



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 | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|-----------------|--------|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| | 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 | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | 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 | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 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 | WAC General Run | Rest | 10 miles or 1 hr 40 mins (Whichever comes first) | Rest |



| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|-------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|---------------------|--------|--------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| | 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 |
| Week 5 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | 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 |
| Week 6 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | 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 |
| Week 7 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 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 |



| Week 8 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|------------------------|--------|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| | 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 |
| Week 9 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | 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 |
| Week 10 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 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 |
| Week 11 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 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 |



| Week 12 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|--------|------------------------------------|------------------------------|
| 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! |