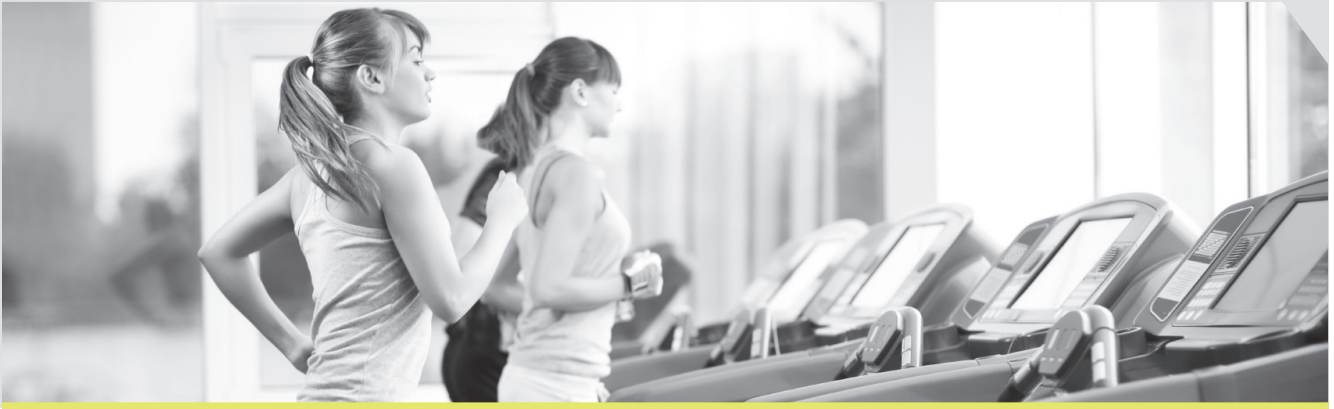


> 5KM & 10KM RUNNING PROGRAMMES

By Mark Yeoman (Bsc)

Mark is a qualified Physical Education teacher and has represented Great Britain at the World Triathlon Championships three times!



Q: WHAT ARE THE RUN SESSIONS ON THE PROGRAMME?

RUN TEST

Known as the **Cooper 12 minute run test**, you should endeavour to perform this once every three weeks or so as it is designed to monitor your progress. Basically see **how far you can run** within 12 minutes and keep a record of the distance. The fitter you become, the further you will go!

O & B = OUT & BACK

Run the set time or distance out in one direction, turn around and try to come back quicker. Conserve your energy on the way out to ensure your return run is a negative split – which means it was quicker than the outward run.

INTERVALS

These are designed to **improve muscular speed** so when you run at your desired race pace, your legs will operate more efficiently. The rest in between efforts should be **just under half the time it took to cover the set distance**.

HILLS

These are designed to make your **legs stronger** and **develop power** so when you experience an increase in gradient, you don't slow down and end up going backwards. Either locate a local hill which is around 100 – 200m long or set the incline on the running machine to 4%.

TT = TIME TRIAL GOLD SILVER BRONZE (G.S.B)

Set yourself a target time to achieve the set distance. Look to win a medal for your time. **GOLD** is quicker, **SILVER** is your target time and **BRONZE** is slower than your target time. It's amazing how this will motivate you to push harder.

TEMPO

This is where you **run hard, but under control**. This is normally slightly quicker than your goal race pace. You need to maintain focus to avoid stopping when the going gets tough. Show your body who's in control!

L.S.D = LONG SLOW DISTANCE

This is your 'getting back to basics' session, normally performed at the weekend when you have more time to complete the run. The **Long Slow Distance** is designed to physiologically develop the body's ability to sustain long periods of low intensity exercise. Basically you are developing stamina and teaching both the body and mind to handle long, slow runs.

This can either be constant or the time can be broken down into run and walk blocks. Make sure the walks only last one to two minutes, as this is sufficient time for your body to replenish energy stores. Make sure that your mind isn't playing tricks and encouraging you to stop without just cause.

Q: WHAT SPEED SHOULD I BE RUNNING AT?

In order to ensure that you are working at the correct intensity for each session, follow this simple guide to how hard you should be working.

