



# 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 **05:59:59** **08:32 KM PACE** **13:43 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.	08:40 - 08:55	13:56 - 14:21
			<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.		
<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.	08:22 - 08:42	13:27 - 14:00
<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.	06:28 - 06:48	10:24 - 10:56
<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.	06:13 - 06:28	10:00 - 10:24

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

<b>WEEK 1</b> 22nd Jan - 28th Jan	Strength & Conditioning	Easy Run 20 minutes	REST & RECOVERY	Easy Run 30 minutes	REST & RECOVERY	Easy Run 30 minutes	Long Run 14km	<b>22-24 KM</b>
<b>WEEK 2</b> 29th Jan - 4th Feb	Strength & Conditioning	Easy Run 25 minutes	REST & RECOVERY	Easy Run 30 minutes	REST & RECOVERY	Easy Run 30 minutes	Long Run 16km	<b>26-28 KM</b>
<b>WEEK 3</b> 5th Feb - 11th Feb	Strength & Conditioning	Easy Run 30 minutes	REST & RECOVERY	Easy Run 30 minutes	REST & RECOVERY	Easy Run 30 minutes	Long Run 18km	<b>28-30 KM</b>

## PHASE TWO BUILD

<b>WEEK 4</b> 12th Feb - 18th Feb	Strength & Conditioning	Easy Run 30 minutes	Strength & Conditioning	Easy Run 40 minutes	REST & RECOVERY	Easy Run 40 minutes	Long Run 20km	<b>34-36 KM</b>
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# TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
<b>WEEK 5</b> 19th Feb - 25th Feb	Strength & conditioning	Easy Run 30 minutes	REST & RECOVERY	Tempo Session 1	REST & RECOVERY	Easy Run 40 minutes	Long run 22km	<b>36-38 KM</b>
<b>WEEK 6</b> 26th Feb - 3rd March	Strength & conditioning	Track Session 1	REST & RECOVERY	Hill Session 1	REST & RECOVERY	Easy Run 40 minutes	Long run 24km	<b>38-40 KM</b>
<b>PHASE THREE PEAK</b>								
<b>WEEK 7</b> 4th March - 10th March	Strength & conditioning	Track Session 2	Cross Training	Tempo Session 2	REST & RECOVERY	Easy Run 45 minutes	Long Run 26km	<b>42-44 KM</b>
<b>WEEK 8</b> 11th March - 17th March	Strength & conditioning	Track Session 3	Cross Training	Hill Session 2	REST & RECOVERY	Easy Run 45 minutes	Long Run 28km	<b>44-48 KM</b>



# TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN	WEEKLY DISTANCE
<b>WEEK 9</b> 18th March - 24th March	Strength & conditioning	Track Session 4	Cross Training	Tempo Session 3	REST & RECOVERY	Easy Run 45 minutes	Long Run 30km	<b>48-52 KM</b>

## PHASE FOUR TAPER

<b>WEEK 10</b> 25th March - 31st March	Mobility and core	Track Session 5	Mobility and core	Tempo Session 4	REST & RECOVERY	Easy Run 30 minutes	Long Run 14km	<b>27-30 KM</b>
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<b>WEEK 11</b> 1st April - 7th April	Mobility and core	Track Session 6	Mobility and core	Tempo Session 5	REST & RECOVERY	Cross Training	Long Run 12km	<b>22-26 KM</b>
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## PHASE FIVE EVENT WEEK

<b>WEEK 12</b> 8th April - 14th April	Mobility and core	Track Session 7	Mobility and core	Tune up 1	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>	10 - 15 minutes	2 X 3 minutes, 4 X 30 seconds	2km	90 sec between 3 minute reps, 30 seconds between 30 second reps	10 - 15 minutes
<b>2</b>	10 - 15 minutes	4 x 400m	1.6km	60 sec	10 - 15 minutes
<b>3</b>	10 - 15 minutes	4 X 2 minutes	1.8km	75 sec	10 - 15 minutes
<b>4</b>	10 - 15 minutes	2 X 200 meters, 2 X 800 meters, 2 X 200 meters	2.4km	30 sec rest for 200 meters, 90 sec rest for 800 meters	10 - 15 minutes
<b>5</b>	10 - 15 minutes	3 x 500m	1.5km	75 sec	10 - 15 minutes
<b>6</b>	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
<b>7</b>	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
<b>1</b>	10 - 15 minutes	8 x 50secs 8 x 30sec Gradual Hill	3km	60 sec (after each set)	10 - 15 minutes
<b>2</b>	10 - 15 minutes	10 x 15secs 15 x 10secs Steep Hill	4km	90 sec (after each set)	10 - 15 minutes

## TUNE UP SESSION

<b>TUNE UP RUN</b>	10 minutes	2km of 2 mins hard / 2min easy	2km	N/A	10 minutes
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# TEMPO SESSIONS

TEMPO SESSION	WARM UP	SESSION	VOLUME	REST	COOL DOWN
<b>1</b>	10 - 15 minutes	2x 1km	4km	90 sec jog recovery	10 - 15 minutes
<b>2</b>	10 - 15 minutes	2 x 90sec / 4 x 60sec / 4 x 30sec / 4 x 15sec	5km	Equal jog recovery	10 - 15 minutes
<b>3</b>	10 - 15 minutes	10min tempo / 2 x 5min tempo	4.5km	3 mins jog recovery after 10mins / 2mins	10 - 15 minutes
<b>4</b>	10 - 15 minutes	10 x 1min on / 1min off	4km	1min jog recovery	10 - 15 minutes
<b>5</b>	10 - 15 minutes	3 x 6 min tempo	4km	2min jog recovery	10 - 15 minutes