

## Running Training Plan - Base Phase

### Week 1 - Base Phase (2 hrs 05 mins)

Monday: Tempo Run - Hard/Threshold (20 mins)

Warm Up: 10 mins in Z2-3.

Main Set: 5 mins in low Z4.

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: Strength - Adaptation Phase (45 mins)

Thursday: Speed Endurance - V. Hard/VO2 Max (20 mins)

Warm Up: 8 mins in Z2-3.

Main Set: 4 x (1 min in low Z5 + 1 min in Z1).

Warm Down: 4 mins in Z2.

Friday: Aerobic Endurance (optional) - Steady/ Endurance (20 mins)

All in low to mid Z2.

Saturday: Recovery Day

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

Easy or steady run all in low to mid Z2. You should be able to chat at this effort. 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.

### Week 2 - Base Phase (2 hrs 14 mins)

Monday: Recovery Day

Tuesday: Tempo Run - Hard/Threshold (23 mins)

Warm Up: 8 mins in Z2 to Z3.

Main Set: 2 x (4 mins in low Z4 + 60 sec recoveries in Z1).

Warm Down: 5 mins in Z2.

Wednesday: Strength - Adaptation Phase (45 mins)

Thursday: Aerobic Endurance (optional) - Steady/ Endurance (20 mins)

All in low to mid Z2

Friday: Speed Endurance - V. Hard/VO2 Max (23 mins)

Warm Up: 8 mins in Z2 to Z3.

Main Set: 2 x (2 mins in low Z5 + 2 mins in Z1 + 60 secs in low Z5 + 1 min in Z1).

Warm Down: 3 mins in Z2.

Saturday: Recovery Day

## Running Training Plan - Base Phase

Sunday: Aerobic Endurance - Steady/Endurance (23 mins)  
Easy or steady run/jog all in low to mid Z2.

### Week 3 - Base Phase (2 hrs 20 mins)

Monday: Recovery Day

Tuesday: Tempo Run - Hard/Threshold (24 mins)

Warm Up: 10 mins in Z2.

Main Set: 9 mins in upper Z3 to low Z4.

Warm Down: 5 mins in Z2.

Wednesday: Strength - Endurance Phase (45 mins)

Thursday: Aerobic Endurance (optional) - Steady/ Endurance (20 mins)

All in low to mid Z2

Friday: Speed Endurance - V. Hard/VO2 Max (25 mins)

Warm Up: 8 mins in Z2 to Z3.

Main Set: 2 x (4 mins in low Z5 + 2 min recoveries in Z1).

Warm Down: 5 mins in Z2.

Saturday: Recovery Day

Sunday: Aerobic Endurance - Steady/Endurance (26 mins)

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