

### Beginner 14 Week Training Plan (aiming for sub 4:30)

This training plan is meant to guide your training. Always run at your own pace. If you are feeling ill or you have an injury, wait until you are fully better before training again.

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>w/c 18<sup>th</sup> Jan</b>	Rest	1 mile jog. 3x 1 mile fast with 3 min jog recoveries. 1 mile jog.	4 miles in 45 mins – slow.	3 miles in 30 mins – steady.	Rest	Rest or 3 miles in 35 mins – slow.	8 miles in 85 – 90 mins – run/walk.
<b>25<sup>th</sup> Jan</b>	Rest	1 mile jog. 4x 800m fast with 2 min jog recoveries. 1 mile jog.	5 miles in 57 mins – slow.	1 mile jog. 2 miles in 18 mins brisk. 1 mile jog.	Rest	Rest or 3 miles in 35 mins – slow.	1 mile jog. 10km or 5 miles race. 1 mile jog.
<b>1<sup>st</sup> Feb</b>	Rest	1 mile jog. 3 miles or 30 mins fartlek. 1 mile jog.	4 miles in 45 mins – slow.	4 miles in 40 mins – steady.	Rest	Rest or 3 miles in 35 mins – slow.	10 miles in 1 hr 35 mins – run/walk.
<b>8<sup>th</sup> Feb</b>	Rest	1 mile jog. 6x 400m fast with 90 sec jog recoveries. 1 mile jog.	5 miles in 57 mins – slow.	1 mile jog. 3 miles in 27 mins brisk. 1 mile jog.	Rest	Rest or 3 miles in 35 mins – slow.	12 miles in 2 hrs 5 mins – run/walk.
<b>15<sup>th</sup> Feb</b>	Rest	1 mile jog. 8x 2 mins up hill with slow jog/walk down. 1 mile jog.	6 miles in 70 mins – slow.	6 miles in 62 mins – steady.	Rest	Rest or 3 miles in 35 mins – slow.	12 miles in 2 hrs 5 mins – run/walk.
<b>22<sup>nd</sup> Feb</b>	Rest	1 mile jog. 3x 1 mile fast with 3 min jog recoveries. 1 mile jog.	7 miles in 80 mins – slow.	1 mile jog. 2 miles in 18 mins brisk. 1 mile jog.	Rest	Rest	5 miles – 13.1 miles – race pace.
<b>1<sup>st</sup> March</b>	Rest	1 mile jog. 10x 200m fast with 1 min jog recoveries. 1 mile jog.	6 miles in 70 mins – slow.	8 miles in 82 mins – steady.	Rest	Rest or 3 miles in 35 mins – slow.	16 miles in 3 hrs – run/walk.

### Beginner 14 Week Training Plan continued

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>8<sup>th</sup> March</b>	Rest	1 mile jog. 3x 1.5 miles fast with 3 min jog recoveries. 1 mile jog.	7 miles in 80 mins – slow.	1 mile jog. 3 miles in 30 mins brisk. 1 mile jog.	Rest	Rest or 3 miles in 35 mins – slow.	13.1 miles in 2 hrs.
<b>15<sup>th</sup> March</b>	Rest	1 mile jog. 5 miles or 50 mins fartlek. 1 mile jog.	5 miles in 57 mins – slow.	10 miles in 1 hr 45 mins - steady	Rest	Rest or 3 miles in 35 mins – slow.	18 miles in 3 hrs 15 mins – slow.
<b>22<sup>nd</sup> March</b>	Rest	1 mile jog. 3x 1.5 miles fast with 3 min jog recoveries. 1 mile jog.	7 miles in 80 mins – slow.	1 mile jog. 3 miles in 30 mins brisk. 1 mile jog.	Rest	Rest or 3 miles in 35 mins – slow.	15 miles in 2 hrs 30 mins – slow.
<b>29<sup>th</sup> March</b>	Rest	1 mile jog. 4x 1 mile fast with 2 min jog recoveries. 1 mile jog.	6 miles in 70 mins – slow.	1 mile jog. 4 miles in 40 mins brisk. 1 mile jog.	Rest	Rest or 3 miles in 35 mins – slow.	20 miles in 3 hrs 30 mins – slow.
<b>5<sup>th</sup> April</b>	Rest	1 mile jog. 6x 800m fast with 1 min jog recoveries. 1 mile jog.	5 miles in 57 mins – slow.	9 miles in 90 mins – steady.	Rest	Rest or 3 miles in 35 mins – slow.	17 miles in 3 hrs – slow.
<b>12<sup>th</sup> April</b>	Rest	1 mile jog. 10 x 2 mins up hill with slow jog/walk down. 1 mile jog.	4 miles in 45 mins – slow.	1 mile jog. 3 miles in 30 mins brisk. 1 mile jog.	Rest	Rest or 3 miles in 35 mins - slow	10 miles in 1hr 40 mins – steady.
<b>19<sup>th</sup> April</b>	Rest	1 mile jog. 6x 400m fast with 2 min jog recoveries. 1 mile jog.	3 miles in 35 mins – slow.	Rest	Rest	2 miles or 20 mins - slow	<b>Race day!!</b>

### Intermediate 14 Week Training Plan (aiming for sub 4:00)

This training plan is meant to guide your training. Always run at your own pace. If you are feeling ill or you have an injury, wait until you are fully better before training again.

