

TRAINING SCHEDULE *Level 1* 12 week Programme

FOR FIRST TIMERS

(Currently walking 30-45 min , 2-3 days a week)

	Week One	Week Two	Week Three	Week Four
	27/02/2010	6/03/2010	13/03/2010	20/03/2010
SATURDAY	30 minutes Walk/Run	30 minutes Walk/Run	35 minutes Walk/Run Include hills	35 minutes Walk/Run Include 10 min faster run
SUNDAY	35 minutes Walk/Run <i>Increase your "Sunday run" by 5-10 mins / week until you are running 90 mins. This builds up endurance. Easy pace.</i>	35 minutes Walk/Run	45 minutes Walk/Run	55 minutes Walk/Run
MONDAY	Day Off or easy cycle <i>Day off. A day off or easy day allows the body to build up after a hard training session. It is an important part of your program.</i>	Day Off	Day Off	Day Off
TUESDAY	30 minutes Walk/Run	30 minutes Walk/Run	30 minutes Walk/Run	30 minutes Walk/Run
WEDNESDAY	30 minutes Walk/Run Or day off	30 minutes Walk/Run Or day off	30 minutes Walk/Run Or day off	30 minutes Walk/Run Or day off
THURSDAY	35 minutes Walk/Run	35 minutes Walk/Run	35 minutes Walk/Run	35 minutes Walk/Run
FRIDAY	Day Off	Day Off	Day Off	Day Off

	Week Five	Week Six	Week Seven	Week Eight
	27/03/2010	3/04/2010 (Easier week)	10/04/2010	17/04/2010
SATURDAY	45 minutes Run Include hills	55 minutes Include 25 min faster run	50 minutes Run Faster Include 5 km Time Trial	50 minutes Run Include 5 km Time Trial
SUNDAY	70 minutes Run	75 minutes Run	80 minutes Run	75 minutes Run
MONDAY	Day Off	Day Off	Day Off	Day Off
TUESDAY	60 minutes Run 500 m jog between each	40 minutes Run easy	4 x 1km reps @ 85% effort 1min rest between each	50 min run
WEDNESDAY	35 minutes easy Run	Day off	40 minutes easy Run	40 minutes Run easy
THURSDAY	35 minutes faster Run	40 minutes Run	40 minutes faster Run	45 minutes Run Include 20 min faster
FRIDAY	Day Off	Day Off	Day Off	Day Off

	Week Nine	Week Ten	Week Eleven	Week Twelve
	24/04/2010	1/05/2010	8/05/2010	15/05/2010 Easy week
SATURDAY	50 minutes Run Faster Include 5 km Time Trial	50 minutes Run Includes hills	45 minutes Run (incl 5 km Time Trial)	45 minutes Run (incl 20 mins **faster)
SUNDAY	85 minutes Run	90 minutes Run	90 minutes easy Run	60 minutes easy Run
MONDAY	Day Off	Day Off	Day Off	Day Off
TUESDAY	3 x 1km reps @ 85% effort 1min rest between each	6 x 500 m Reps. At 85% effort 500 m jog between each	3 x 1km reps @ 85% effort 1min rest between each	40 minutes Run
WEDNESDAY	40 minutes easy Run	40 minutes Run	40 minutes Run	Day off
THURSDAY	45 minutes faster Run	50 minutes Run Faster	50 minutes faster Run	40 minutes Run
FRIDAY	Day Off	Day Off	Day Off	30 minutes easy Run 23rd May HUNTLY HALF MARATHON

The Huntly Half Marathon is on the 23th May 2010. See the Entry Form for more details.

Beginner runners are advised to see your doctor if you have any queries