- **Warm up Jog, 45 – 50% effort:**
This is a gentle slow jog. You should be able to hold a conversation
- **Long Slow Distance, 50 – 55% effort:**
Able to give sentence answers to questions
- **Out & Back, 55% to start moving to 60 – 70% effort:**
Controlled pace going out, with the intensity / speed picking up on the return
- **Time Trial G.S.B, 60 – 70% effort:**
Aim to build the pace up until you feel you are close to your limit of **sustained pace**
- **Run Test, 80 – 100% effort:**
You are aiming to go as fast as you can for as long as you can, yes no answers only
- **Tempo, 70% effort:**
Few words spoken if asked a question
- **Intervals & Hill, 80 -100% effort:**
Only able to grunt!

5KM TRAINING PLAN – BEGINNER

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Run test	Stretch	Run 2 min, walk 1 min x 10	Rest	1.5 mile TT G.S.B	Rest	O & B 15 mins out
WEEK 2	Stretch	Run 2.5 min, walk 1 min x 10	Rest	Rest	INTERVAL 200m x 6 1 min rest	Rest	L.S.D 25 mins
WEEK 3	Rest	HILLS 6 x 150m 1 min rest	Stretch	Rest	2 mile run	Rest	O & B 16 mins out
WEEK 4	Stretch	Run 3 min, walk 1 min x 10	Rest	Rest	INTERVAL 200m x 7 1 min rest	Rest	L.S.D 27 mins
WEEK 5	Rest	HILLS 8 x 150m 1 min rest	Stretch	Rest	2.5 mile TT G.S.B	Rest	O & B 17 mins out
WEEK 6	Stretch	Run 3.5 min, walk 1 min x 10	Rest	Rest	INTERVAL 200m x 8 1 min rest	Rest	L.S.D 30 mins
WEEK 7	Rest	Run test	Stretch	Rest	3 mile TT G.S.B	Rest	O & B 18 mins out
WEEK 8	Stretch	2 mile run	Rest	INTERVAL 200m x 6 1 min rest	Stretch	Rest	5KM RACE

5KM TRAINING PLAN – INTERMEDIATE

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Run test	Stretch	3 miles TT G.S.B	Rest	INTERVAL 200m x 8 1 min rest	Rest	L.S.D 3.5 mile
WEEK 2	Stretch	HILLS 10 x 150m 1 min rest	Rest	3 mile fast	3 mile slow jog	Rest	O & B 20 mins out
WEEK 3	Rest	TEMPO 4 miles @ 5km pace	Stretch	3 miles TT G.S.B	INTERVAL 300m x 8 1.5 min rest	Rest	L.S.D 4 mile
WEEK 4	Stretch	HILLS 10 x 150m 1 min rest	Rest	3.5 mile fast	3 mile slow jog	Rest	O & B 23 mins out
WEEK 5	Rest	TEMPO 4 miles @ 5km pace	Stretch	3.5 mile TT G.S.B	INTERVAL 400m x 8 2 min rest	Rest	L.S.D 4.5 mile
WEEK 6	Stretch	HILLS 10 x 150m	Rest	4 mile fast	3 mile slow jog	Rest	O & B 25 mins out
WEEK 7	Rest	Run test	Stretch	4 mile TT G.S.B	INTERVAL 400m x 8 2 min rest	Rest	L.S.D 5 mile
WEEK 8	Stretch	3.5 mile jog	Rest	INTERVAL 400m x 8 1 min rest	Rest	Stretch	5KM RACE

