

TRAINING SCHEDULES

Preparing For The **BIG** Day



WE'VE PUT together three training schedules: beginners/get you round, regular runners/sportspeople; regular club runners. One of these will be right for you and following them will ensure that you reach the starting line capable of doing the distance.

We've also included training programmes for those of you planning the challenges of the River Ness 10k and the 5k Fun Run.

Whatever programme you follow just remember your new regime will make a massive contribution to a much healthier

lifestyle. Complement the running with an improved diet and plenty of sleep and come October you'll not only be fit to run your race but looking at a new you.

These schedules should be read in conjunction with race preparation tips on pages 12-13.



10K TRAINING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 Weeks	REST	2 mile jog/run	REST	2 mile jog/run	REST	60 minute walk	3 mile run
5 Weeks	REST	2 mile jog/run	REST	2 mile jog/run	REST	60 minute walk	4 mile run
4 Weeks	REST	3 mile jog/run	REST	2 mile jog/run	REST	60 minute walk	4.5 mile run
3 Weeks	REST	3 mile jog/run	REST	2.5 mile jog/run	REST	70 minute walk	4.5 mile run
2 Weeks	REST	3.5 mile jog/run	REST	2.5 mile jog/run	REST	70 minute walk	5 mile run
1 Week	REST	3.5 mile jog/run	REST	3 mile jog/run	REST	70 minute walk	10km Run



5K BEGINNERS PROGRAMME

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 Weeks	REST	1 mile walk/jog	REST	1 mile walk/jog	REST	30 min. walk	1 mile walk/jog
7 Weeks	REST	1 mile walk/jog	REST	1 mile walk/jog	REST	30 min. walk	1 mile walk/jog
6 Weeks	REST	1 mile walk/jog	REST	1 mile jog/run	REST	40 min. walk	1 mile jog/run
5 Weeks	REST	1 mile walk/jog	REST	1 mile jog/run	REST	40 min. walk	1 mile jog/run
4 Weeks	REST	1 mile walk/jog	REST	1 mile jog/run	REST	50 min. walk	2 mile jog/run
3 Weeks	REST	1 mile walk/jog	REST	1 mile jog/run	REST	50 min. walk	2 mile run
2 Weeks	REST	2 mile walk/jog	REST	2 mile jog/run	REST	60 min. walk	2 mile run
1 Weeks	REST	2 mile walk/jog	REST	1 mile walk/jog	REST	REST	5km run

TERMINOLOGY

Walk: Brisk walking pace (faster than walking to the newsagents); **Jog:** Gentle running pace (able to chat easily throughout).

Walk/Jog: Periods of walking followed by periods of jogging (vary the times and no. of walks/jogs depending on total target time/

distance); **Run:** Faster pace than jogging but still able to chat (not continuously though!); **Rest:** Either a day off exercise completely or other exercise such as swimming, aerobics or cycling.

Thanks to Alistair Currie at jogscotland, the national running and exercising initiative, for these easy-to follow training schedules and beginners programmes for our 10K and 5K races.

TRAINING SCHEDULES

the marathon

BEGINNERS/ GET YOU ROUND PROGRAMME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	30min easy	rest	45min easy	rest	30min easy	rest	60min run/walk
Week 2	40min easy	rest	50 easy	rest	12x2 min fast	rest/jog	75 min v.easy
Week 3	30min easy	rest	60min easy	rest	6x3 min fast	rest/jog	90min easy
Week 4	30min easy	rest	60min easy	20min jog	45min easy	rest	10km race or 60min easy
Week 5	30min easy	60min easy	rest	w/uo 20min fast w/dn	rest	30min easy	1.45 hrs easy
Week 6	40min easy	rest	70min steady	rest	w/up 6x3min w/dn	rest	2 hrs v.easy
Week 7	20min easy	15-90 sec fast	rest	80min easy	rest	30min quick	2.15 hrs v.easy
Week 8	30min jog	40min easy	60min steady	rest	30min easy	rest	2.30 hrs run/ walk
Week 9	rest	4x5min fast	75min easy	rest	30min easy	rest/jog	1/2 marathon
Week 10	rest	45min steady	1/2 hrs v.easy	rest	60min steady	rest	2 hrs easy
Week 11	rest	30min easy	rest	60min brisk	rest	30min easy	10km race
Week 12	rest	rest	30min at marathon pace	rest	30min brisk	rest	The BIG ONE

