



**Working from a good solid aerobic base of at least 8 weeks running prior to starting this program.**

Those that are used to 3 runs a week please do Tuesday, Thursday and Saturday for the first 3 weeks, then increase to 4 runs for the rest of the program.

Those that are used to 4 runs a week please do Tuesday, Thursday, Saturday and Sunday for the first 3 weeks then increase to 5 runs for the rest of the program.

Those that are used to 5 runs a week please do Monday, Tuesday, Thursday, Saturday and Sunday and you can add in Wednesday runs from week 4 if you want to.

Those that are used to 6 runs a week please do Monday, Tuesday, Wednesday, Thursday, Saturday and Sunday

Week 1	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
	Rest or 6 miles easy	6 to 8 x 3 min at a pace that you can hold for 1 hr with 1 ½ mins jog rec in between. Stay Relaxed	Rest or 5 miles very easy	WAC Hills?	Rest	10 miles or 1 hr 40 mins easy (Whichever comes first)	Rest or 3 miles very easy + 6 x 50 metres very fast but relaxed with a slow walk back recovery in between
Week 2	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
	Rest or 6 miles easy	1 ¼ miles warm up 4 x 1 mile or 8 mins at a pace that you can hold for 1 hr with a 1 ½ min jog in between each one, 1 ¼ miles cool down	Rest or 5 miles very easy	WAC Intervals?	Rest	12 miles or 2 hrs easy (Whichever comes first)	Rest or 3 miles very easy + 6 x 50 metres very fast but relaxed with a slow walk back recovery in between
Week 3	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
Easy Week	Rest	6 miles split up 2 miles steady, 1 mile easy, 2 miles fast, 1 mile easy or 5 miles easy if racing on Boxing day.	Rest	Boxing Day 10K or WAC General Run	Rest	10 miles or 1 hr 40 mins (Whichever comes first)	Rest



<b>Week 4</b>	<b>Monday 30</b>	<b>Tuesday 31</b>	<b>Wednesday 1</b>	<b>Thursday 2</b>	<b>Friday 3</b>	<b>Saturday 4</b>	<b>Sunday 5</b>
	7 miles easy or 5 miles easy if you have added this run in.	6 miles split up 1 mile easy, 1 mile fast, 1 mile easy, 1 mile fast, 1 mile easy, 1 mile fast. + 10 mins cool down. Or rest if doing Broadstone ¼	Rest or 5 miles very easy or Broadstone ¼	WAC General Run?	Rest	14 miles or 2 hrs 20 mins easy (Whichever comes first)	Rest or 3 miles very easy + 6 x 50 metres very fast but relaxed with a slow walk back recovery in between
<b>Week 5</b>	<b>Monday 6</b>	<b>Tuesday 7</b>	<b>Wednesday 8</b>	<b>Thursday 9</b>	<b>Friday 10</b>	<b>Saturday 11</b>	<b>Sunday 12</b>
	7 miles easy or 5 miles easy if you have added this run in.	7 to 8 x 3 min at a pace that you can hold for 1 hr with 1 ½ mins jog rec in between. Stay Relaxed	Rest or 5 miles very easy	WAC Tempo?	Rest	16 miles or 2 hrs 40 mins easy (Whichever comes first)	Rest or 3 miles very easy + 6 x 50 metres very fast but relaxed with a slow walk back recovery in between
<b>Week 6</b>	<b>Monday 13</b>	<b>Tuesday 14</b>	<b>Wednesday 15</b>	<b>Thursday 16</b>	<b>Friday 17</b>	<b>Saturday 18</b>	<b>Sunday 19</b>
	8 miles easy or 5 miles easy if you have added this run in.	5 x 2 ½ mins @ a pace that is 15 secs per mile quicker than your current 5K race pace With a 2 min walk/Jog rec This is a VO2 max session	Rest or 5 miles very easy	WAC Hills?	Rest	16 miles or 2 hrs 40 mins easy (Whichever comes first)	Rest or 3 miles very easy + 6 x 50 metres very fast but relaxed with a slow walk back recovery in between
<b>Week 7</b>	<b>Monday 20</b>	<b>Tuesday 21</b>	<b>Wednesday 22</b>	<b>Thursday 23</b>	<b>Friday 24</b>	<b>Saturday 25</b>	<b>Sunday 26</b>
Easy Week	Rest	1 ¼ miles warm up 4 to 5 x 1 mile or 8 mins at a pace that you can hold for 1 hr with a 1 ½ min jog in between each one, 1 ¼ miles cool down	Rest	WAC Intervals?	Rest	10 miles or 1 hr 40 mins easy (Whichever comes first)	Rest



