



Beginner Programme: Morning							
Week	Mon - Group Session	Tues	Wed - Group Session	Thurs - solo session	Fri	Sat - Group Session	Sun
1	Strength/Repeats - Session 1 See Notes	Rest day Stretch	Track Session 1 See notes	3-4km Easy run	Rest day Stretch	5km Easy running	Rest day
2	Strength/Repeats - Session 1 See Notes	Rest day Stretch	Track Session 1 See notes	3-4km Easy run	Rest day Stretch	6km Easy running	Rest day
3	Strength/Repeats - Session 1 See Notes	Rest day Stretch	Track Session 1 See notes	4-5km Easy run	Rest day Stretch	6.5km Easy running	Rest day
4	Strength/Repeats - Session 1 See Notes	Rest day Stretch	Track Session 2 See notes	4-5km Easy run	Rest day Stretch	7km Easy running	Rest day
5	Strength/Repeats - Session 2 See Notes	Rest day Stretch	Track Session 2 See notes	5-6km Easy run	Rest day Stretch	7.5km Easy running	Rest day
6	Strength/Repeats - Session 2 See Notes	Rest day Stretch	Track Session 2 See notes	5-6km Easy run	Rest day Stretch	8km Easy running	Rest day
7	Strength/Repeats - Session 2 See Notes	Rest day Stretch	Track Session 3 See notes	3-4km Easy run	Rest day Stretch	9km Easy running	Rest day
8	Jog 40mins	Rest day Stretch	Track Session 3 See notes	4km Easy run	Rest day Stretch	10k Run day Kick butt!	Sleep in ;-)
Notes							
Track Sessions	Our coach will guide you through these track sessions and call out your sets.						
Track session 1	Strength warm up / 4 x 4 min efforts @ 80% / 5 min recovery between each						
Track session 2	Strength warm up / 5 x 4 min efforts @ 80% / 3 min recovery between each						
Track session 3	Strength warm up / 7 x 2 min efforts @ 80% then 1min @ 100% / 2 min recovery between each						
Strength/Repeats	Our coach will guide you through this session.						
Session Description:	This session combines strength work and intensity running. Our coach will guide you through this session and give you your timings but please know what the session involves before you come to the session. Timing is the key for this session, we want quick transitions. The aim on the run sets is to get further along the course each time.						
Session 1 (Weeks 1-4)				Session 2 (Weeks 5-7)			
3min light jog warm up	1.5mins Out and back			3min light jog warm up	1.5mins Out and back		
Strength Circuit	Squats (45secs)			Strength Circuit	Pulse Squats (45secs)		
	Runners Knee Lift L Leg (45secs)				Burpee (45secs)		
	Runners Knee Lift R Leg (45secs)				Hover (45secs)		
	Rolling Plank (45secs)				Press Up (45secs)		
	Squats Jumps (45secs)				Burpee (45secs)		
Run Set:	5mins out and back (2.5 min turnaround)			Run Set:	5mins out and back (2.5 min turnaround)		
Recovery:	1 min			Recovery:	1 min		
Strength Circuit	Walking Lunge (90secs)			Strength Circuit	Straight Leg Deadlifts (90secs)		
	Hover Arm Tap (45secs)				Rolling Plank (45secs)		
	Inch worm (45secs)				Hover Arm Tap (45secs)		
	Burpee (45secs)				Burpee (45secs)		
Run Set:	5mins out and back (2.5 min turnaround)			Run Set:	5mins out and back (2.5 min turnaround)		
Recovery:	1 min			Recovery:	1 min		
Strength Circuit	Skater Step (45secs)			Strength Circuit	Pulse Squats (45secs)		
	Rolling Plank (45secs)				Press Up (45secs)		
	Squats Jumps (45secs)				Burpee (45secs)		
Run Set:	5mins out and back (2.5 min turnaround)			Run Set:	5mins out and back (2.5 min turnaround)		
Recovery:	1 min			Recovery:	1 min		
Strength Circuit	Square Hops (45secs)			Strength Circuit	Walking Lunge with Twist (45secs)		
	Hover Arm Tap (45secs)				Hover Arm Tap (45secs)		
	Burpee (45secs)				Burpee (45secs)		
Run Set:	5mins out and back (2.5 min turnaround)			Run Set:	5mins out and back (2.5 min turnaround)		
Recovery:	30secs			Recovery:	30secs		
Run Set:	5mins out and back (2.5 min turnaround)			Run Set:	5mins out and back (2.5 min turnaround)		
Recovery:	30secs			Recovery:	30secs		
Run Set:	5mins out and back (2.5 min turnaround)			Run Set:	5mins out and back (2.5 min turnaround)		



Advanced Programme: Morning							
Week	Mon - Group Session	Tues	Wed - Group Session	Thurs - solo session	Fri - solo session	Sat - Group Session	Sun
1	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 1 See notes	5-6km Easy run	Walk 30mins	7km run After 20mins do 20mins at 8/10 or goal pace	Rest day Stretch
2	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 1 See notes	5-6km Easy run	Walk 30mins	8km run After 20mins do 20mins at 8/10 or goal pace	Rest day Stretch
3	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 1 See notes	5-6km Easy run	Walk 30mins	9km run After 20mins do 20mins at 8/10 or goal pace	Rest day Stretch
