

TRAINING SCHEDULE *Level 2* 12 week Programme

FOR REGULAR RUNNERS

(Currently running 30-45 min , 3-4 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 Run include hills.	35 minutes faster Run	45 minutes Run include hills.	4-5 km Time Trial (Warmup first)
SUNDAY	50 minutes Run easy	55 minutes Run	60 minutes Run	65 minutes Run
MONDAY	Day Off or easy cycle	Day Off	Day Off	Day Off
TUESDAY	40 minutes Run (incl 20 mins **faster)	40 minutes Run (incl 20 mins **faster)	45 minutes Run (incl. 20 mins fast)	3 x 1km reps @ 85% effort 1min rest between each
WEDNESDAY	30 minutes Easy Run Or day off	35 minutes Run Or day off	40 minutes Run Or day off	40 minutes Run Or day off
THURSDAY	40 minutes Run	40 minutes Run	45 minutes Run	45 minutes faster 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 Include Hills	50 minutes Run (incl 5km time trial)	50 minutes Run Faster	50 minutes Run Include Hills
SUNDAY	70 minutes Run	75 minutes Run	80 minutes Run	85 minutes Run
MONDAY	Day Off	Day Off	Day Off	Day Off
TUESDAY	6 x 500 m Reps. At 85% effort 500 m jog between each	40 minutes Run easy	4 x 1km reps @ 85% effort 1min rest between each	8 x 500 m Reps. At 85% effort 500 m jog between each
WEDNESDAY	35 minutes easy Run	Day off	45 minutes easy Run	50 minutes Run
THURSDAY	45 minutes faster Run	45 minutes Run	50 minutes faster Run	55 minutes Run 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	60 minutes Run Includes hills	45 minutes Run (incl 5 km Time Trial faster)	45 minutes Run (incl 20 mins **faster)
SUNDAY	90 minutes Run	95 minutes Run	80 minutes easy Run	60 minutes easy Run
MONDAY	Day Off	Day Off	Day Off	Day Off
TUESDAY	4 x 1km reps @ 85% effort 1min rest between each	8 x 500 m Reps. At 85% effort 500 m jog between each	4 x 1km reps @ 85% effort 1min rest between each	40 minutes Run
WEDNESDAY	50 minutes easy Run	50 minutes Run	50 minutes Run	Day off
THURSDAY	55 minutes faster Run	60 minutes Run Faster	60 minutes faster Run	45 minutes Run
FRIDAY	Day Off	Day Off	Day Off	30 minutes easy Run HUNTLY HALF MARATHON

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

