



Training Programme - Beginners

	Week 13	Week 14	Week 15	Week 16
Monday	Rest Day	Rest Day	Rest Day	Rest Day
Tuesday	(This is an easy week!) 2 - 4 mins easy run 35 mins steady run 3 mins easy run	3 - 4 mins easy run Interval running – run hard for 2 mins, jog recover for 1 min repeat 8 times 3 mins easy run	2 - 4 mins easy run Interval running – run hard for 5 mins, jog recover for 2 min repeat 5 times 3 mins easy run	3 - 4 mins easy run Interval running – run hard for 3 mins, jog recover for 1 min repeat 6 times 3 mins easy run
Wednesday	Rest Day	Rest Day	Rest Day	Rest Day
Thursday	3 mins easy run 45 mins steady run 5 mins walk	3 - 5 mins easy run 65 mins steady run 5 mins easy run	3 – 5 mins easy run 75 mins steady run 5 mins easy run	3 - 5 mins easy run 50 mins steady run 5 mins easy run
Friday	Rest Day	Rest Day	Rest Day	Rest Day
Saturday	2 mins easy run 20 mins steady run 3 mins walk	Rest Day	2 - 4 mins easy run 20 mins steady run 3 mins walk	Rest Day
Sunday	3 mins easy run 60 mins steady run 5 mins easy run	3 mins easy run 70 mins steady run 5 mins walk	3 mins easy run 90 mins steady run 5 mins easy run	3 – 5 mins easy run 100 mins steady run 5 – 7 mins easy run

Don't forget, always have a gentle stretch of all the main muscle groups that have been used after each session. Never stretch before running as this stretches cold muscles and could cause injury

Programme created by Stuart Dinwoodie – Chippenham Harriers