During speedwork ie. 6x3min etc. take an equal recovery jog between efforts. ie. if it says 5x3 mins it is 3min fast, 3min jog, 3min fast etc.

REGULAR RUNNERS & SPORTSMEN/WOMEN AIM 3.30-4.30 HRS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	45min easy	60min easy	rest	40min include hills	rest	w/up 20min fast w/dn	1.30 hrs easy
Week 2	45min easy	rest	60min steady	12x1min fast	rest	60min include 30min fast	1.45 hrs easy
Week 3	45min easy	rest/jog	75min steady	8x2min fast	rest	60min include 30min fast	2 hrs v.easy
Week 4	50min easy	rest/jog	75min steady	6x3min fast	rest	40min easy	1/2 marathon
Week 5	45min easy	12x1 min hill	75min steady	45min easy	rest/jog	45min easy	2.15 hrs steady
Week 6	30min easy	45min steady	90min easy	rest	30min easy	w/up then 30 min hard w/dn	2.15 hrs steady
Week 7	45min easy	5x5min fast	90min easy	hills 12x90secs	rest	30min easy	3 hrs easy
Week 8	30min jog	45min easy	90min easy	rest	16x1 min efforts	30min easy	20 mile race or time trial
Week 9	30min easy	3x10min off 5 jog	90min easy	rest	45min easy	30min easy	3hrs easy
Week 10	45min easy	3x10min off 3 jog	90min easy	rest	45min steady	rest/jog	1/2 marathon
Week 11	30min steady	8x5min off 3 jog	75min easy	30min fast	45min easy	rest	10km race
Week 12	30min easy	45min steady	rest	30min easy	rest	rest	MARATHON

When doing fast runs recovery should be same duration of jogging between efforts

REGULAR CLUB RUNNERS AIM 3.30 OR EASTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	45min easy	w/up 12x1min w/dn	60min steady	w/up 6x3min w/dn	rest	45min easy	1.30 hrs steady
Week 2	45min easy	Hills, 12x1min	60min easy	4x5min fast	rest	45min steady	2hrs easy
Week 3	45min easy	Hills, 8x2min	1.15 hrs easy	5x5min fast	rest/jog	45min steady	2.15 hrs easy
Week 4	45min easy	w/up 16x1min w/dn	1.15 hrs steady	6x5min fast	rest/jog	w/up 10min out/back w/dn	1/2 marathon
Week 5	45min easy	10x2min fast	1.30 hrs easy	4x6min fast	rest	As above but 12min out/back	2.30 hrs easy
Week 6	45min easy	Hills, 8x2min	1.30 hrs steady	3x10min (5min rec)	rest/jog	w/up then 4 miles fast w/dn	3 hrs v.steady
Week 7	60min easy	20x1min fast	1.30 hrs easy	As above but 3min rec	rest	1 hr hard hilly	2.45 hrs steady
Week 8	60min easy	12x2min off 1min	1.45 hrs easy	7x5min off 3min	45min easy	rest	20 mile race or pace practice
Week 9	60min easy	Hills, 15x1min	1.45 hrs easy	8x5min	rest	45min easy	3 hrs steady
Week 10	45min easy	3x10min (3min rec)	1.45 hrs easy	5x5min off 2min	rest/jog	30min easy	1/2 marathon
Week 11	30min easy	12x1min fast	1.15 hrs pace	5x3min	rest	30min easy	10km race
Week 12	30min easy	rest	10x1min	rest	30min easy	rest/jog	EDINBURGH

With all speedwork take equal jog recovery with efforts