<b>Week 8</b>	<b>Monday 27</b>	<b>Tuesday 28</b>	<b>Wednesday 29</b>	<b>Thursday 30</b>	<b>Friday 31</b>	<b>Saturday 1</b>	<b>Sunday 2</b>
	8 miles easy or 6 miles easy if you have added this run in.	8 x 3 min at a pace that you can hold for 1 hr. Reduce recovery to 1 min jog in between. Try to maintain previous times/distance Stay Relaxed	Rest or 5 miles very easy	WAC General Run?	Rest	18 miles or 3 hrs easy (Whichever comes first)	Rest or 3 miles very easy + 6 x 50 metres fast but relaxed with a slow walk back recovery in between
<b>Week 9</b>	<b>Monday 3</b>	<b>Tuesday 4</b>	<b>Wednesday 5</b>	<b>Thursday 6</b>	<b>Friday 7</b>	<b>Saturday 8</b>	<b>Sunday 9</b>
	6 miles easy or 4 miles easy if you have added this run in. or rest if feeling tired from Saturday	5 x 2 ½ mins @ a pace that is 15 secs per mile quicker than your current 5K race pace With a 2 min walk/Jog rec Try to improve previous distance. This is a VO2 max session	Rest or 5 miles very easy	WAC Tempo?	Rest	15 miles or 2 hr 30 mins easy (Whichever comes first)	Rest or 3 miles very easy + 6 x 50 metres very fast but relaxed with a slow walk back recovery in between
<b>Week 10</b>	<b>Monday 10</b>	<b>Tuesday 11</b>	<b>Wednesday 12</b>	<b>Thursday 13</b>	<b>Friday 14</b>	<b>Saturday 15</b>	<b>Sunday 16</b>
Last Big Week	6 miles easy or 4 miles easy if you have added this run in.	6 miles split up 2 miles steady, 1 mile easy, 2 miles fast, 1 mile easy Stay Relaxed	Rest or 5 miles very easy	WAC Hills?	Rest	13 miles or 2 hrs 10 mins easy (Whichever comes first)	Rest or 3 miles very easy + 6 x 50 metres very fast but relaxed with a slow walk back recovery in between
<b>Week 11</b>	<b>Monday 17</b>	<b>Tuesday 18</b>	<b>Wednesday 19</b>	<b>Thursday 20</b>	<b>Friday 21</b>	<b>Saturday 22</b>	<b>Sunday 23</b>
Start of Taper	5 miles easy or 4 miles easy if you have added this run in.	5 miles Fartlek (Make it up as you go) (Various)	Rest or 5 miles very easy	WAC General Intervals?	Rest	10 miles or 1 hr 40 mins easy (Whichever comes first)	Rest or 3 miles very easy + 6 x 50 metres very fast but relaxed with a slow walk back recovery in between



<b>Week 12</b>	<b>Monday 24</b>	<b>Tuesday 25</b>	<b>Wednesday 26</b>	<b>Thursday 27</b>	<b>Friday 28</b>	<b>Saturday 29</b>	<b>Sunday 1</b>
Taper	5 miles easy or 4 miles easy if you have added this run in.	5 miles split up 2 miles easy 1 mile your 10 mile race pace 2 miles easy + 6 x 50 metres very fast but relaxed with a slow walk back recovery in between	Rest	WAC General Run? 3 miles very easy or 30 mins (whichever comes first)	Rest	2 to 3 miles very easy or rest.	Wimborne 20  Race day!