



This is aimed at individuals currently running 1-3 times per week with runs currently not normally exceeding 20-30mins. This schedule will build up your running sensibly and enable you to complete your first 10km well prepared.

Everyone should follow our 6 golden rules & look over training zone reference guide at the bottom of this plan. Feel free to move days around to suit your timetable but we suggest sticking with a similar order & a day on day off approach with the runs in most cases.

Beginners' Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES AND REMINDERS
	July 18, 2016	July 19, 2016	July 20, 2016	July 21, 2016	July 22, 2016	July 23, 2016	July 24, 2016	
1	Rest or light exercise day	Optional rest or cross train & conditioning day	25-30' easy run	optional rest or cross train & conditioning day	25-30' easy run	Complete rest day	30-35' easy into aerobic effort run	Week 1 may well be an exception to the 10% (see 6 golden rules) however if you pick up the plan before week 1 build things up by 10% until you match week 1's amount of running.
	July 25, 2016	July 26, 2016	July 27, 2016	July 28, 2016	July 29, 2016	July 30, 2016	July 31, 2016	
2	Rest or light exercise day	Optional rest or cross train & conditioning day	30' easy run	optional rest or cross train & conditioning day	LMR Park 5km (Saumarez Park) 6.15pm start or tomorrow Parkrun event	Parkrun - 5km (Pembroke) 9am	35-40' easy	Participating in one of the suggested events (Fri or Sat) is great way to put a mark in sand. We suggest choosing just one though.
	August 1, 2016	August 2, 2016	August 3, 2016	August 4, 2016	August 5, 2016	August 6, 2016	August 7, 2016	
3	Rest or light exercise day	Optional rest or cross train & conditioning day	Fartlek: 10' easy jogging, then 8x1' at a little faster than your 5km pace with 1' easy jog between. 5' easy jog cool down	optional rest or cross train & conditioning day	30' easy run	Complete rest day	50' easy into aerobic effort run	Rest is as important as exercise... the body only adapts to the training with sufficient rest & recovery. This can include good sleep, nutrition/hydration as well as rest from training.
	August 8, 2016	August 9, 2016	August 10, 2016	August 11, 2016	August 12, 2016	August 13, 2016	August 14, 2016	
4	Rest or light exercise day	Optional rest or cross train & conditioning day	30' run, as 10' easy then 15' tempo (a little faster than usual aerobic effort/pace) 5' easy jog/walk cool down	Optional rest or cross train & conditioning day	30' easy run	Complete rest day	60' easy into aerobic effort run	Remember to mobilise your joints & muscles before a run but be aware the first 5-10mins you may not feel at your best until the body & it's energy systems warm up properly, this usually takes at least 10mins or so.
	August 15, 2016	August 16, 2016	August 17, 2016	August 18, 2016	August 19, 2016	August 20, 2016	August 21, 2016	
5	Rest or light exercise day	Optional easy run for 30' or a rest day	Rest day	4.7 mile GIAAC Full course (trial run) or 30' easy if are running Saturday instead	Complete rest day	Parkrun - 5km (Pembroke) 9am or rest if you ran Thurs.	35-40' easy run	You may need to juggle your usual running days around this week to achieve your allotted running & to fit in with the suggested event(s). ONLY CHOOSE ONE EVENT!
	August 22, 2016	August 23, 2016	August 24, 2016	August 25, 2016	August 26, 2016	August 27, 2016	August 28, 2016	
6	Rest or light exercise day	Optional rest or cross train & conditioning day	Fartlek: 10' easy jogging, then 6x2' at or a little faster than your 5km pace with 1, easy jog between. 5' easy jog cool down	Optional rest or cross train & conditioning day	30' easy run	Complete rest day	70' easy into aerobic effort run	Don't be afraid to be adaptable, so if you need to move your running days around do so. Life can sometimes spring things on you, importantly though look after & listen to your body - if you need to take easier days off plan rather than struggle through regardless don't be afraid to make some changes.
	August 29, 2016	August 30, 2016	August 31, 2016	September 1, 2016	September 2, 2016	September 3, 2016	September 4, 2016	
7	Rest or light exercise day	Optional rest or cross train & conditioning day	35' run, as 10' easy then 20' tempo (approx. between your 5km pace & aerobic effort/pace) 5' easy jog/walk cool down	Optional rest or cross train & conditioning day	30' easy run	Complete rest day	40-45' very easy run	The last 9-10 days in the lead up the main event should start to see your training tapered back in order to ensure you are fresh and fully recovered from the training you have done.
	September 5, 2016	September 6, 2016	September 7, 2016	September 8, 2016	September 9, 2016	September 10, 2016	September 11, 2016	
8	Rest or light exercise day	Complete rest day	Light intervals: 10' jog, followed 6-8 x 1' moderate effort (easier than normal) with 1' walk recovery, 5' jog cool down	Complete rest day	20' very easy jog	Complete rest day	Mind 10km	In the last week its worth remembering you are unlikely to get any fitter now - just more 2red. Keep the frequency of training but ensure everything is reduce in volume you perform. Its just about keeping everything ticking over.

Other local running events which you may want to incorporate into your schedule...

- LMR Park 5km Friday 26th August (in Saumarez Park)
- Parkrun 9am Every Saturday morning (at Pembroke)
- LeeMerrienRunning - Free (just turn up) Monday run. Usually 5.45pm at North Beach car Park
- LeeMerrienRunning structured running groups Wednesday or Saturday (all abilities welcome) checkout www.leemerrienrunning.com for more info

6 Golden rules & tips to follow...

- 1) **Always mobilise joints/muscles pre run** - Loosen up & prepare your body for a run by checkout & using our short pre-run mobility routine.
- 2) **Always warm up the body** - Warm up the heart & lungs gradually by starting runs very easy for the first 5-8 minutes, you will enjoy your run more amongst other things.
- 3) **Increase training gradually** - Be sensible, running can be tough on the body if you do too much too soon, increase by no more than 10-15% each week.
- 4) **Be adaptable** - There is no such thing as the perfect training plan - life takes over sometimes be adaptable & prepared to take easier day (off plan) should you feel you them.
- 5) **See yourself a target** - Those working towards a target and meaningful at that statistic are more likely to success, be that good statistic!
- 6) **Don't just run** - Yes, more running will improve running fitness but remember the 10% rule - cross train for aerobic fitness on some days (it's less stressful on the body) & do perform strengthening exercises to improve hips, core & legs strength in particular.

TRAINING ZONE GUIDE (COLOUR CODED FOR EASY REFERENCE)	WHAT IT IS & WHAT IT DOES
Easy/recovery running (although new runner may still find this challenging)	Easy (or easier) effort running, aids recovery but still helps develop aerobic fitness (esp. in new runners)
Aerobic (aka steady paced conversational running)	Even-paced, quicker than easy running but still able to hold a conversation, develop aerobic fitness
Tempo running - moderate effort - even paced running	Brisk/moderate effort running (likely around 10km to half pace) somewhat hard but not all out!
Interval - harder intensity efforts in & above race pace - aka speed work	Harder, more intense form of running, at approx. 5km pace & faster develops body aerobic capacity

