



Beginner Programme: Evening

Week	Mon - Own Session	Tues - Group Session	Wed	Thurs - Group Session	Fri	Sat - Group Session	Sun
1	3-4km Easy run	Track Session 1 See Notes	Rest day Stretch	Strength/Repeats - Session 1 See Notes	Rest day Stretch	5km Easy Running	Rest day
2	3-4km Easy run	Track Session 1 See Notes	Rest day Stretch	Strength/Repeats - Session 1 See Notes	Rest day Stretch	6km Easy Running	Stretch
3	4-5km Easy run	Track Session 1 See Notes	Rest day Stretch	Strength/Repeats - Session 1 See Notes	Rest day Stretch	6.5km Easy Running	Rest day
4	4-5km Easy run	Track Session 2 See Notes	Rest day Stretch	Strength/Repeats - Session 1 See Notes	Rest day Stretch	7km Easy Running	Rest day
5	5-6km Easy run	Track Session 2 See Notes	Rest day Stretch	Strength/Repeats - Session 2 See Notes	Rest day Stretch	7.5km Easy Running	Rest day
6	5-6km Easy run	Track Session 2 See Notes	Rest day Stretch	Strength/Repeats - Session 2 See Notes	Rest day Stretch	8km Easy Running	Rest day
7	3-4km Easy run	Track Session 3 See Notes	Rest day Stretch	Strength/Repeats - Session 2 See Notes	Rest day Stretch	9km Easy Running	Rest day
8	4km Easy run	Track Session 3 See Notes	Rest day Stretch	Jog 40mins	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 / 3 x 6min efforts @ 80% effort / 6min recovery between each						
Track Session 2	Strength warm up / 5 x 3.5min efforts @ 80% effort / 4min recovery between each						
Track Session 3	Strength warm up / 10 x 90sec @ 80% effort / 2min 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)			
5min light jog warm up	2.5mins Out and back			5min light jog warm up	2.5mins Out and back		
Strength Circuit	Squat/Step Back Lunge (45secs) Rolling Plank (45secs) Squat/Calf Raise (45secs) Press Ups (45secs)			Strength Circuit	Inch worm (45secs) Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs)		
Run Set:	4mins out and back (2min turnaround)			Run Set:	4mins out and back (2min turnaround)		
Recovery:	1 min			Recovery:	1 min		
Strength Circuit	Pulse Lunge with twist R Leg (45secs) Bolt (45secs) Pulse Lunge with twist L Leg (45secs) Press Ups (45secs)			Strength Circuit	Forward and back Hover (45secs) Step back or jump lunges (45secs) Press Ups (45secs) Burpee or jump squats (45secs)		
Run Set:	4mins out and back (2min turnaround)			Run Set:	4mins out and back (2min turnaround)		
Recovery:	1 min			Recovery:	1 min		
Strength Circuit	Squat/Step Back Lunge (45secs) Rolling Plank (45secs) Squat/Calf Raise (45secs) Press Ups (45secs)			Strength Circuit	Inch worm (45secs) Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs)		
Run Set:	4mins out and back (2min turnaround)			Run Set:	4mins out and back (2min turnaround)		
Recovery:	1 min			Recovery:	1 min		
Strength Circuit	Pulse Lunge with twist R Leg (45secs) Bolt (45secs) Pulse Lunge with twist L Leg (45secs) Press Ups (45secs)			Strength Circuit	Forward and back Hover (45secs) Step back or jump lunges (45secs) Press Ups (45secs) Burpee or jump squats (45secs)		
Run Set:	4mins out and back (2min turnaround)			Run Set:	4mins out and back (2min turnaround)		
Recovery:	1 min			Recovery:	1 min		
Run Set:	4mins out and back (2min turnaround)			Run Set:	4mins out and back (2min turnaround)		
Recovery:	1 min			Recovery:	1 min		
Run Set:	4mins out and back (2min turnaround)			Run Set:	4mins out and back (2min turnaround)		



