

Training Plan Beginner

12 weeks to go

Tuesday Run 15min easy
Thursday Walk 5min brisk, run 15min easy, walk 5min brisk.
Saturday Run 25min easy, walk 5min brisk

11 weeks to go

Tuesday Walk 5min brisk, run 20min easy, walk 5min brisk
Thursday Run 15min easy
Saturday Run 25min easy

10 weeks to go

Tuesday Run 20min easy
Thursday Run 20min easy, walk 5 min a bit faster, 5min walk.
Saturday Run 30min easy

9 weeks to go

Tuesday Run 20min easy
Thursday Run 5min easy, (run for 1min fast, 2min walk) x4, 5min walk.
Saturday Run 35min easy

8 weeks to go

Tuesday Run 20min easy
Thursday Run 20min easy, (run 3mins tempo, 2mins walk/jog recovery) x5, 6min walk.
Saturday Run 40min easy

7 weeks to go

Tuesday Run 25min easy
Thursday Run 10min easy. (4min tempo running, 2min walk/jog recovery) x5. Run 8min easy.
Saturday Run 45min easy

6 weeks to go

Tuesday Run 25min easy
Thursday Run 10min easy. (4min tempo running, 3min walk/jog recovery) x3. Run 10min easy.
Saturday Run 50min easy

5 weeks to go

Tuesday Run 30min easy
Thursday 10 mins easy jog: Hill: 5x30secs up hill, jog/walk down to recover. 10mins easy running
Saturday Run 55mins easy

4 weeks to go

Tuesday Run 30min easy
Thursday 10 mins easy jog, (5mins tempo running, 3min walk/jog recovery) x4, 10mins easy running
Saturday Run 60mins easy

3 weeks to go

Tuesday Run 25min easy
Thursday 10 mins easy jog: Hill: 8x30secs up hill, jog/walk down to recover. 10mins easy running
Saturday Run 60mins easy

2 weeks to go

Tuesday Run 20min easy
Thursday 10 mins easy jog, 3x 3mins tempo running, with 2mins walk recovery. 10mins easy running
Saturday Run 55mins easy

1 week to go

Tuesday Run 15min easy
Wednesday 10 mins easy running, 3x 2min tempo run, 2min jog recovery. 10mins easy
Friday 10mins easy run
Saturday Well deserved rest day!!!
Sunday **RACE DAY! GOOD LUCK!**



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