5KM TRAINING PLAN – ADVANCED

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Run test	Stretch	4 mile TT G.S.B	Rest	INTERVAL 400m x 8 1 min rest	Rest	L.S.D 6.5 mile
WEEK 2	Stretch	HILLS 10 x 200m 1 min rest	Rest	4 x 1 mile	3.5 mile slow jog	Rest	O & B 25 mins out
WEEK 3	Rest	TEMPO 5 miles @ 5km pace	Stretch	3.5 mile TT G.S.B	INTERVAL 800m x 6 1 min rest	Rest	L.S.D 6.5 mile
WEEK 4	Stretch	HILLS 10 x 200m 1 min rest	Rest	4 x 1 mile fast	3.5 mile slow jog	Rest	O & B 30 mins out
WEEK 5	Rest	Run test	Stretch	3.5 mile TT G.S.B	INTERVAL 400m x 9 1 min rest	Rest	L.S.D 6.5 mile
WEEK 6	Stretch	HILLS 10 x 200m 1 min rest	Rest	4 x 1 mile Fast	4 mile slow jog	Rest	O & B 30 mins out
WEEK 7	Rest	TEMPO 5 miles @ 5km pace	Stretch	4 mile TT G.S.B	INTERVAL 800m x 6 1 min rest	Rest	L.S.D 7 mile
WEEK 8	Stretch	3 x 1 mile fast	Rest	INTERVAL 400m x 6 1 min rest	Rest	Stretch	5KM RACE

10KM TRAINING PLAN – BEGINNER

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Run test	Stretch	Run 8 min, jog 2 min x 4	Rest	2.5 mile run	Rest	O & B 20 mins out
WEEK 2	Stretch	Run 9 min, jog 1.5 min x 4	HILLS 10 x 150m 1 min rest	Rest	INTERVAL 200m x 7 1 min rest	Rest	L.S.D 35 mins
WEEK 3	Rest	TEMPO 4 miles @ 5km pace	Stretch	Rest	3.5 mile run	Rest	O & B 25 mins out
WEEK 4	Stretch	Run 9 min, jog 1.5 min x 5	Rest	Rest	INTERVAL 300m x 7 1 min rest	Rest	L.S.D 40 mins
WEEK 5	Rest	Run test	Stretch	HILLS 10 x 150m 1 min rest	3.5 mile run	Rest	O & B 25 mins out
WEEK 6	Stretch	Run 9 min, jog 1 min x 5	Rest	Rest	INTERVAL 300m x 8 1 min rest	Rest	L.S.D 45 mins
WEEK 7	Rest	TEMPO 4 miles @ 5km pace	Stretch	HILLS 10 x 150m 1 min rest	3.5 mile run	Rest	O & B 30 mins out
WEEK 8	Stretch	3.5 mile run	Rest	INTERVAL 200m x 8 1 min rest	Stretch	Rest	10KM RACE

10KM TRAINING PLAN – INTERMEDIATE

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Run test	Stretch	4 miles TT G.S.B	Rest	INTERVAL 400m x 8 1.5 min rest	Rest	L.S.D 6 mile
WEEK 2	Stretch	HILLS 10 x 150m 1 min rest	Rest	4 x 1 mile fast	3 mile slow jog	Rest	O & B 25 mins out
WEEK 3	Rest	TEMPO 5 miles @ 5km pace	Stretch	3.5 mile TT	INTERVAL 400m x 8 1.5 min rest	Rest	L.S.D 6.5 mile
WEEK 4	Stretch	HILLS 10 x 200m 1 min rest	Rest	4 x 1 mile fast	3.5 mile slow jog	Rest	O & B 25 mins out
WEEK 5	Rest	TEMPO 5 miles @ 5km pace	Stretch	4 mile TT G.S.B	INTERVAL 800m x 6 2 min rest	Rest	L.S.D 6.5 mile
WEEK 6	Stretch	HILLS 10 x 200m 1 min rest	Rest	4 mile slow jog	4 x 1 mile fast	Rest	O & B 30 mins out
WEEK 7	Rest	Run test	Stretch	4 mile TT G.S.B	INTERVAL 400m x 8 1 min rest	Rest	L.S.D 7 mile
WEEK 8	Stretch	3.5 mile jog	Rest	INTERVAL 400m x 8 1.5 min rest	Rest	Stretch	10KM RACE