Advanced Programme: Evening

Week	Mon - Own Session	Tues - Group Session	Wed	Thurs - Group Session	Fri - Own Session	Sat - Group Session	Sun
1	5-6km Easy run	Track Session 1 See Notes	Rest day Stretch	Strength/Repeats - Session 1 See Notes	Walk 30mins	7km run After 20mins do 20mins at 8/10 intensity or goal pace	Rest day Stretch
2	5-6km Easy run	Track Session 1 See Notes	Rest day Stretch	Strength/Repeats - Session 1 See Notes	Walk 30mins	8km run After 20mins do 20mins at 8/10 intensity or goal pace	Rest day Stretch
3	5-6km Easy run	Track Session 1 See Notes	Rest day Stretch	Strength/Repeats - Session 1 See Notes	Walk 30mins	9km run After 20mins do 20mins at 8/10 intensity or goal pace	Rest day Stretch
4	5-6km Easy run	Track Session 2 See Notes	Rest day Stretch	Strength/Repeats - Session 1 See Notes	Walk 30mins	10km run After 20mins do 30mins at 8/10 intensity or goal pace	Rest day Stretch
5	5-6km Easy run	Track Session 2 See Notes	Rest day Stretch	Strength/Repeats - Session 2 See Notes	Walk 30mins	11km run After 20mins do 30mins at 8/10 intensity or goal pace	Rest day Stretch
6	5-6km Easy run	Track Session 2 See Notes	Rest day Stretch	Strength/Repeats - Session 2 See Notes	Walk 30mins	8km Time Trial	Rest day Stretch
7	5-6km Easy run	Track Session 3 See Notes	Rest day Stretch	Strength/Repeats - Session 2 See Notes	Walk 30mins	12km After 20mins do 35mins at 8/10 intensity or goal pace	Rest day Stretch
8	5-6km Easy run	Track Session 3 See Notes	Rest day	40min easy run 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 4min efforts @ 80% effort then 1min @ 100% effort / 4min recovery between each

Track Session 2 Strength warm up / 5 x 3min efforts @ 80% effort then 90secs @ 100% effort / 3min recovery between each

Track Session 3 Strength warm up / 8 x 2min efforts @ 80% effort then 30secs @ 100% effort / 2min 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)

5min light jog warm up 2.5mins Out and back

Strength Circuit Squat/Step Back Lunge (45secs)
Rolling Plank (45secs)
Squat/Calf Raise (45secs)
Press Ups (45secs)

Run Set: 4mins out and back (2min turnaround)

Recovery: 1 min

Strength Circuit Pulse Lunge with twist R Leg (45secs)
Bolt (45secs)
Pulse Lunge with twist L Leg (45secs)
Press Ups (45secs)

Run Set: 4mins out and back (2min turnaround)

Recovery: 1 min

Strength Circuit Squat/Step Back Lunge (45secs)
Rolling Plank (45secs)
Squat/Calf Raise (45secs)
Press Ups (45secs)

Run Set: 4mins out and back (2min turnaround)

Recovery: 1 min

Strength Circuit Pulse Lunge with twist R Leg (45secs)
Bolt (45secs)
Pulse Lunge with twist L Leg (45secs)
Press Ups (45secs)

Run Set: 4mins out and back (2min turnaround)

Recovery: 1 min

Run Set: 4mins out and back (2min turnaround)

Recovery: 1 min

Run Set: 4mins out and back (2min turnaround)

Session 2 (Weeks 5-7)

5min light jog warm up 2.5mins Out and back

Strength Circuit Inch worm (45secs)
Pulse Squats (45secs)
Press Ups (45secs)
Burpee or jump squats (45secs)

Run Set: 4mins out and back (2min turnaround)

Recovery: 1 min

Strength Circuit Forward and back Hover (45secs)
Step back or jump lunges (45secs)
Press Ups (45secs)
Burpee or jump squats (45secs)

Run Set: 4mins out and back (2min turnaround)

Recovery: 1 min

Strength Circuit Inch worm (45secs)
Pulse Squats (45secs)
Press Ups (45secs)
Burpee or jump squats (45secs)

Run Set: 4mins out and back (2min turnaround)

Recovery: 1 min

Strength Circuit Forward and back Hover (45secs)
Step back or jump lunges (45secs)
Press Ups (45secs)
Burpee or jump squats (45secs)

Run Set: 4mins out and back (2min turnaround)

Recovery: 1 min

Run Set: 4mins out and back (2min turnaround)

Recovery: 1 min

Run Set: 4mins out and back (2min turnaround)



