

Beginners / First Timers Programme

Monday Brisk walk 30 minutes
Tuesday Steady jog of 10 /15 minutes
Wednesday Cross Training or Rest
Thursday Steady jog of 15 minutes
Friday Complete rest day
Saturday 20 minute run / jog
Sunday 20 minute run / jog

Week 2

Monday As previous week
Tuesday Steady jog of 25 minutes
Wednesday Cross Training or rest
Thursday Steady jog of 25 minutes
Friday Complete rest day
Saturday 30 minute run/ jog
Sunday 30 minute run / jog

Week 3

Monday As previous week's
Tuesday Start with 10/15 mins of jogging then 6 x 30 seconds of faster running with 30 seconds easy walk recovery between each effort, then 10mins warm down
Wednesday Cross Training or rest
Thursday Steady run of 30 minutes
Friday Complete rest day
Saturday Cross Training or 25 minute run
Sunday Run of 45- 50 minutes run

Week 4

Monday As Previous weeks
Tuesday Steady 20 mins jog then 15 minutes of 'Fartlek' type Running followed by 15 minutes warm down
Wednesday Cross training or 25 mins steady run
Thursday Steady run of 45minutes
Friday Complete rest day

Saturday Cross Training & 20 minutes steady run
Sunday Long run of 50- 60 minutes

Week 5

Monday Rest Day or Cross Training
Tuesday Steady 15 mins jog then run a loop of 3miles at a quick pace
Even pace effort, then warm down 10mins.
Wednesday Rest Day or Cross Training
Thursday Steady run of 45 minutes
Friday Complete rest day
Saturday Cross Training & 20 minutes run
Sunday Look for a race of 5k or 10k Otherwise 50-60 min run

Week 6

Monday Rest Day or Cross Training
Tuesday Steady 15 mins jog then 8 x 1min quicker pace with 1min
Walk/jog then 10 minutes warm down. If you have raced
previous Sunday them just a 35 min run
Wednesday Cross Training or 20/25 minutes easy run
Thursday Steady run of 45/50 minutes
Friday Complete rest day
Saturday Cross Training or 25 minutes run
Sunday First long run over 60minutes –go for 70minutes

Week 7

Monday Rest Day or Cross Training
Tuesday Steady 15/20mins jog then 20 minutes of 'Fartlek' type
running. Then 10 mins of warm down
Wednesday Cross Training or 25 minutes steady run
Thursday Steady run of 45-60 minutes
Friday Complete Rest Day
Saturday Optional easy day with an easy run
Sunday Long run of 70 to 75 minutes

Week 8

Monday Rest Day or Cross Training

Tuesday Steady 20 mins jog then 3 mile loop/ 15 mins warm down
Wednesday Rest Day or 25 minute run
Thursday If Racing on Friday rest or 45-60minute run
Friday Notts 10Mile Road Race at Holmepierpoint 7:15pm
Or Rest Day
Saturday If raced Cross Train only or Cross Train & 20min run
Sunday Long run of 90 minutes minimum

Week 9

Monday Rest Day
Tuesday Steady 20 mins jog then 10 x 1minute with same jog or walk
recovery , 10minutes warm down
Wednesday Cross Training & 30 minute run
Thursday 1 hours steady run
Friday Rest Day
Saturday Easy run 25/30 mins or Cross Train
Sunday Long Steady Run of 1&1/2 hours minimum
(Group run from Berry Hill Park @8-30 am)

Week 10

Monday Rest Day
Tuesday Steady 20 mins warm up then 20 mins of 'Fartlek', 10mins
Warm down
Wednesday Cross training & 20-30 mins run
Thursday Steady run of 1hour
Friday Rest Day
Saturday Cross Train & 20 mins easy run
Sunday Long run (go steady and aim for over 2 hours
(Group run from Berry Hill Park @8-30 am)

Week 11

Monday Rest Day
Tuesday Steady 20 mins warm up then 5miles at race pace (your target
time) 10 mins warm down
Wednesday Cross Train
Thursday Steady run of 1&1/2 hours
Friday Rest Day

Saturday Easy Day Cross Train or Steady Run 25 minutes
Sunday Last long run of a minimum of 2 hours
(Group run from Berry Hill Park @8-30 am)

Week 12

Monday Rest Day
Tuesday Steady run of 45 mins maximum
Wednesday Easy Cross Training Session
Thursday Steady run of 25 mins
Friday Rest
Saturday Easy 2/3 miles and some stretching
Sunday Half Marathon Race (GO FOR IT!!)