

	5km (3.1 miles)	10km (6.2 miles)	13.1 miles (21 kilometers)
<b>Week 1</b>	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
<b>Week 2</b>	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
<b>Week 3</b>	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
<b>Week 4</b>	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
<b>Week 5</b>	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
<b>Week 6</b>	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
<b>Week 7</b>	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
<b>Week 8</b>	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
<b>Week 9</b>	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
<b>Week 10</b>	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

<b>Session Key:</b> 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.

<b>Warm Up</b>	Complete a steady paced 10 - 15 minute walk/jog to warm up. Follow with some light mobility stretching to prepare your body for exercise.
<b>Session</b>	Begin your session with the first couple of minutes steady. Aim to keep your performance consistent throughout to ensure you get the best from your training.
<b>Cool Down</b>	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.

<b>Pre Nutrition</b>	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.
<b>Run Nutrition</b>	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.
<b>Post Nutrition</b>	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.

<b>HR Zones</b>	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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\*LPS Events Ltd accept no responsibility to injury or illness from following this programme.