10KM TRAINING PLAN – ADVANCED

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Run test	Stretch	4.5 mile TT G.S.B	Rest	INTERVAL 400m x 8 1 min rest	Rest	L.S.D 7 mile
WEEK 2	Stretch	HILLS 10 x 200m 1 min rest	Rest	4 x 1 mile	3.5 mile slow jog	Rest	O & B 25 mins out
WEEK 3	Rest	TEMPO 5 miles @ 5km pace	Stretch	4.5 mile TT G.S.B	INTERVAL 800m x 6 2 min rest	Rest	L.S.D 8 mile
WEEK 4	Stretch	HILLS 10 x 200m 1 min rest	Rest	5 x 1 mile fast	4.5 mile slow jog	Rest	O & B 30 mins out
WEEK 5	Rest	Run test	Stretch	5 mile TT G.S.B	INTERVAL 400m x 9 1 min rest	Rest	L.S.D 9 mile
WEEK 6	Stretch	HILLS 10 x 200m 1 min rest	Rest	5 x 1 mile fast	4.5 mile slow jog	Rest	O & B 30 mins out
WEEK 7	Rest	TEMPO 5 miles @ 5km pace	Stretch	5 mile TT G.S.B	INTERVAL 800m x 6 2 min rest	Rest	L.S.D 10 mile
WEEK 8	Stretch	3 mile fast	Rest	INTERVAL 400m x 6 1 min rest	Rest	Stretch	10KM RACE

MARATHON RUNNING PROGRAMMES

People decide to take on the challenge of completing a **Marathon** for a number of reasons. They could range from setting personal bests, a weight loss incentive, raising money for charity or just wanting to say that they ticked it off their 'things to do before I die' list. Completing the **26.2 miles** of a marathon is not only a physical challenge, but a mental one. When your mind starts to talk you out of a session because it's cold outside, you must push on otherwise you'll be poorly prepared for the 'big day'.

Within this section, you will find **THREE Marathon training programmes**. These programmes are geared towards achieving one of three time goals:

- **REACH THE FINISH LINE** – Beginner
- **SUB 4HRS 30 MINUTES** – Intermediate
- **SUB 3HRS 30 MINUTES** – Advanced

All three programmes will be based over a **16 week period** which provides the body time to physiologically adapt to the progressive increase in training placed upon it.

As for ALL programmes, follow a comprehensive warm up, stretch before each session. Make sure you cool down and stretch also after the session to aid the overall recovery process.

Before you undergo these training programmes please ensure that you are physically fit as the demands placed upon your **muscular, vascular and respiratory systems** will be stressed over the course of the marathon training. It is recommended that you visit your local GP for a health check up.

And don't forget - Before you work out make sure you have the two most important items of kit – a decent pair of running trainers and a **Shock Absorber sports bra**.

