

Training Plan

for beginner runners

	Week 1	Week 2	Week 3	Week 4
Monday	10 mins: 1 min walk, 1 min jog	15 mins: 1 min walk 2 min jog	20 mins: 1 min walk, 2 min jog	12 mins jog, 12 mins walk
Tuesday	Rest	Rest	Rest	Rest
Wednesday	10 mins: 1 min walk, 1 min jog	15 mins: 1 min walk 2 min jog	20 mins: 10 mins jog then 10 mins walk	8 mins walk, 1 min jog twice
Thursday	Rest	Rest	Rest	Rest
Friday	20 mins: 1 min walk, 1 min jog	20 mins: 1 min walk 2 min jog	5 mins jog, 3 min walk twice	15 mins jog
Saturday	Rest	Rest	Rest	Rest
Sunday	Cycle or long walk (<30 mins)	30 minutes walking	40 mins: 2 mins jog, 1 min walk	40 mins: 2 mins jog, 1 min walk
Training Objective:	Getting over the inhibitions and mental preparation for a regular training pattern. The amount of running is irrelevant – it's more about being 'out there'.			Starting to run short distances continuously.
	Week 5	Week 6	Week 7	Week 8
Monday	20 mins jog	20 mins jog	20 mins easy	35 mins easy
Tuesday	Rest	Rest	Rest	Rest
Wednesday	5 mins run, 1 min walk twice	5 mins run 3 min walk twice	3x 5 mins fast 3 mins jog	20 mins steady
Thursday	Rest	Rest	Rest	Rest
Friday	25 mins jog	25 min jog	25 mins steady	10 mins fast 4 min walk twice
Saturday	Rest	Rest	Rest	Rest
Sunday	25 mins run	30 mins run (5km run)	30 mins easy	40 mins easy
Training Objective:		Consolidation week – slight increase in the mid week runs.		
	Week 9	Week 10	Week 11	Week 12
Monday	Rest	Rest	Rest	Rest
Tuesday	30 mins steady	35 mins steady	30 mins steady	33 mins easy
Wednesday	3x 5 mins run 3 mins jog	3x 5 mins run, 3 mins jog	4x 5 mins run, 3 mins jog	8 mins run, 2 mins jog
Thursday	Rest	Rest	Rest	Rest
Friday	35 mins jog	35 min jog	35 mins steady	25 mins steady
Saturday	Rest	Rest	Rest	Rest
Sunday	50 mins easy	55 mins easy	55 mins easy	10km race
Training Objective:	Gradually increasing time on the feet – a mental strategy or run 5 mins/ walk 1 min for the long run will help you get through 60 mins.		Taper down for race.	

Pace Key:

Jog: Above walking pace 50% max heart rate

Easy: Gentle jog below 60% M.H.R

Slow: Conversational pace 60-65% M.H.R

Steady: Comfortable but purposeful 65-75% M.H.R

Fast: 5km-10km race pace 85-95% M.H.R

To calculate your maximum heart rate: $220 - \text{Your Age}$

Terminology

Easy runs should be just that - EASY! Realistically, they should not be much faster than jogging. Long runs are about building time on your feet while shorter runs are about recovery. The main purpose of these runs are to educate muscles, burn fat and utilise oxygen.

Steady running is slightly faster but remain relaxed and you should comfortably be able to maintain a conversation.

Pace runs are not flat out but a good strong run where you will be slightly out of breath. Ideally, these should be run at 85% of your maximum and this can be achieved with the use of a heart rate monitor. You should not be able to hold a full conversation at this pace. These runs will increase the overall pace of your running.

Repetition work will place your body under even greater stress but this is where you will reap the rewards come race day. These higher intensity sessions are great workouts for the heart and lungs.