4	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 2 See notes	5-6km Easy run	Walk 30mins	10km run After 20mins do 30mins at 8/10 or goal pace	Rest day Stretch
5	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 2 See notes	5-6km Easy run	Walk 30mins	11km run After 20mins do 30mins at 8/10 or goal pace	Rest day Stretch
6	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 2 See notes	5-6km Easy run	Walk 30mins	8km Time Trial	Rest day Stretch
7	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 3 See notes	5-6km Easy run	Walk 30mins	12km After 20m do 35mins at 8/10 or goal pace	Rest day Stretch
8	40m easy run Easy Run	Rest day	Track Session 3	5-6km Easy run	Walk 30mins	10km Run day Kick butt!	Sleep in ;-)
Notes							
Track Sessions	Our coach will guide you through these track sessions and call out your sets.						
Track session 1	Strength warm up / 5 x 4 min efforts @ 80% / 4 min recovery between each						
Track session 2	Strength warm up / 6 x 4 min efforts @ 80% / 2 min recovery between each						
Track session 3	Strength warm up / 7 x 1 min efforts @ 80% then 2min @ 100% / 2 min recovery between each						
Strength/Repeats	Our coach will guide you through this session.						
	Session Description:	This session combines strength work and intensity running. Our coach will guide you through this session and give you your timings but please know what the session involves before you come to the session. Timing is the key for this session, we want quick transitions. The aim on the run sets is to get further along the course each time.					
	Session 1 (Weeks 1-4)			Session 2 (Weeks 5-7)			
	3min light jog warm up	1.5mins Out and back		3min light jog warm up	1.5mins Out and back		
	Strength Circuit	Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs)		Strength Circuit	Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs)		
	Run Set:	5mins out and back (2.5 min turnaround)		Run Set:	5mins out and back (2.5 min turnaround)		
	Recovery:	1 min		Recovery:	1 min		
	Strength Circuit	Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs)		Strength Circuit	Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs)		
	Run Set:	5mins out and back (2.5 min turnaround)		Run Set:	5mins out and back (2.5 min turnaround)		
	Recovery:	1 min		Recovery:	1 min		
	Strength Circuit	Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs)		Strength Circuit	Pulse Squats (45secs) Press Up (45secs) Burpee (45secs)		
	Run Set:	5mins out and back (2.5 min turnaround)		Run Set:	5mins out and back (2.5 min turnaround)		
	Recovery:	1 min		Recovery:	1 min		
	Strength Circuit	Square Hops (45secs) Hover Arm Tap (45secs) Burpee (45secs)		Strength Circuit	Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs)		
	Run Set:	5mins out and back (2.5 min turnaround)		Run Set:	5mins out and back (2.5 min turnaround)		
	Recovery:	30secs		Recovery:	30secs		
	Run Set:	5mins out and back (2.5 min turnaround)		Run Set:	5mins out and back (2.5 min turnaround)		
	Recovery:	30secs		Recovery:	30secs		
	Run Set:	5mins out and back (2.5 min turnaround)		Run Set:	5mins out and back (2.5 min turnaround)		





Return Programme: Morning							
Week	Mon - Group Session	Tues	Wed - Group Session	Thurs - solo session	Fri - solo session	Sat - Group Session	Sun
1	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 1 See notes	5-6km Easy run	Walk 30mins	8km run After 20mins do 30mins at 8/10 or goal pace	Rest day Stretch
2	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 1 See notes	5-6km Easy run	Walk 30mins	10km run After 20mins do 30mins at 8/10 or goal pace then easy running to end	Rest day Stretch
3	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 1 See notes	5-6km Easy run	Walk 30mins	13km run After 20m do 35m at 8/10 or goal pace then easy running to end	Rest day Stretch
4	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 2 See notes	5-6km Easy run	Walk 30mins	10km run After 20m do 30m at 8/10 or goal pace then easy running to end	Rest day Stretch
5	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 2 See notes	5-6km Easy run	Walk 30mins	12km run Do 2nd Half at 8/10 or goal pace	Rest day Stretch
6	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 2 See notes	5-6km Easy run	Walk 30mins	8km Time Trial Race	Rest day Stretch
7	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 3 See notes	5-6km Easy run	Walk 30mins	14km Do 2nd Half at 8/10 or goal pace	Rest day Stretch
8	40mins easy run Easy Run	Rest day	Track Session 3 See notes	5-6km Easy run	Walk 30mins	10km Run day Kick butt!	Sleep in ;-)
Notes							
Track Sessions	Our coach will guide you through these track sessions and call out your sets.						