MARATHON TRAINING PLAN – BEGINNER: REACH THE FINISH LINE

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Run test	3.5 mile jog	INTERVAL 6 x 200m 1 min rest	Stretch	2 mile TT G.S.B	Rest	L.S.D 45 min
WEEK 2	3.5 mile jog	Stretch	TEMPO 3.5 miles @ 5km	Rest	3 x 1 mile FAST 5 min rest	Stretch	O & B 30 mins out
WEEK 3	Stretch	HILLS 6 x 150m 1 min rest	Rest	3.5 mile jog	3 mile TT G.S.B	Rest	L.S.D 70 min
WEEK 4	Rest	4 mile jog	INTERVAL 8 X 1 min 2 min rest	Stretch	4 x 1 mile FAST 5 min rest	Stretch	O & B 35 mins out
WEEK 5	Stretch	Run test + 20 min jog	4 mile jog	Rest	TEMPO 4 miles @ 5km	Rest	L.S.D 1hr 20 min
WEEK 6	4.5 mile jog	Rest	HILLS 6 x 150m 1 min rest	Stretch	5 mile TT G.S.B	Stretch	O & B 45 mins out
WEEK 7	Rest Or 20 min jog	TEMPO 5 miles @ 5km	Stretch	6 - 7 mile jog	INTERVAL 8 X 400m 1.5 min rest	Rest	L.S.D 1hr 45 mins
WEEK 8	Rest	Run test + 30 min jog	Stretch	5 mile TT G.S.B	HILLS 8 x 150m 1 min rest	Stretch	O & B 60 mins out
WEEK 9	Rest	6 - 7 mile jog	INTERVAL 10 X 1 min 2 min rest	Stretch	5 x 1 mile FAST 5 min rest	Rest	L.S.D 2hr 30 min
WEEK 10	Stretch	TEMPO 6 miles @ 5km	Stretch	6 - 7 mile jog	INTERVAL 6 X 800m 2 min rest	Stretch	10 mile or ½ Marathon
WEEK 11	7 mile jog	Rest	HILLS 8 x 150m 1 min rest	Stretch	7 mile TT G.S.B	Rest	O & B 75 mins out
WEEK 12	Run test + 25 min jog	Stretch	TEMPO 8 miles @ Mar	INTERVAL 10 X 200m 1 min rest	8 mile jog	Stretch	L.S.D 2hr 45 min
WEEK 13	Rest Or 35 min jog	TEMPO 6 miles @ Mar	Stretch	7 - 8 mile jog	INTERVAL 8 X 400m 1.5 min rest	Rest	O & B 75 mins out
WEEK 14	Rest	6 - 7 mile jog	INTERVAL 10 X 1 min 2 min rest	Stretch	5 x 1 mile FAST 5 min rest	Stretch	L.S.D 90 min
WEEK 15	4.5 mile jog	Rest	HILLS 6 x 150m 1 min rest	Stretch	5 mile TT G.S.B	Rest	O & B 40 mins out
WEEK 16	Stretch	TEMPO 2 miles @ 5km	3 - 5 mile jog	Rest	3 mile jog + 5 x 1 min	Stretch	MARATHON

MARATHON TRAINING PLAN – INTERMEDIATE: SUB 4 HOURS 30 MINUTES

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Run test	4 mile jog	INTERVAL 10 x 200m 1 min rest	Stretch	3 mile TT G.S.B	Rest	L.S.D 50 min
WEEK 2	4.5 mile jog	Stretch	TEMPO 4 miles @ 5km	Rest	4 x 1 mile FAST 5 min rest	Stretch	O & B 30 mins out
WEEK 3	Stretch	HILLS 6 x 150m 1 min rest	Rest	3.5 mile jog	3 mile TT G.S.B	Rest	L.S.D 70 min
WEEK 4	5 mile jog	4 x 1 mile FAST 5 min rest	7 mile jog	Stretch	INTERVAL 8 X 2 min 2 min rest	Stretch	O & B 45 mins out
WEEK 5	5 mile jog	Run test + 20 min jog	4 mile jog + 5 x 2 min	Rest	TEMPO 5 miles @ 5km	Rest	L.S.D 1hr 30 min
WEEK 6	6 mile jog	INTERVAL 4 X 1 mile 5min rest	HILLS 8 x 200m 1 min rest	Stretch	5 mile TT G.S.B	Stretch	O & B 45 mins out
WEEK 7	6 mile jog	TEMPO 6 miles @ 5km	Stretch	6 - 7 mile jog	INTERVAL 12 X 400m 1.5 min rest	Rest	L.S.D 1hr 45 mins
WEEK 8	Rest	Run test + 30 min jog	Stretch	6 mile TT G.S.B	HILLS 8 x 200m 1 min rest	5 mile jog	O & B 60 mins out
WEEK 9	Rest	6 - 7 mile jog	INTERVAL 10 X 1 min 2 min rest	6 mile jog	5 x 1 mile FAST 5 min rest	Rest	L.S.D 2hr 30 min
WEEK 10	Stretch	TEMPO 6 x mile @ 5km	Stretch	6 - 7 mile jog	INTERVAL 6 X 1 mile 5 min rest	Stretch	10 mile or ½ Marathon
WEEK 11	7 - 8 mile jog	Rest	HILLS 8 x 200m 1 min rest	Stretch	7 mile TT G.S.B	5 mile jog	O & B 75 mins out
WEEK 12	Run test + 30 min jog	Stretch	TEMPO 8 miles @ Mar	INTERVAL 10 X 400m 1.5 min rest	8 mile jog	Stretch	L.S.D 2hr 45 min
WEEK 13	Rest	TEMPO 7 miles @ Mar	Stretch	7 - 8 mile jog	INTERVAL 7 X 800m 3 min rest	3 mile jog	Race or O & B 75 mins out
WEEK 14	Rest	6 - 7 mile jog	INTERVAL 10 X 1 min 2 min rest	Stretch	5 x 1 mile FAST 5 min rest	Stretch	L.S.D 90 min
WEEK 15	5 mile jog	Rest	10 mile TT G.S.B	Stretch	INTERVAL 10 X 1 min 2 min rest	Rest	O & B 40 mins out
WEEK 16	Stretch	TEMPO 4 miles @ 5km	5 mile jog	Rest	3 mile Jog + 5 x 1 min	Stretch	MARATHON

