

If you are starting as a complete beginner follow the programme from Stage 1 Week 1, otherwise please choose a suitable week and continue from there.

## Stage 1

### WEEK ONE

- Run 1 minute, walk 1 minute 30 seconds. Repeat 8 times. Do this 3 times a week.

### WEEK TWO

- Run 2 minutes, walk 1 minute. Repeat 7 times. Do this 3 times a week.

### WEEK THREE

- Run 3 minutes, walk 1 minute. Repeat 6 times. Do this 3 times a week.

### WEEK FOUR

- Run 5 minutes, walk 2 minutes. Repeat 4 times. Do this 3 times a week.

### WEEK FIVE

- Run 3 minutes, walk 1 minute. Repeat 6 times. Do this 3 times a week.

### WEEK SIX

- Run 5 minutes, walk 2 minutes. Repeat 4 times. Do this 3 times a week.

### WEEK SEVEN

- Run 8 minutes, walk 2 minutes. Repeat 3 times. Do this 3 times a week.

### WEEK EIGHT

- Run 1 - Run 10 minutes, walk one minute. Repeat 3 times.
- Run 2 - Run 11 minutes, walk one minute. Repeat 3 times.
- Run 3 - Run 12 minutes, walk one minute. Repeat 3 times.

### WEEK NINE

- Run 15 minutes, walk 1 minute, run 15 minutes. Do this 3 times a week.

### WEEK TEN

- Run 30 minutes continuously..... Do this 3 times a week.....

**CONGRATULATIONS AND WELL DONE!!!** You are now ready to move on to training to run your first 10K.

## Training Programme - Stage 2

To be able to learn to run more comfortably runners need to work occasionally out with their comfort zone. This can involve 'repeats' - where you run a set distance at a comfortable pace, then try working a little harder for a short section, then repeat the process for a number of times. How fast you run the slightly harder section is important and must be right for you as an individual! The repeat should be run at a pace at which you are comfortable to talk most of the time but then have to concentrate on your running for the short section without talking as much.

This type of training is great for improving your overall fitness and even if you don't want to be able to run any faster, the improved fitness will make your runs more enjoyable which will make you more likely to continue with your running in the future.

Another way of increasing your overall pace are 'tempo' runs. For example a 4 mile tempo run would be where you run the first mile at an easy pace (you should be able to hold a conversation and run at this pace without a problem), then the next 2 miles are run at a slightly faster pace

(holding a conversation is still possible but might not be such a full conversation), then the final mile is back down to your easy pace. This increases your overall pace and again your fitness level.

Hills improve your overall endurance. It is important to learn how it feels to run up a hill and not to avoid them on your routes! When running up a hill slow down and relax, and remember there are times when it is quicker to walk up a hill than run - this is called being sensible 😊

The final type of session you might want to try out is called 'fartlek'. This is where you kind of 'make it up' as you go along. It is best done with a partner and you alternate in choosing what you are going to do next. For example, you would start off with a mile of easy running then the first runner will choose what to do - for example he might say 'run 1 minute slightly faster then recover for 3 minutes', after the recovery the other runner might say 'go faster up the next hill then 1 minute recovery'. After this the first runner could decide to go faster to every 3<sup>rd</sup> lamppost with 6 lampposts for recovery. The great thing about this session is you run by listening to your body and the only thing you should look to increase is the total amount of time you are running for.

For the schedule 'easy' means able to hold a conversation whilst running, 'steady' means able to hold a conversation but not so full a conversation, 'hard' means unable to talk whilst running - just gasp the odd word!

### **WEEK ONE**

- Monday - 1 mile easy, then 4 x 90sec steady with 3 min jog/walk recoveries, 1 mile easy
- Tuesday - Rest
- Wednesday - Rest
- Thursday - 2 miles easy, 2 miles steady - jog cool down
- Friday - Rest
- Saturday - Rest or cross train (walk, cycle, gym etc.)
- Sunday - 3 miles easy

### **WEEK TWO**

- Monday - 1 mile easy, then 4 x 2 min steady with 3 min jog/walk recoveries, 1 mile easy
- Tuesday - Rest
- Wednesday - Rest
- Thursday - 15 minutes easy, 10 minutes steady, jog to cool down
- Friday - Rest
- Saturday - Rest or cross train (walk, cycle, gym etc.)
- Sunday - 4 miles easy

### **WEEK THREE**

- Monday - 1 mile easy, 4 x 3 min steady with 3- 4 min jog recoveries, 1 mile easy
- Tuesday - Rest
- Wednesday - Rest
- Thursday - 30 - 40 min easy but including some hills
- Friday - Rest
- Saturday - Rest or cross train (walk, cycle, gym etc.)
- Sunday - 5 miles easy

### **WEEK FOUR**

- Monday - 1 mile easy, 6 x 1 min 20 steady with 3 min recoveries, 1 mile easy

- Tuesday - Rest
- Wednesday - Rest
- Thursday - 1 mile easy, 2 miles steady, 1 mile harder, 1 mile easy
- Friday - Rest
- Saturday - Rest or cross train (walk, cycle, gym etc.)
- Sunday - 4 miles easy

#### **WEEK FIVE**

- Monday - 1 mile easy, 8 x 1 min 40 steady with 3 min jog recoveries, 1 mile easy
- Tuesday - Rest
- Wednesday - Rest
- Thursday - 35 - 45 minutes fartlek - varied efforts and recoveries, jog cool down
- Friday - Rest
- Saturday - Rest or cross train (walk, cycle, gym etc.)
- Sunday - 6 miles easy

#### **WEEK SIX**

- Monday - 1.5 mile easy, 5 x 3 min steady with 3min jog recoveries, 1 mile easy
- Tuesday - Rest
- Wednesday - Rest
- Thursday - 2 miles easy, 2 miles steady, 2 miles harder, jog cool down
- Friday - Rest
- Saturday - Rest or cross train
- Sunday - 7 miles easy

#### **WEEK SEVEN**

- Monday - 2 miles easy, 8 x 1min 20 steady with 2 min jog recoveries, 2 miles easy
- Tuesday - Rest
- Wednesday - Rest
- Thursday - 1 mile jog, then 3 x 8min steady with 4 min jog recoveries, jog cool down
- Friday - Rest
- Saturday - Rest or cross train
- Sunday - 5 miles easy

#### **WEEK EIGHT**

- Monday - 2 miles easy, 5 x 1 min 40 steady with 3 min jog recoveries, 2 miles easy
- Tuesday - Rest
- Wednesday - Rest
- Thursday - 4 miles easy
- Friday - Rest
- Saturday - Rest
- Sunday - RACE