

Training Zone

Section One

Beginners

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30min easy	rest	45min easy	rest	30min easy	rest	60min run/walk
Week 2	40min easy	rest	50min easy	rest	12x2min fast	Rest/jog	75min v/easy
Week 3	30min easy	rest	60min easy	rest	6x3min fast	rest/jog	90min easy
Week 4	30min easy	rest	60min easy	20min jog	45min easy	rest	10km race or 60min easy
Week 5	30min easy	60min easy	rest	w/up 20min fast w/dn	rest	30min easy	1 3/4 hrs easy
Week 6	40min easy	rest	70min steady	rest	w/up 6x3min w/dn	rest	2hrs v/easy
Week 7	20min easy	15x90sec fast	rest	80min easy	rest	30min quick	2 1/4 hrs v/easy
Week 8	30min jog	40min easy	60 min steady	rest	30min easy	rest	2 1/2 hrs run/walk
Week 9	rest	4x5min fast	75min easy	rest	30min easy	rest/jog	1/2 marathon
Week 10	rest	45min steady	1 1/2 hrs v/easy	rest	60min steady	rest	2 hrs easy
Week 11	rest	30min easy	rest	60min brisk	rest	30min easy	10km race
Week 12	rest	rest	30min at marathon pace	rest	30min brisk	rest	"The Big One, Good Luck"

During speed sessions ie. 6x3min etc. Take an equal recovery jog between efforts. ie. if it says 5x3 mins it is 3min fast, 3min jog, 3min fast etc.