MARATHON TRAINING PLAN – ADVANCED SUB: 3HRS 30 MINUTES

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Run test + 25 min jog	5 mile jog	INTERVAL 10 x 400m 1 min rest	Stretch	5 mile TT G.S.B	Rest	L.S.D 60 min
WEEK 2	5 mile jog	HILLS 10 x 150m 1 min rest	TEMPO 4 miles @ 5km	Rest	5 x 1000m FAST 3.5 min rest	Stretch	O & B 45 mins out
WEEK 3	5 mile jog	4 mile jog + 5 x 2 min	Rest	5.5 mile jog	5 mile TT G.S.B	Rest	L.S.D 75 min
WEEK 4	5.5 mile jog	4 x 1 mile FAST 5 min rest	6 mile jog	Stretch	INTERVAL 10 min X 3 4 min rest	20 min jog	O & B 45 mins out
WEEK 5	5 mile jog	Run test + 25 min jog	HILLS 10 x 150m 1 min rest	Rest	TEMPO 7 miles @ 10km	5.5 mile jog	L.S.D 1hr 30 min
WEEK 6	6 mile jog	INTERVAL 4 X 1 mile 5 min rest	HILLS 8 x 200m 1 min rest	Stretch	6 mile TT G.S.B	20 min jog	O & B 55 mins out
WEEK 7	6 mile jog	TEMPO 7 miles @ 10km	Stretch	6 - 7 mile jog	INTERVAL 12 X 400m 1 min rest	25 min jog	L.S.D 2hr
WEEK 8	6 mile jog	Run test + 30 min jog	HILLS 10 x 200m	8 mile TT G.S.B	Stretch	5 mile jog	O & B 75 mins out
WEEK 9	6 mile jog	6 - 7 mile jog	INTERVAL 10 min X 4 5 min rest	6 mile jog	5 x 1 mile FAST 5 min rest	Rest	L.S.D 2hr 30 min
WEEK 10	5 mile jog	TEMPO 8 mile @ 10km	30 min jog	7 mile + 5 x 2 min	INTERVAL 6 X 1 mile 6 min rest	Rest	15 mile or ½ Marathon race
WEEK 11	5 mile jog	7 mile + 5 x 2 min	HILLS 10 x 200m 1 min rest	Stretch	10 mile TT G.S.B	5 mile jog	O & B 80 mins out
WEEK 12	Run test + 35 min jog	INTERVAL 15 min X 4 4 min rest	TEMPO 8 miles @ Mar	INTERVAL 8 X 800m 3 min rest	8 mile jog	Stretch	L.S.D 2hr 45 min
WEEK 13	4.5 mile jog	TEMPO 8 miles @ Mar	Stretch	8 mile jog +5 x 2 min	INTERVAL 7 X 800m 3 min rest	5 mile jog	Race or O & B 1hrs out
WEEK 14	4.5 mile jog	8 mile jog	INTERVAL 10 min X 5 3 min rest	Stretch	5 x 1 mile FAST 5 min rest	5 mile jog	L.S.D 90 min
WEEK 15	4.5 mile jog	Rest	10 mile TT G.S.B	Stretch	INTERVAL 10 X 1 min 2 min rest	Rest	O & B 40 mins out
WEEK 16	Stretch	TEMPO 4 miles @ 5km	5 mile jog	Rest	3 mile jog + 5 x 1 min	Stretch	MARATHON