

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	✓	FELT ?
1	30 mins aerobic cross training + strength & conditioning	Progression run, 30 mins. 10mins easy, 10 mins steady, 10 mins threshold	Recovery run, 30 mins or 30 mins aerobic cross training	Easy/Steady run, 30 mins	REST	Continuous hills, 4 x (5mins effort/2mins jog)	Long run, 60 mins conversational pace	<input type="checkbox"/>	😊 😐 😞
2	30 mins aerobic cross training + strength & conditioning	Progression run, 30 mins. 10mins easy, 10 mins steady, 10 mins threshold	Recovery run, 30 mins or 30 mins aerobic cross training	Easy/Steady run, 30 mins	REST	Continuous hills, 45 mins total. 3 x (7mins effort/2mins jog)	Long run, 70 mins conversational pace	<input type="checkbox"/>	😊 😐 😞
3	30 mins aerobic cross training + strength & conditioning	Progression run, 45 mins. 15 mins easy, 15 mins steady, 15 mins threshold	Recovery run, 30 mins or 30 mins aerobic cross training	Easy/Steady run, 40 mins	REST	Continuous hills, 45 mins total. 2 x (10mins effort/2mins jog)	Long run, 80 mins easy pace on undulating route	<input type="checkbox"/>	😊 😐 😞
4	30 mins aerobic cross training + strength & conditioning	Threshold run, 45mins total. 4 x (5 mins threshold/2min jog)	Recovery run, 30 mins or 30 mins aerobic cross training	40 min out and back run – run out steady pace for 20 mins, turn back 2-3 mins faster	REST	Continuous hills, 45 mins total. 4 x (6 mins effort/2mins jog)	Long run, 90 mins easy pace on undulating route	<input type="checkbox"/>	😊 😐 😞

5	REST	Easy run, 30mins	Recovery run, 30 mins or 30 mins aerobic cross training	Easy run, 30mins	REST	Parkrun or 5km TT	Long run, 60 mins easy	<input type="checkbox"/>	😊 😐 😞
6	30-40 mins aerobic cross training + strength & conditioning	Threshold run, 45 mins including 5 x (5mins threshold/90s jog rec)	Easy run, 40 mins or 40 mins aerobic cross training	40 min out and back run – run out steady pace for 20 mins, turn back 2-3 mins faster	REST	Continuous hills, 5 x (5mins effort/90s jog) within a 50 min run	Long run, 1hr 45 mins easy over an undulating route	<input type="checkbox"/>	😊 😐 😞
7	30-40 mins aerobic cross training + strength & conditioning	Threshold session, 5 x (5mins threshold/75s jog rec)	Easy run, 40 mins or 40 mins aerobic cross training	60 min Progression run as: 20 mins easy, 20mins steady, 20mins threshold	REST	Continuous hills, 45-60 mins total. 3 x (10mins effort/90s jog)	Long run, 2 hours easy	<input type="checkbox"/>	😊 😐 😞
8	30-40 mins aerobic cross training + strength & conditioning	Threshold session 5 x (6 mins threshold/90s jog) within a 60 min run	Easy run, 40 mins or 40 mins aerobic cross training	75 minutes including 2 x 10 mins @ threshold within final 30 mins	REST	Continuous hills, 45-60 mins total. 3 x (12 mins effort/90s jog)	Long run – 2 hours 15 mins all easy	<input type="checkbox"/>	😊 😐 😞
9	30-40 mins aerobic cross training + strength & conditioning	Threshold session 3 x (10 mins threshold/90-120s jog) within a 60 min run	Easy run, 40 mins or 40 mins aerobic cross training	Threshold session, 75 min run with middle 60 mins as 10x(3mins@threshold/3mins@steady continuous effort)	REST	Recovery run, 45mins	Long run, 90mins total. 30mins easy, 30mins steady, 30mins @ Half Marathon target PB pace	<input type="checkbox"/>	😊 😐 😞

10	REST	Recovery run, 40 mins total + conditioning work	Recovery run, 30 minutes	Progression run of 10 mins easy, 10 steady, 10 threshold	REST	Easy run, 20mins total.	HALF MARATHON @ pb pace + 15-20 min easy jog (warm down) OR 2 hour long run with the last 60 minutes @ marathon pace	<input type="checkbox"/>	😊 😐 😞
11	30-40 mins aerobic cross training or run + strength & conditioning	Recovery run, 45mins	Easy run, 45 mins or 45 mins aerobic cross training	Threshold session, 60-70 mins including 6 x (5mins threshold/1 min jog)	REST	Recovery run, 45mins total	Long run, 2hrs 30 mins total. Last 45mins @ marathon pace	<input type="checkbox"/>	😊 😐 😞
12	30-40 mins aerobic cross training or run + strength & conditioning	6 x 3 minutes alternating odd numbers @ threshold effort, even @ 5km effort with 90s jogged recovery	Easy run, 45 mins or 45 mins aerobic cross training	80 mins total inc. 3x(15mins MP/2-3 min jog)	REST	Recovery run, 45mins total	Long run – 3hrs – 3hrs 15 mins with final 60 mins @ MP	<input type="checkbox"/>	😊 😐 😞
13	30-40 mins aerobic cross training or run + strength & conditioning	8 x 3 minutes alternating odd numbers @ threshold effort, even @ 5km effort with 90s jogged recovery	Easy run, 45 mins or 45 mins aerobic cross training	90 mins total inc. 3x(15mins MP/2-3 min jog)	REST	Threshold run, 45mins total. 15mins easy, 15mins steady, 15mins threshold	Long run, 2hrs 45 mins – 3hrs total. Last 45mins @ marathon pace	<input type="checkbox"/>	😊 😐 😞
14	30 mins aerobic cross training or run + strength & conditioning	5 mins @ threshold + 2 x (5 x 90 seconds @ 5km effort) (60s between efforts, 120s between sets)	Easy run, 40 mins or 40 mins aerobic cross training	90 mins with final 30-40 mins @ MP	REST	Threshold run, 45mins total. 6x(3mins threshold/3mins steady)	Long run, 1hr 45 mins - 2hrs with with the final 30 mins @ MP	<input type="checkbox"/>	😊 😐 😞

15	REST	Recovery run, 30 mins	Recovery run, 30 minutes	Progression run of 15/15/15 with middle 15 @ MP	REST	5km parkrun or TT	Long run, 75 mins easy pace	<input type="checkbox"/>	😊 😐 😞
16	REST	30-40 mins run including 3x(5mins @marathon pace/2mins jog recovery)	Recovery run, 30 minutes	Recovery run, 20mins	REST	Easy run, 15mins easy jog + stretch	BRIGHTON MARATHON Good Luck!!	<input type="checkbox"/>	😊 😐 😞

© RunningWithUs www.runningwithus.com

- **Note please do a 15 minute warm up and cool down before Threshold, Continuous Hills or Interval sessions**
- **If your are feeling ok you may wish to consider a 20-30 minute recovery run in the morning before any of the quality sessions above**
- **Always substitute cross training for running if you are injured, very sore or it is not safe to run.**
- **Please add a Core conditioning, Pilates or Yoga classes once or twice a week if you have time.**
- **Try to stretch every day for at least 10 mins.**
- **Always eat within 20-30 mins of finishing a run**
- **Always train at your target pace, don't compromise or run too hard. Tiredness always catches up; take extra rest if required...**