



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 **04:59:59** **07:07** KM PACE **11:26** 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.	07:30 - 07:45	12:04 - 12:28
			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.		
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.	06:57 - 07:27	11:10 - 11:57
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.	06:39 - 06:59	10:33 - 11:13
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.	05:45 - 06:00	09:17 - 09:40

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
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PHASE ONE PREPARATION

WEEK 1 22nd Jan - 28th Jan	Strength & Conditioning	Easy Run 40 minutes	Strength & Conditioning	Easy Run 45 minutes	REST & RECOVERY	Easy Shake Out 10km	Long Run 15km	35-38 KM
WEEK 2 29th Jan - 4th Feb	Strength & Conditioning	Easy Run 45 minutes	Strength & Conditioning	Easy Run 45 minutes	REST & RECOVERY	Easy Shake Out 10km	Long Run 18km	39-42 KM
WEEK 3 5th Feb - 11th Feb	Strength & Conditioning	Easy Run 50 minutes	Strength & Conditioning	Easy Run 45 minutes	REST & RECOVERY	Easy Shake Out 10km	Long Run 19km	42-45 KM

PHASE TWO BUILD

WEEK 4 12th Feb - 18th Feb	Strength & Conditioning	Track Session 1	Strength & Conditioning	Easy Run 50 minutes	REST & RECOVERY	Warm up: 5km 5km Parkrun Cool down: 5km	Long Run 20km	46-49 KM
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TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
WEEK 5 19th Feb - 25th Feb	AM Recovery Run 6km PM Strength & conditioning	Track Session 2	Strength & Conditioning	Tempo Session 1	REST & RECOVERY	Easy Shake Out: 12km	Long run 20km	44-47 KM
WEEK 6 26th Feb - 3rd March	AM Recovery Run: 6km PM Strength & Conditioning	Track Session 3	Strength & Conditioning	Hill Session 1	REST & RECOVERY	Easy Shake Out: 12km	Long run 21km	44-47 KM
PHASE THREE PEAK								
WEEK 7 4th March - 10th March	AM Recovery Run: 6km PM Strength & Conditioning	Track Session 4	Strength & Conditioning	Tempo Session 2	REST & RECOVERY	2km Warm Up 5km Parkrun 2km Cool Down	Long Run 24km	46-49 KM
WEEK 8 11th March - 17th March	AM Recovery Run: 6km PM Strength & Conditioning	Track Session 5	Strength & Conditioning	Hill Session 2	REST & RECOVERY	Easy Shake Out: 12km	Long Run 28km	50-53 KM



TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
WEEK 9 18th March - 24th March	AM Recovery Run 6km PM Strength & conditioning	Track Session 6	Strength & Conditioning	Tempo Session 3	REST & RECOVERY	Easy Shake Out: 12km	Long Run 30km	54-57 KM

PHASE FOUR TAPER

WEEK 10 25th March - 31st March	Mobility and core	Track Session 7	Mobility and core	Tempo Session 4	REST & RECOVERY	Easy Shake Out: 10km	Long Run 16km	38-41 KM
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WEEK 11 1st April - 7th April	Mobility and core	Track Session 8	Mobility and core	Tempo Session 5	REST & RECOVERY	Easy Shake Out: 6 km	Long Run 14km	30-33 KM
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PHASE FIVE EVENT WEEK

WEEK 12 8th April - 14th April	Mobility and core	Track Session 9	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	10 - 15 minutes	5 x 400m	2km	60 sec	10 - 15 minutes
2	10 - 15 minutes	2 x 3mins 4 x 30sec	2km	90 sec between 3 minute reps, 30 seconds between 30 second reps	10 - 15 minutes
3	10 - 15 minutes	3 x 800m	2.4km	90 sec	10 - 15 minutes
4	10 - 15 minutes	6 x 2mins	2km	75 sec	10 - 15 minutes
5	10 - 15 minutes	8 X 1 minute, 6 X 30 seconds	2km	60 sec for 1 minute reps, 30 sec for 30 second rep	10 - 15 minutes
6	10 - 15 minutes	3 X 200 meters, 3 X 800 meters, 3 X 200 meters	2.3km	30 sec rest for 200 meters, 90 sec rest for 800 meters	10 - 15 minutes
7	10 - 15 minutes	4 x 500m	3km	75 sec	10 - 15 minutes
8	10 - 15 minutes	3 X 2 minutes, 4 X 1 minute	2.5km	75 seconds rest after 2 minute reps, 60 seconds rest after 1 minute reps	10 - 15 minutes
9	10 - 15 minutes	8 X 200 meters	1.6km	30 sec	10 - 15 minutes



HILL SESSION PLANS

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

TUNE UP SESSION

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

TEMPO SESSION	WARM UP	SESSION	VOLUME	REST	COOL DOWN
1	10 - 15 minutes	3x1km	4km	90 sec jog recovery	10 - 15 minutes
2	10 - 15 minutes	2 x 90sec / 4 x 60sec / 4 x 30sec / 4 x 15sec	5km	Equal jog recovery	10 - 15 minutes
3	10 - 15 minutes	10min tempo / 2 x 5min tempo	5km	3min jog recovery after 10min / 2min	10 - 15 minutes
4	10 - 15 minutes	10 x 1min on / 1min off	4km	1min jog recovery	10 - 15 minutes
5	10 - 15 minutes	3 x 6 min tempo	4km	2min jog recovery	10 - 15 minutes