



# Beginners (12 week training plan)

(Designed by our Olympian Ambassador, Paul Evans)

This training plan is for runners how can comfortably run at least 5k (parkrun)

The programme consists of 3 running sessions per week.

Wk	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly mileage
Wk 1	Rest	2 to 3 mile Run/walk	Rest or XT	2 to 3 mile run/walk	Rest or XT	Rest	4 to 5 mile run/walk	8 to 11 miles
Wk 2	Rest	2 to 3 mile run/walk	Rest or XT	2 to 3 mile run/walk	Rest or XT	Rest	5 to 6 mile run/walk	9 to 12 miles
Wk 3	Rest	2 to 3 mile easy	Rest or XT	3 to 4 mile run/walk	Rest or XT	Rest	6 to 7 mile run/walk	11 to 14 miles
Wk 4	Rest	3 to 4 mile easy	Rest or XT	3 to 4 mile run/walk	Rest or XT	Rest	6 to 7 mile run/walk	12 to 15 miles
Wk 5	Rest	3 to 4 mile easy	Rest or XT	4 to 5 mile to include: 6 to 8 x 3 min @ tempo pace, 90 sec slow jog recovery between efforts	Rest or XT	Rest	7 to 8 mile run/walk	14 to 17 miles
Wk 6	Rest	3 to 4 mile easy	Rest or XT	5 to 6 mile to include: 5 x 5 min @ tempo pace, 90 sec slow jog recovery between efforts	Rest or XT	Rest	7 to 8 mile run/walk	15 to 18 miles
Wk 7	Rest	3 to 4 mile easy	Rest or XT	5 to 6 mile to include: 4 x 7 min @ tempo pace, 2 min slow jog recovery between efforts	Rest or XT	Rest	8 to 9 mile run/walk	16 to 19 miles
Wk 8	Rest	4 to 5 mile easy	Rest or XT	5 to 6 mile to include: 3 x 10 min @ tempo pace, 2 min slow jog recovery between efforts	Rest or XT	Rest	9 to 10 mile run/walk	18 to 20 miles
Wk 9	Rest	4 to 5 mile easy	Rest or XT	5 to 6 mile easy/steady	Rest or XT	Rest	10 to 11 mile, to include: 2 to 3 mile @ tempo	20 to 22 miles
Wk 10	Rest	4 to 5 mile easy	Rest or XT	5 to 6 mile to include: 10 to 12 x 90 sec @ tempo effort, 60 sec slow jog rec	Rest or XT	Rest	6 to 7 mile easy	15 to 18 miles
Wk 11	Rest	3 to 4 mile easy	Rest or XT	3 to 4 mile to include: 5 to 6 x 60sec @ tempo pace, 60 sec slow jog recovery between efforts	Rest	20 min easy	<b>Race day</b>	
Wk 12								

Runners should spend at least 5 to 10 min warming up/cooling down before every run.



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## Schedule keys

**Easy Running** – 80% to 90% of your running should be at an easy pace (talk test) if you can't hold a conversation you are running to fast! If you adopt a run/walk strategy make sure you walk before you have to, hopefully as your fitness levels improve the walking will become less and the running more. Comfortable easy running will help you build aerobic fitness.

**Long Run** – Your long run is the key session of the week (time on feet, run/walk) again it should be run at an easy/steady pace (slow and steady) the long run will increase your aerobic endurance & build self confidence.

**Tempo Effort** – Or what I like to call (comfortably/hard) you could not hold a conversation but could mutter a few words, running strongly but in control of your breathing. These sessions include a jog warm up and cool down.

**Talk Test active rest** - don't start your next effort until your breathing is back to (talk test mode)

**XT** – Cross training allows you to get a good cardio workout using different muscles, a great alternative from pounding the streets, for example: Gym, cycling, swimming etc: your legs will thank you.

**Rest days** – Rest/recovery is a big part of training, better to do less than too much, always allows the body to recover so you are nice and fresh for your next session.

**Listen to your body** – Never run if you feel unwell or have a niggle/injury, better to miss one or two runs than ignore a problem and be forced to have more time out further down the line or even miss the race itself, if necessary speak to a physio or medical expert, Only start on this training plan if you feel confident in your health and we always recommend undergoing a medical check up with a professional before undertaking any running training plan.

**Lastly** - Swap days around to suit but try to have a run day followed by a non running day if you can.

**Train don't strain, finish every session feeling energized.**