Track session 1		Track session 2		Track session 3			
Strength warm up		Strength warm up		Strength warm up			
4mins - 80% effort		30secs- All out		2min - 80% effort			
1mins - 90% effort		4mins - 80% effort		30secs - All out			
2mins - Easy		30secs - All out		90sec - Easy			
		2mins - Easy					
Repeat x5		Repeat x5		Repeat x9			
Strength/Repeats	Our coach will guide you through this session.						
	Session Description:	This session combines strength work and intensity running. Our coach will guide you through this session and give you your timings but please know what the session involves before you come to the session. Timing is the key for this session, we want quick transitions. The aim on the run sets is to get further along the course each time.					
	Session 1 (Weeks 1-4)			Session 2 (Weeks 5-7)			
	3min light jog warm up	1.5mins Out and back		3min light jog warm up	1.5mins Out and back		
	Strength Circuit	Squats (45secs)		Strength Circuit	Pulse Squats (45secs)		
		Runners Knee Lift L Leg (45secs)			Burpee (45secs)		
		Runners Knee Lift R Leg (45secs)			Hover (45secs)		
		Rolling Plank (45secs)			Press Up (45secs)		
		Squats Jumps (45secs)			Burpee (45secs)		
	Run Set:	5mins out and back (2.5 min turnaround)		Run Set:	5mins out and back (2.5 min turnaround)		
	Recovery:	1 min		Recovery:	1 min		
	Strength Circuit	Walking Lunge (90secs)		Strength Circuit	Straight Leg Deadlifts (90secs)		
		Hover Arm Tap (45secs)			Rolling Plank (45secs)		
		Inch worm (45secs)			Hover Arm Tap (45secs)		
		Burpee (45secs)			Burpee (45secs)		
	Run Set:	5mins out and back (2.5 min turnaround)		Run Set:	5mins out and back (2.5 min turnaround)		
	Recovery:	1 min		Recovery:	1 min		
	Strength Circuit	Skater Step (45secs)		Strength Circuit	Pulse Squats (45secs)		
		Rolling Plank (45secs)			Press Up (45secs)		
		Squats Jumps (45secs)			Burpee (45secs)		
	Run Set:	5mins out and back (2.5 min turnaround)		Run Set:	5mins out and back (2.5 min turnaround)		
	Recovery:	1 min		Recovery:	1 min		
	Strength Circuit	Square Hops (45secs)		Strength Circuit	Walking Lunge with Twist (45secs)		
		Hover Arm Tap (45secs)			Hover Arm Tap (45secs)		
		Burpee (45secs)			Burpee (45secs)		
	Run Set:	5mins out and back (2.5 min turnaround)		Run Set:	5mins out and back (2.5 min turnaround)		
	Recovery:	30secs		Recovery:	30secs		
	Run Set:	5mins out and back (2.5 min turnaround)		Run Set:	5mins out and back (2.5 min turnaround)		
	Recovery:	30secs		Recovery:	30secs		
	Run Set:	5mins out and back (2.5 min turnaround)		Run Set:	5mins out and back (2.5 min turnaround)		