

Training Zone

Section One

Improvers

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

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