

Training Plan

for Intermediate runners

Pace Key:

Jog: Above walking pace 50% max heart rate

Easy: Gentle jog below 60% M.H.R

Slow: Conversational pace 60-65% M.H.R

Steady: Comfortable but purposeful 65-75% M.H.R

Fast: 5km-10km race pace 85-95% M.H.R

To calculate your maximum heart rate: $220 - \text{Your Age}$

Terminology

Easy runs should be just that - EASY! Realistically, they should not be much faster than jogging. Long runs are about building time on your feet while shorter runs are about recovery. The main purpose of these runs are to educate muscles, burn fat and utilise oxygen.

Steady running is slightly faster but remain relaxed and you should comfortably be able to maintain a conversation.

Pace runs are not flat out but a good strong run where you will be slightly out of breath. Ideally, these should be run at 85% of your maximum and this can be achieved with the use of a heart rate monitor. You should not be able to hold a full conversation at this pace. These runs will increase the overall pace of your running.

Repetition work will place your body under even greater stress but this is where you will reap the rewards come race day. These higher intensity sessions are great workouts for the heart and lungs.

Week 1	Sub 1 hr	Sub 45 mins	Sub 38 mins
Sunday	30 mins Run	60 mins Run	90 mins Run
Monday	Rest	Rest	45 mins Run
Tuesday	30 min Run	45 min Run	8 x 2 mins at 10km pace with 2 mins jog recovery between efforts
Wednesday	Rest	30 min run – last 10 mins at 10km pace	45 min Run
Thursday	30 min Run	45 min run	30 min run – last 10 mins at marathon pace
Friday	Rest	Rest	Rest
Saturday	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Morning – 30 mins easy Afternoon - Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each
Training Objective:	Getting time on the feet and the start of a gradual build up of training.	Getting time on the feet and the start of a gradual build up of training. Beginnings of generating the pace necessary to run at 7 min mile pace.	Runner probably already into full training for road or cross-country season. Introduction of 10km pace training.

Week 2	Sub 1 hr	Sub 45mins	Sub 38 mins
Sunday	40 mins steady	60 mins steady	90 mins steady
Monday	Rest	Rest	45 mins Run
Tuesday	30 min Run	45 min Run	8 x 2 mins at 10km pace with 2 mins jog recovery between efforts
Wednesday	Rest	30 min run – last 10 mins at 10km pace	45 min Run
Thursday	30 min Run	45 min run	30 min run – last 10 mins at 10km pace
Friday	Rest	Rest	Rest
Saturday	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Morning – 30 mins easy Afternoon - Circuits of a park alternating 1min at faster than normal pace / 1 min at slower x 10 each
Training objective:	As week 1	As week 1	As week 1

Week 3	Sub 1 hr	Sub 45mins	Sub 38 mins
Sunday	60 mins steady	90 mins steady	90 mins steady
Monday	Rest	30 mins easy	Morning – 30 mins easy Afternoon - 45 mins easy
Tuesday	45 mins easy	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	4 x 1 mile efforts at 10km pace.
Wednesday	Rest	Rest	60 min Run
Thursday	45 mins easy	45 mins easy	Morning – 30 mins easy Afternoon – 45 mins easy
Friday	Rest	30 mins easy	30 mins easy
Saturday	10 x 1 min running up shallow hill – walk back down recovery	Rest	30 min Jog
Training Objectives:	Development of the long run and some hill work to build strength in the legs.	Develop long run & faster stretches within the normal steady pace run.	Develop long run & faster stretches within the normal steady pace run.

Week 4	Sub 1 hr	Sub 45mins	Sub 38 mins
Sunday	75 mins steady	5km race or time trial	5km race or time trial
Monday	Rest	30 mins easy	30 mins easy
Tuesday	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	6 x 1,000 m at 5km pace – 3 mins recovery between each
Wednesday	Rest	30 mins easy	Morning – easy 30 mins Afternoon – 60 mins steady
Thursday	45 mins steady	60 mins easy	Morning – easy 30 mins Afternoon – steady 30 mins followed by 10 x 200m
Friday	Rest	Rest	Rest
Saturday	10 x 1 min running up shallow hill – walk back down recovery	12 x 1 min running up shallow hill – walk back down recovery	16 x 1 min running up shallow hill – walk back down recovery
Training	Lengthening long run – the pace doesn't matter.	Building the speed necessary to run a 10km with	Building the speed necessary to run a 10km with

