

3 - 3.5 HOUR RUNNER'S SCHEDULE

WEEK ONE

MONDAY 5 mile easy
TUESDAY 6 mile steady
1 mile warmup, 10*1 min fast, 2mins jog recovery, 5
WEDNESDAY mins warmdown
THURSDAY 6mile steady
FRIDAY Rest
SATURDAY 3 mile fast race timed
SUNDAY 9 mile endurance run

WEEK TWO

MONDAY 5 mile easy
TUESDAY 6 mile steady
warmup, 4*3 mins fast, 2 mins slow, 10mins jog
WEDNESDAY recovery
THURSDAY 5 mile easy
FRIDAY Rest
SATURDAY 5 mile easy
SUNDAY 12 mile steady

WEEK THREE

MONDAY 5 mile easy
TUESDAY 6 mile steady
10 mins jog, then 8 x 40 secs uphill, jogging back
WEDNESDAY down, then 10 mins jog
THURSDAY 5 mile easy
FRIDAY Rest
SATURDAY 2-3 mile easy
SUNDAY 5mile or 10k race

WEEK FOUR

MONDAY 5 mile easy
warmup, 3*4 mins fast, 2 mins slow, 10mins jog
TUESDAY recovery
WEDNESDAY 5 mile easy
1 mile warmup, 8*1 min fast, 2mins jog recovery,
THURSDAY 10 mins warmdown
FRIDAY Rest
SATURDAY 6 Mile steady
SUNDAY 12 mile steady

WEEK FIVE

MONDAY 5 Mile easy
TUESDAY warmup, 3*1 mile fast, 4 mins rest, warmdown
WEDNESDAY 6 Mile Steady
10 mins jog, then 8 x 40 secs uphill, jogging back
THURSDAY down, then 10 mins jog
FRIDAY Rest
SATURDAY 5 Mile easy
SUNDAY 15 mile brisk

WEEK SIX

MONDAY 5mile easy, off-road

TUESDAY 3x10mins at half-marathon pace, with 4-min recoveries

WEDNESDAY 4miles easy

THURSDAY 6miles steady, inc. surges

FRIDAY Rest

SATURDAY 30mins easy, inc. a few strides

SUNDAY 10000m race - Aim for 44mins

WEEK SEVEN

MONDAY 4miles easy, off-road

TUESDAY 6miles, inc. 6x1min fast

WEDNESDAY Warm up, then 4x1 mile timed, with 4-min recoveries

THURSDAY 6miles steady

FRIDAY Rest or 3miles easy

SATURDAY 5miles easy, inc. 6x100m strides

SUNDAY 10mile race - Aim for 1:12

WEEK EIGHT

MONDAY 5miles easy, off-road

TUESDAY 6mile fartlek, inc. bursts of 100-250m

WEDNESDAY Warm up, then 10x40secs uphill, jogging back down

THURSDAY 6miles steady

FRIDAY Rest

SATURDAY Warm up, then 3-4miles brisk

SUNDAY 18miles training run - Aim for 2:40

WEEK NINE

MONDAY 5miles very easy, off-road

TUESDAY 5miles easy, inc. a few strides

WEDNESDAY 8miles steady

THURSDAY 6mile fartlek, inc. 8x30secs fast, 60secs slow

FRIDAY Rest or 3mile jog

SATURDAY 2miles easy, then 2miles brisk, then 2miles easy

SUNDAY Race 10miles or half-marathon - Aim for 1:10 / 1:38

WEEK TEN

MONDAY 5miles very easy, off-road

TUESDAY 5miles easy, inc. a few strides

WEDNESDAY 8miles steady

THURSDAY 6mile fartlek, doing 30secs fast, 60secs slow

FRIDAY Rest

SATURDAY 5miles steady, inc. a few strides

SUNDAY Race half-marathon - Aim for 1:36

WEEK ELEVEN

MONDAY 5miles easy, off-road
TUESDAY 6miles steady
WEDNESDAY 7mile fartlek, inc. 10x1min fast
THURSDAY 8miles, inc. 2x3miles at marathon pace
FRIDAY 3miles jog
SATURDAY Rest
SUNDAY 20miles endurance run, start slowly, take drinks - Aim for 2:55

WEEK TWELVE

MONDAY 30mins easy, off-road
TUESDAY 7-8miles steady
WEDNESDAY Warm up, then 6x800m (or 3mins), with 2-min recoveries
THURSDAY 6miles easy, inc. a few strides
FRIDAY Rest
SATURDAY Warm up, then 5miles at marathon pace, then warm down
SUNDAY Race 6-10miles or 10-12miles steady

WEEK THIRTEEN

MONDAY 5miles easy
TUESDAY 6miles steady
WEDNESDAY 6mile fartlek, inc. 10x1min fast
THURSDAY 5miles easy
FRIDAY Rest
SATURDAY Warm up, then 3miles at marathon pace, then warm down
SUNDAY 10miles steady, in your racing kit. Practise your pre-race routine

WEEK FOURTEEN

MONDAY Rest
TUESDAY 30mins steady, inc. 6x1min fast
WEDNESDAY 20mins easy
THURSDAY 10mins jog, then 1mile at race pace, then 5mins jog
FRIDAY Rest
SATURDAY 20mins jog, inc. a few strides
SUNDAY RACE DAY