

# TRAINING SCHEDULE *Level 2* 8 week Programme

## FOR REGULAR RUNNERS

(Currently running 30-45 min , 3-4 days a week)

	Week One	Week Two	Week Three	Week Four
	<b>27/03/2010</b>	<b>3/04/2010</b>	<b>10/04/2010</b>	<b>17/04/2010</b>
<b>SATURDAY</b>	40 minutes Run include hills.	50 minutes faster Run	55 minutes Run include hills.	5 km Time Trial (Warmup first)
<b>SUNDAY</b>	50 minutes Run easy	60 minutes Run	65 minutes Run	75 minutes Run
<b>MONDAY</b>	Day Off or easy cycle	Day Off	Day Off	Day Off
<b>TUESDAY</b>	40 minutes Run (incl 20 mins **faster)	45 minutes Run (incl 20 mins **faster)	50 minutes Run (incl. 20 mins fast)	3 x 1km reps @ 85% effort 1min rest between each
<b>WEDNESDAY</b>	30 minutes Easy Run Or day off	40 minutes Run Or day off	45 minutes Run Or day off	40 minutes Run Or day off
<b>THURSDAY</b>	40 minutes Run	40 minutes Run	50 minutes Run	45 minutes faster Run
<b>FRIDAY</b>	Day Off	Day Off	Day Off	Day Off

	Week Five	Week Six	Week Seven	Week Eight
	<b>24/04/2010</b>	<b>1/05/2010</b> (Easier week)	<b>8/05/2010</b>	<b>15/05/2010</b>
<b>SATURDAY</b>	60 minutes Include Hills	50 minutes Run (incl 5km time trial)	50 minutes Run Faster	50 minutes Run (incl 5km time trial)
<b>SUNDAY</b>	80 minutes Run	90 minutes Run	85 minutes Run	75 minutes Run
<b>MONDAY</b>	Day Off	Day Off	Day Off	Day Off
<b>TUESDAY</b>	8 x 500 m Repts. At 85% effort 500 m jog between each	40 minutes Run easy	4 x 1km reps @ 85% effort 1min rest between each	45 min run
<b>WEDNESDAY</b>	35 minutes easy Run	Day off	45 minutes easy Run	50 minutes Run
<b>THURSDAY</b>	45 minutes faster Run	45 minutes Run	50 minutes faster Run	45 minutes Run Faster
<b>FRIDAY</b>	Day Off	Day Off	Day Off	Day Off <b>HUNTLY HALF MARATHON</b>

**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.