Objective:	Introduction of 'speed work' at race pace will accelerate fitness levels.	some efforts faster than 10km pace.	some efforts faster than 10km pace
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Week 5	Sub 1 hr	Sub 45mins	Sub 38 mins
Sunday	75 mins easy	90 mins steady	90 mins steady
Monday	Rest	30 mins easy	Morning – 30 mins easy Afternoon – 45 mins Run
Tuesday	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	On fairly straight uninterrupted route run 10 mins at 10km pace – 10 mins recovery – run 10 min back trying to get to pass your start point
Wednesday	Rest	60 mins easy	Morning – 30 mins easy Afternoon – 60 mins steady
Thursday	60 mins easy	30 mins steady	Morning – easy 30 mins Afternoon – steady 30 mins followed by 10 x 200m
Friday	Rest	Rest	Rest
Saturday	10 x 1 min running up shallow hill – walk back down recovery	12 x 1 min running up shallow hill – walk back down recovery	16 x 1 min running up shallow hill – walk back down recovery
Training Objectives	Consolidation week – getting used to the balance between the long run and speed work.	Consolidation week – getting used to the balance between the long run and speed work.	Consolidation week – getting used to the balance between the long run and speed work.

Week 6	Sub 1 hr	Sub 45mins	Sub 38 mins
Sunday	75 mins easy	90 mins steady	90 mins steady
Monday	Rest	30 mins easy	Morning – 30 mins easy Afternoon – 45 mins Run
Tuesday	Up the clock – run 1 min fast/1 min slow, 2 mins fast/2 mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast.	Up the clock – run 1 min fast/1 min slow, 2 mins fast/2 mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast.	Up and down the clock – run 1 min fast/1 min slow, 2 mins fast/2 mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast/5 mins slow, the 4, 3, 2, 1 min back down.
Wednesday	Rest	30 mins easy	Morning – 30 mins easy Afternoon – 60 mins Run
Thursday	60 mins easy	75 mins easy	Morning – 30 mins easy Afternoon - 10 min warm-up – 20 min Tempo run (10 km race pace) – 10 mins warm-down
Friday	Rest	30 min easy	30 min easy
Saturday	12 x 1 min running up shallow hill – walk back down recovery	Rest	Rest
Training Objectives	Development of ability to run faster than race pace and hold the pace for an increasing amount of time.	Development of ability to run faster than race pace and hold the pace for an increasing amount of time. At same time long run is increased to the magic 2-hrs.	Up and down the clock develops strength and speed. The Tempo run enables you to hold a fast pace for a long time.

Week 7	Sub 1 hr	Sub 45mins	Sub 38 mins
Sunday	75 min run	75 min run	75 min run
Monday	Rest	30 mins easy	Morning – 30 mins easy Afternoon – 30 mins easy
Tuesday	10 mins warm up – 20 mins at 10km pace – 10 min warm down.	10 mins warm up – 20 mins at 10km pace – 10 min warm down.	3 sets of 4 x 300m at 3 km pace with 100 m jog recovery between efforts/3 mins standing recovery between sets.
Wednesday	Rest	60 mins steady	60 mins steady
Thursday	60 mins steady	Morning – 30 mins easy Afternoon – 30 mins easy	Morning – 30 mins easy Afternoon – 30 mins easy
Friday	Rest	Rest	Rest
Saturday	12 x 1 min running up shallow hill – walk back down recovery	15 x 1 min running up shallow hill – walk back down recovery	20 x 1 min running up shallow hill – walk back down recovery
Training Objectives	Race pace running is important so that your body gets the 'feel' of the speed you want to race at.	Race pace running is important so that your body gets the 'feel' of the speed you want to race at. Twice a day training on some days gives a boost to your endurance, and the afternoon run can sometimes be better because you have 'warmed-up' in the morning.	Big 'interval sessions' develop the heart & lungs, build strength and develop the speed necessary to run 6 min per mile comfortably.

Week 8	Sub 1 hr	Sub 45mins	Sub 38 mins
Sunday	45 mins run/walk	45 mins run/walk	45 mins run/walk
Monday	Rest	30 mins easy	45 mins Run
Tuesday	10 mins warm up – 10 x 200m with 200m walk/jog recovery– 10 min warm down.	10 mins warm up – 10 x 200m with 200m walk/jog recovery– 10 min warm down.	10 mins warm up – 10 x 200m with 200m walk/jog recovery– 10 min warm down.
Wednesday	Rest	30 min easy	30 mins easy
Thursday	30 mins steady	30 mins steady	30 mins easy
Friday	30 mins easy	30 mins easy	30 mins easy
Saturday	Rest	Rest	Rest
Training Objectives	Taper down for race.	Taper down for race.	Taper down for race.

Race Day