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>w/c 18<sup>th</sup> Jan</b>	Rest	1 mile jog. 3x 1 mile fast with 3 min jog recoveries. 1 mile jog.	6 miles in 60 mins – slow.	1 mile jog. 3 miles in 27 mins steady. 1 mile jog.	Rest	4 miles in 42 mins – slow.	9 miles in 90 mins – slow.
<b>25<sup>th</sup> Jan</b>	Rest	1 mile jog. 4x 800m fast with 2 min jog recoveries. 1 mile jog.	7 miles in 70 mins – slow.	1 mile jog. 2 miles in 16 mins fast. 1 mile jog.	Rest	4 miles in 42 mins – slow.	1 mile jog. 10km or 5 miles race. 1 mile jog.
<b>1<sup>st</sup> Feb</b>	Rest	1 mile jog. 4 miles of 40 mins fartlek. 1 mile jog.	5 miles in 51 mins – slow.	5 miles in 45 mins – steady.	Rest	4 miles in 42 mins – easy.	11 miles in 1 hr 50 mins – slow.
<b>8<sup>th</sup> Feb</b>	Rest	1 mile jog. 8x 400m fast with 90 sec jog recoveries. 1 mile jog.	6 miles in 60 mins – slow.	1 mile jog. 3 miles in 25 mins brisk. 1 mile jog.	Rest	4 miles in 42 mins – slow.	13 miles in 2 hrs 10 mins – slow.
<b>15<sup>th</sup> Feb</b>	Rest	1 mile jog. 9x 2 mins up hill with jog/walk down. 1 mile jog.	7 miles in 70 mins – slow.	6 miles in 55 mins – steady.	Rest	4 miles in 42 mins – slow.	15 miles in 2 hrs 35 mins – slow.
<b>22<sup>nd</sup> Feb</b>	Rest	1 mile jog. 3x 1 mile fast with 3 min jog recoveries. 1 mile jog.	8 miles in 82 mins – slow.	1 mile jog. 2 miles in 16 mins brisk. 1 mile jog.	Rest	3 miles in 30 mins – slow.	5 miles to 13.1 miles – race.
<b>1<sup>st</sup> March</b>	Rest	1 mile jog. 12x 200m fast with 1 min jog recoveries. 1 mile jog.	7 miles in 70 mins – slow.	8 miles in 73 mins – steady.	Rest	4 miles in 42 mins – slow.	17 miles in 2hrs 55 mins – slow.

### Intermediate 14 Week Training Plan continued

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>8<sup>th</sup> March</b>	Rest	1 mile jog. 3x 1.5 miles fast with 3 min jog recoveries. 1 mile jog.	8 miles in 82 mins – slow.	1 mile jog. 3 miles in 25 mins brisk. 1 mile jog.	Rest	3 miles in 30 mins – slow.	13.1 miles in 1 hr 50 mins.
<b>15<sup>th</sup> March</b>	Rest	1 mile jog. 6 miles or 55 mins fartlek. 1 mile jog.	6 miles in 55 mins – slow.	10 miles in 90 mins – steady.	Rest	4 miles in 40 mins – slow.	18 miles in 3 hrs – slow.
<b>22<sup>nd</sup> March</b>	Rest	1 mile jog. 5x 1.5 miles fast with 3 min jog recoveries. 1 mile jog.	8 miles in 82 mins – slow.	1 mile jog. 3 miles in 25 mins brisk. 1 mile jog.	Rest	4 miles in 40 mins – slow.	15 miles in 2 hrs 30 mins – slow.
<b>29<sup>th</sup> March</b>	Rest	1 mile jog. 5x 1 mile fast with 2 min jog recoveries. 1 mile jog.	7 miles in 70 mins – slow.	1 mile jog. 4 miles in 35 mins brisk. 1 mile jog.	Rest	4 miles in 40 mins – slow.	20 miles in 3 hrs 20 mins – slow.
<b>5<sup>th</sup> April</b>	Rest	1 mile jog. 6x 800m fast with 1 min jog recoveries. 1 mile jog.	6 miles in 60 mins – slow.	9 miles in 82 mins – steady.	Rest	4 miles in 40 mins – slow.	18 miles in 3 hrs 5 mins – slow.
<b>12<sup>th</sup> April</b>	Rest	1 mile jog. 12x 2 mins up hill with slow jog/walk down. 1 mile jog.	5 miles in 50 mins – slow.	1 mile jog. 3 miles in 25 mins brisk. 1 mile jog.	Rest	4 miles in 40 mins – slow.	12 mile in 1 hr 50 mins – steady.
<b>19<sup>th</sup> April</b>	Rest	1 mile jog. 6x 400m fast with 2 min jog recoveries. 1 mile jog.	4 miles in 40 mins – slow.	Rest	Rest	2 miles or 20 mins – slow.	<b>Race day!!</b>

### Advanced 14 Week Training Plan (aiming for sub 3:30)

This training plan is meant to guide your training. Always run at your own pace. If you are feeling ill or you have an injury, wait until you are fully better before training again.

