

Training Plan Improver

8 weeks to go

Tuesday	Run easy for 10mins, (30secs fast run, 2mins walk) x 6, 10mins easy running
Thursday	Hills: Run 10mins to a hill, (run uphill for 15secs, then turn and run/walk, down) x 8, run 10mins easy home
Saturday	Rest or cross train
Sunday	Run easy for 30mins

7 weeks to go

Tuesday	Run easy for 10mins, (30secs fast run, 2mins walk) x 8, 10mins easy running walk 5min brisk
Thursday	Hills: Run 10mins to a hill, (run uphill for 15secs, then turn and run/walk down) x 10, run 10mins easy home
Saturday	Rest or cross train
Sunday	Run easy for 40mins

6 weeks to go

Tuesday	Run easy for 10mins, (30secs fast run, 2mins walk) x 10, 10mins easy running
Thursday	Hills: Run 10mins to a hill, (run uphill for 20secs, then turn and run/walk down) x 8, run 10mins easy home
Saturday	Rest or cross train
Sunday	Run easy for 45mins

5 weeks to go

Tuesday	Run easy for 10mins, (45secs fast run, 90secs walk) x 8, 10mins easy running
Thursday	Hills: Run 10mins to a hill, (run uphill for 20secs, then turn and run/walk down) x 10, run 10mins easy home
Saturday	Rest or cross train
Sunday	Run easy for 50mins

4 weeks to go

Tuesday	Run easy for 10mins, (60secs fast run, 2mins walk) x 5, 10mins easy running
Thursday	Hills: Run 10mins to a hill, (run uphill for 25secs, then turn and run/walk down) x 8, run 10mins easy home
Saturday	Rest or cross train
Sunday	Run easy for 60mins

3 weeks to go

Tuesday	Run easy for 10mins, (30secs fast run, 1min walk) x 12, 10mins easy running
Thursday	Hills: Run 10mins to a hill, (run uphill for 25secs, then turn and run/walk down) x 10, run 10mins easy home
Saturday	Rest or cross train
Sunday	Run easy for 70mins

2 weeks to go

Tuesday	Run easy for 10mins, (90secs fast run, 90secs walk) x 5, 10mins easy running
Thursday	Hills: Run 10mins to a hill, (run up hill for 40 secs, then turn and run/walk down) x 6, run 10mins easy home
Saturday	Rest or cross train
Sunday	Run easy for 45mins

1 week to go

Tuesday	Run easy for 10mins, (30secs fast run, 2mins walk) x 3, 10mins easy running
Thursday	15mins very easy run 10mins easy running
Saturday	Run 55mins easy
Sunday	Rest or cross train
Sunday	RACE 5K



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