

Intermediate Training Plan (Week 1 - Build Phase 1)

Advance Training Plan (Week 1 - Base Phase (3 hrs 57 mins))

Monday: Tempo Run - Hard/Threshold (41 mins)

Warm Up:

10 mins in Z2.

Main Set:

2 x (10 mins in low Z4 + 3 min recoveries in Z1).

Warm Down:

5 mins in Z2.

Tuesday: Recovery Day

Allows for recovery whilst promoting adaptation to previous training stresses. Helps you get faster and keep injuries at bay

Wednesday: Aerobic Endurance - Steady/Endurance (35 mins)

All in low to mid Z2. These runs are to be done slowly. They will gradually build your endurance and increase your efficiency. If you do them faster, you'll increase your injury risk for no real benefit.

Thursday: Strength - Adaptation Phase (45 mins)

Friday: Strength Endurance - V. Hard/VO2 Max (36 mins 30 secs)

Warm Up:

10 mins in Z2.

4 x (30 secs accelerating from Z2 to Z4 + 30 sec recoveries in Z1).

Intermediate Training Plan (Week 1 - Build Phase 1)

Main Set:

5 x (90 secs in low Z5 up a hill (gradient should be 3 to 6%) + 2 min recoveries in Z1-Z2).

Warm Down:

5 mins in Z2.

Saturday: Recovery Day

Sunday: Aerobic Endurance - Steady/Endurance (1 hr 20 mins)

Easy or steady run/jog all in low to mid Z2. This is your long run and will gradually increase in duration. If you need to include some walking sections in these runs, in order to keep your heart rate down, that's fine.

Click the headings below to view the remaining weeks!

Week 2 - Base Phase (4 hrs 07 mins)

Monday: Recovery Day

Tuesday: Tempo Run - Hard/Threshold (42 mins)

Warm Up:

10 mins in Z2 to Z3.

Main Set:

3 x (7 mins in low Z4 + 2 min recoveries in Z1).

Warm Down:

5 mins in Z2.

Wednesday: Aerobic Endurance - Steady/Endurance (40 mins)

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All in low to mid Z2.

Thursday: Strength - Adaptation Phase (45 mins)

Friday: Strength Endurance - V. Hard/VO2 Max (30 mins)

Warm Up:

7 mins in Z2.

4 x (30 secs accelerating from Z2 to Z4 + 30 sec recoveries in Z1).

Main Set:

4 x (90 secs in low Z5 up a hill (gradient should be 3 to 6%) + 2 min recoveries in Z1-Z2).

Warm Down:

5 mins in Z2.

Saturday: Recovery Day

Sunday: Aerobic Endurance - Steady/Endurance (1 hr 30 mins)

Easy or steady run/jog all in low to mid Z2.

Week 3 - Base Phase (4 hrs 18 mins)

Monday: Recovery Day

Tuesday: Tempo Run - Hard/Threshold (45 mins)

Warm Up:

10 mins in Z2.

Main Set:

Intermediate Training Plan (Week 1 - Build Phase 1)

9 mins in low Z4 + 2 mins recovery in Z1,

8 mins in low Z4 + 2 mins recovery in Z1,

7 mins in low Z4 + 2 mins recovery in Z1.

Warm Down:

5 mins in Z2.

Wednesday: Aerobic Endurance - Steady/Endurance (45 mins)

All in low to mid Z2.

Thursday: Strength - Endurance Phase (45 mins)

Friday: Strength Endurance - V. Hard/VO2 Max (33 mins)

Warm Up:

6 mins in Z2.

4 x (30 secs accelerating from Z2 to Z4 + 30 sec recoveries in Z1).

Main Set:

6 x (60 secs in low Z5 up a hill (gradient should be 3 to 6%) + 2 min recoveries in Z1-Z2).

Warm Down:

5 mins in Z2.

Saturday: Recovery Day

Sunday: Aerobic Endurance - Steady/Endurance (1 hr 40 mins)

Easy or steady run/jog all in low to mid Z2.