

TRAINING SCHEDULE *Level 3* 12 week Programme

FOR REGULAR RUNNERS AND FITTER PEOPLE

(Currently running 45-60 min , 4-5 days a week)

	Week One	Week Two	Week Three	Week Four
	27/02/2010	6/03/2010	13/03/2010	20/03/2010
SATURDAY	45 minutes Run include hills.	45 minutes faster Run	45 minutes Run include hills.	4-5 km Time Trial (Warmup first)
SUNDAY	60 minutes Run easy	65 minutes Run	70 minutes Run	75 minutes Run
MONDAY	Day Off or easy cycle	Day Off	Day Off	Day Off
TUESDAY	45 minutes Run (incl 20 mins **faster)	6 x 500 m Reps. At 85% effort 500 m jog between each	45 minutes Run (incl. 20 mins fast)	3 x 1km reps @ 85% effort 1min rest between each
WEDNESDAY	45 minutes Easy Run	45 minutes Run	45 minutes Run	50 minutes Run
THURSDAY	50 minutes Run	50 minutes Run	55 minutes Run	55 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)	45 minutes Run Faster	50 minutes Run (incl 5km t.t. at 1/2 marathon pace).
SUNDAY	80 minutes Run	85 minutes Run	90 minutes Run	90 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	45 minutes Run	4 x 1km reps @ 85% effort 1min rest between each	8 x 500 m Reps. At 85% effort 500 m jog between each
WEDNESDAY	45 minutes easy Run	Day off	50 minutes easy Run	50 minutes Run
THURSDAY	55 minutes faster Run	55 minutes Run	60 minutes faster Run	65 minutes Run
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	45 minutes Run Faster	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	90 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	55 minutes Run	50 minutes Run	Day off
THURSDAY	60 minutes faster Run	65 minutes Run Faster	60 minutes faster Run	45 minutes Run
FRIDAY	Day Off	Day Off	Day Off	30 minutes easy Run 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 downhills.

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"