

elationcentre

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Week	Mon:	Tues:	Wed:	Thurs:	Fri	Sat	Sun	Date of Long Run
	Speed	Recovery	Rest or X-Train	Tempo or Recovery	Rest	Long Run	Rest or X-Train	
1	8-10	5	R/XT	Easy 5km	X	10	R/XT	Jan-28
2	8-10	5	R/XT	3	X	12	R/XT	Feb-04
3	8-10	5	R/XT	5	X	13	R/XT	Feb-11
4	8-10	5	R/XT	Easy 7	X	12	R/XT	Feb-18
5	8-10	6	R/XT	5	X	14	R/XT	Feb-25
6	8-10	6	R/XT	6	X	15	R/XT	Mar-03
7	8-10	6	R/XT	7	X	14	R/XT	Mar-10
8	8-10	6	R/XT	Easy 7	X	16	R/XT	Mar-17
9	8-10	6	R/XT	7	X	17	R/XT	Mar-24
10	8-10	6	R/XT	8	X	18	R/XT	Mar-31
11	8-10	6	R/XT	9	X	10-12	R/XT	Apr-07 EASTER
12	8-10	6	R/XT	Easy 7	X	15	R/XT	Apr-14
	8-10	6	R/XT	6	X	17	R/XT	Apr-21
13	8-10	6	R/XT	7	X	19	R/XT	Apr – 28
14	8-10	6	R/XT	8	X	21	R/XT	May-05
15	8-10	6	R/XT	Easy 7	X	15-16	R/XT	May-12
16	8-10	6	R/XT	6	X	10	R	May-19
	Easy 5	6	R/XT	Easy 5km	X	x	Race	May-27

Tues: Speed with Sherry (optional)—include a warm up for 10-15 minutes, intervals, hills and/or pickups for 45 minutes-1 hour, cool down for 10-15 minutes. Speed Training is the ‘icing on the cake’ and comprises about 10-15% of your total weekly mileage. If you find you’re legs are still sore and heavy for your long run, you probably haven’t recovered after your speed workout, take it easier next time or take a week off of the speed training. Option, run the distance listed at your regular pace

Thurs: Tempo Run (optional) – the duration of the tempo run is listed on the schedule and gradually increases as the training schedule progresses. To this time add 2km warm-up and 2km cool-down. Every 4th week, no tempo run, do a recovery run. If you choose not to do a Tempo run, do a slow, recovery run for 6-10km.

Long Runs and Recovery Runs: these are slow! The time for speed is during the week. We suggest first-timers follow the “run 10/walk1” method during the Long Run on Saturday. More experienced runners can leave out the walk break

X-Train: Yoga, Swim, Cross Country Ski, Spin, light strength training (focused on the core) for 30 to 60 minutes