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>w/c 18<sup>th</sup> Jan</b>	4 miles in 35 mins - slow	1 mile jog. 4x 1mile fast with 3 min recoveries. 1 mile jog.	7 miles in 63 mins – slow.	4 miles in 32 mins – steady.	Rest	5 miles in 45 mins.	13 miles in 1 hr 55 mins - slow
<b>25<sup>th</sup> Jan</b>	4 miles in 35 mins - easy	1 mile jog. 6x 800m fast with 2 min recoveries. 1 mile jog.	8 miles in 72 mins – slow.	1 mile jog. 3 miles brisk. 1 mile jog.	Rest	5 miles in 45 mins	1 mile jog. 10km (43 mins) or 5 miles (35 mins) race. 1 mile jog,
<b>1<sup>st</sup> Feb</b>	Rest	1 mile jog. 5 miles or 40 mins fartlek. 1 mile jog.	8 miles in 72 mins – slow.	5 miles in 40 mins – steady.	Rest	5 miles in 45 mins	15 miles in 2 hrs 15 mins - slow
<b>8<sup>th</sup> Feb</b>	4 miles in 35 mins - easy	1 mile jog. 10x 2 mins up hill, jog back. 1 mile jog.	9 miles in 80 mins – slow.	1 mile jog. 5 miles brisk. 1 mile jog.	Rest	5 miles in 45 mins.	18 miles in 2 hrs 40 mins – slow.
<b>15<sup>th</sup> Feb</b>	4 miles in 35 mins - easy	1 mile jog. 12x 2 mins up hill, jog back. 1 mile jog.	10 miles in 90 mins – slow.	7 miles in 56 mins – steady.	Rest	5 miles in 45 mins	20 miles in 3 hrs
<b>22<sup>nd</sup> Feb</b>	Rest	1 mile jog. 14x 2 mins up hill, jog back. 1 mile jog.	11 miles in 100 mins – slow.	1 mile jog. 3 miles (23 mins) brisk. 1 mile jog.	Rest	5 miles in 45 mins	5 miles to 13 miles – race pace
<b>1<sup>st</sup> March</b>	Rest	1 mile jog. 15x 200m fast with 1 min recoveries. 1mile jog.	8 miles in 70 mins – slow.	9 miles in 70 mins – steady.	Rest	5 miles in 45 mins	18 miles in 3 hrs

### Advanced 14 Week Training Plan continued

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>8<sup>th</sup> March</b>	4 miles in 35 mins – easy.	1 mile jog. 4x 1.5 mile fast with 3 mins recoveries. 1 mile jog.	9 miles in 80 mins – slow.	1 mile jog. 3 miles in 23 mins brisk. 1 mile jog.	Rest	3 miles in 30 mins.	13.1 miles in 1hr 37 mins
<b>15<sup>th</sup> March</b>	Rest	1 mile jog. 6 miles or 50 mins fartlek. 1 mile jog.	6 miles in 50 mins – slow.	11 miles in 90 mins – steady.	Rest	5 miles in 45 mins	20 miles in 2hrs 20 mins
<b>22<sup>nd</sup> March</b>	4 miles in 35 mins – easy.	1 mile jog. 4x 1.5 mile fast with 400m recoveries. 1 mile jog.	9 miles in 80 mins – slow.	1 mile jog. 3 miles in 22 mins brisk. 1 mile jog.	Rest	5 miles in 45 mins	15 miles in 3 hrs
<b>29<sup>th</sup> March</b>	4 miles in 35 mins – easy.	1 mile jog. 5x 1 mile fast with 2 min recoveries. 1 mile jog.	7 miles in 60 mins – slow.	1 mile jog. 4 miles in 30 mins brisk. 1 mile jog.	Rest	5 miles in 45 mins.	20 miles in 3 hrs
<b>5<sup>th</sup> April</b>	Rest	1 mile jog. 7x 800m fast with 1 min recoveries. 1 mile jog.	6 miles in 50 mins – slow.	10 miles in 80 mins – steady.	Rest	5 miles in 45 mins – easy.	18 miles in 2hrs 35 mins
<b>12<sup>th</sup> April</b>	4 miles in 35 mins – easy.	1 mile jog. 12x 200m hill with slow jog/walk down. 1 mile jog.	5 miles in 45 mins – slow.	1 mile jog. 3 miles in 22 mins brisk. 1 mile jog.	Rest	5 miles in 45 mins.	12 miles in 95 mins
<b>19<sup>th</sup> April</b>	Rest	1 mile jog. 8x 400m fast with 2 min jog recoveries. 1 mile jog.	4 miles in 35 mins – easy.	Rest	Rest	2 miles in racing kit	<b>Race day!!</b>