

TRAINING SCHEDULE *Level 1* 8 week Programme

FOR FIRST TIMERS

	Week One	Week Two	Week Three	Week Four
	27/03/2010	3/04/2010	10/04/2010	17/04/2010
SATURDAY	35 minutes Walk/Run	40 minutes Walk/Run	45 minutes Walk/Run Include hills	45 minutes Walk/Run Include 10 min faster run
SUNDAY	35 minutes Walk/Run	40 minutes Walk/Run	50 minutes Walk/Run	60 minutes Walk/Run
MONDAY	Day Off or easy cycle	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	35 minutes Walk/Run Or day off	30 minutes Walk/Run Or day off	40 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	Include 15 min faster Day Off

	Week Five	Week Six	Week Seven	Week Eight
	24/04/2010	1/05/2010 (Easier week)	8/05/2010	15/05/2010
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
				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 regarding starting an exercise program.

Notes Don't forget to Stretch your muscles - lightly before you run and longer after your run. Posters are available from ACC.

Hills . Hills are good strength builders. Run harder up the hills take it easy on the downhill.

Faster running or Tempo running means increasing your pace but not an all out effort. You should be able to talk. (just!)

Tempo running improves your running efficiency. Concentrate on good form .

Arms relaxed bent at 135 degree. Swing arms straight through from the shoulders.

Warm up by running easy for 10 mins before any faster running or reps.. Stretch after warming up. Warm down 10 mins after hard running

Reps or intervals . Repeat efforts over a certain distance with a recovery period between each. These help adjust your body to run faster.

Time trials. Hard runs at almost full effort. These are tests to gage your progress.

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.

Increase your "**Sunday run**" by 5 mins / week until you are running 90 mins. This builds up endurance. Pace "easy"