Return Programme: Evening							
Week	Mon - Own Session	Tues - Group Session	Wed	Thurs - Group Session	Fri - Own Session	Sat - Group Session	Sun
1	5-6km	Track Session 1	Rest day	Strength/Repeats - Session 1	Walk 30min	8km run	Rest day
	Easy run	See Notes	Stretch	See Notes		After 20mins do 30mins at 8/10 intensity or goal pace	Stretch
2	5-6km	Track Session 1	Rest day	Strength/Repeats - Session 1	Walk 30min	10km run	Rest day
	Easy run	See Notes	Stretch	See Notes		After 20mins do 30mins at 8/10 intensity or goal pace	Stretch
3	5-6km	Track Session 1	Rest day	Strength/Repeats - Session 1	Walk 30min	13km run	Rest day
	Easy run	See Notes	Stretch	See Notes		After 20mins do 35mins at 8/10 intensity or goal pace	Stretch
4	5-6km	Track Session 2	Rest day	Strength/Repeats - Session 1	Walk 30min	10km run	Rest day
	Easy run	See Notes	Stretch	See Notes		After 20mins do 30mins at 8/10 intensity or goal pace	Stretch
5	5-6km	Track Session 2	Rest day	Strength/Repeats - Session 2	Walk 30min	12km run	Rest day
	Easy run	See Notes	Stretch	See Notes		Do 2nd Half at 8/10 intensity or goal pace	Stretch
6	5-6km	Track Session 2	Rest day	Strength/Repeats - Session 2	Walk 30min	8km Time Trial	Rest day
	Easy run	See Notes	Stretch	See Notes		Race	Stretch
7	5-6km	Track Session 3	Rest day	Strength/Repeats - Session 2	Walk 30min	14km	Rest day
	Easy run	See Notes	Stretch	See Notes		Do 2nd Half at 8/10 intensity or goal pace	Stretch
8	5-6km	Track Session 3	Rest day	40min easy run	Walk 30min	10km Run day	Sleep in ;-)
	Easy run	See Notes		Easy Run		Kick butt!	
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 3.5min efforts @ 80% effort then 90secs @ 100% effort / 4min recovery between each						
Track Session 2	Strength warm up / 5 x 2.5min efforts @ 80% effort then 2min @ 100% effort / 3min recovery between each						
Track Session 3	Strength warm up / 8 x 1.5min efforts @ 80% effort then 1min @ 100% effort / 2min 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)		
	5min light jog warm up	2.5mins Out and back			5min light jog warm up	2.5mins Out and back	
	Strength Circuit	Squat/Step Back Lunge (45secs)			Strength Circuit	Inch worm (45secs)	
		Rolling Plank (45secs)				Pulse Squats (45secs)	
		Squat/Calf Raise (45secs)				Press Ups (45secs)	
	Run Set:	Press Ups (45secs)				Burpee or jump squats (45secs)	
	Recovery:	4mins out and back (2min turnaround)			Run Set:	4mins out and back (2min turnaround)	
		1 min			Recovery:	1 min	
	Strength Circuit	Pulse Lunge with twist R Leg (45secs)			Strength Circuit	Forward and back Hover (45secs)	
		Bolt (45secs)				Step back or jump lunges (45secs)	
		Pulse Lunge with twist L Leg (45secs)				Press Ups (45secs)	
		Press Ups (45secs)				Burpee or jump squats (45secs)	
	Run Set:	4mins out and back (2min turnaround)			Run Set:	4mins out and back (2min turnaround)	
	Recovery:	1 min			Recovery:	1 min	
	Strength Circuit	Squat/Step Back Lunge (45secs)			Strength Circuit	Inch worm (45secs)	
		Rolling Plank (45secs)				Pulse Squats (45secs)	
		Squat/Calf Raise (45secs)				Press Ups (45secs)	
		Press Ups (45secs)				Burpee or jump squats (45secs)	
	Run Set:	4mins out and back (2min turnaround)			Run Set:	4mins out and back (2min turnaround)	
	Recovery:	1 min			Recovery:	1 min	
	Strength Circuit	Pulse Lunge with twist R Leg (45secs)			Strength Circuit	Forward and back Hover (45secs)	
		Bolt (45secs)				Step back or jump lunges (45secs)	
		Pulse Lunge with twist L Leg (45secs)				Press Ups (45secs)	
		Press Ups (45secs)				Burpee or jump squats (45secs)	
	Run Set:	4mins out and back (2min turnaround)			Run Set:	4mins out and back (2min turnaround)	
	Recovery:	1 min			Recovery:	1 min	
	Run Set:	4mins out and back (2min turnaround)			Run Set:	4mins out and back (2min turnaround)	
	Recovery:	1 min			Recovery:	1 min	
	Run Set:	4mins out and back (2min turnaround)			Run Set:	4mins out and back (2min turnaround)	