

| | 5km (3.1 miles) | 10km (6.2 miles) | 13.1 miles (21 kilometers) |
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| Week 1 | 20 minutes 6 x 1 minute 15 minutes | 30 minutes 2 x (6 x 1 minute) 25 minutes | 45 minutes 3 x 6 minutes 40 minutes |
| Week 2 | 25 minutes 8 x 1 minute 15 minutes | 40 minutes 2 x (8 x 1 minute) 20 minutes | 60 minutes 6 x 3 minutes 2 x 15 minutes |
| Week 3 | 30 minutes 10 x 1 minute 15 minutes | 50 minutes 2 x (10 x 1 minute) 20 minutes | 75 minutes 4 x 5 minutes 30 minutes |
| Week 4 | 35 minutes 12 x 1 minute 20 minutes | 60 minutes 2 x (12 x 1 minute) 25 minutes | 90 minutes 5 x 4 minutes 2 x 20 minutes |
| Week 5 | 40 minutes 4 x 2 minutes 20 minutes | 75 minutes 2 x (4 x 2 minutes) 25 minutes | 60 minutes 8 x 3 minutes 40 minutes |
| Week 6 | 30 minutes 6 x 2 minutes 25 minutes | 50 minutes 2 x (6 x 2 minutes) 30 minutes | 75 minutes 3 x 12 minutes 2 x 25 minutes |
| Week 7 | 35 minutes 8 x 2 minutes 25 minutes | 60 minutes 2 x (8 x 2 minutes) 30 minutes | 90 minutes 2 x 20 minutes 50 minutes |
| Week 8 | 40 minutes 10 x 2 minutes 30 minutes | 75 minutes 2 x (10 x 2 minutes) 35 minutes | 120 minutes 45 minutes 2 x 30 minutes |
| Week 9 | 45 minutes 12 x 1 minute 30 minutes | 60 minutes 2 x (10 x 1 minute) 40 minutes | 75 minutes 2 x (8 x 2 minutes) 60 minutes |
| Week 10 | 25 minutes 10 x 30 seconds 20 minutes | 40 minutes 2 x (10 x 30 seconds) 30 minutes | 50 minutes 2 x (10 x 45 seconds) 45 minutes |

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| Session Key: 3 sessions per week | Steady Run | Light, recovery run, teaching the body good technique. |
| | Interval Session | High intensity, recovery is 50% of the effort time. |
| | Tempo Run | Race Pace, to mimic the time spent in this zone. |

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| Warm Up | Complete a steady paced 10 - 15 minute walk/jog to warm up. Follow with some light mobility stretching to prepare your body for exercise. |
| Session | Begin your session with the first couple of minutes steady. Aim to keep your performance constant throughout to ensure you get the best from your training. |
| Cool Down | After the session, complete a 5 - 10 minute light jog or brisk walk to ease your legs out. Follow this with some static stretching to aid recovery. |

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| Pre Nutrition | Before training, have a light snack which will give you energy to train. Avoid a heavy meal within two hours before. A banana or small pasta dish is ideal as this will provide energy. |
| Run Nutrition | Sip water little and often, this will help keep you hydrated. On longer runs, try an energy gel or high energy snack each 30 - 45 minutes after the first hour. |
| Post Nutrition | Refuel your body with a carbohydrate and protein snack within 20 minutes of completing your session. This will give your body a quick start to recovery. Keep well hydrated too. |

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| HR Zones | 45 - 65% Max HR, RPE 9 - 13 | 65 - 80% Max HR, RPE 13 - 16 | 80 - 90% Max HR, RPE 16 - 18 |
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*Events Logic South West Ltd accept no responsibility to injury or illness from following this programme.