

# Training Zone

---

## Section One

### Improvers

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	45min easy	60min easy	rest	40min include hills	rest	w/up 20min fast w/dn	1 1/2 hrs easy
<b>Week 2</b>	45min easy	rest	60min steady	12x1min fast	rest	60min inc 30min fast	1 3/4 hrs easy
<b>Week 3</b>	45min easy	rest/jog	75min steady	8x2min fast	rest	As above	2hrs v/easy
<b>Week 4</b>	50min easy	rest/jog	As above	6x3min fast	rest	40min easy	1/2 marathon
<b>Week 5</b>	45min easy	12x1min hill efforts	75min steady	45min easy	rest/jog	45min easy	2 1/2 hrs easy
<b>Week 6</b>	30min easy	45 steady	90min easy	rest	30min easy	w/up then 30min hard w/dn	2 1/2 hrs steady
<b>Week 7</b>	45min easy	5x5min fast	As above	Hills 12x90secs	rest	30min easy	3 hrs very easy
<b>Week 8</b>	30min jog	45min easy	As above	rest	16x1min efforts	30 easy	20mile race or t/trial
<b>Week 9</b>	30min easy	3x10min off 5 jog	As above	rest	45min easy	30min easy	3hrs easy
<b>Week 10</b>	45min easy	3x10min off 3 jog	As above	rest	45min steady	rest/jog	1/2 marathon
<b>Week 11</b>	30min steady	8x5min off 3 jog	75min easy	30min fast	45min easy	rest	10km race
<b>Week 12</b>	30min easy	45min steady	rest	30min easy	rest	rest	BIGONE

When doing fast runs recovery should be same duration of jogging between efforts.