km	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	3km
12	1.5km	12 X 200 meters	2.4km	30 sec	1.5km



HILL SESSION PLANS

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



QUALITY LONG RUNS

LONG RUN	WARM UP	SESSION	COOL DOWN
1	5km	2km/3km/3km/2km with 1km float recoveries. Efforts at target HM pace. Zone 3/4.	5km
2	4km	8 x 1km under // 1km over target MP. (10s under goal MP followed by 10s over goal MP)	4km
3	4km	3 x 5km efforts (1km jog recovery). First rep at slightly slower than MP, last one slightly faster than target MP.	4km
4	5km	2 x 10km efforts (2km jog recovery) First rep at slightly slower than MP, last one slightly faster than target MP.	5km
5	2km	2 x 3km at target MP (2km float recovery)	2km



TEMPO SESSIONS

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

TUNE UP SESSION

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