



Training Programme - Beginners

	Week 17	Week 18	Week 19	Week 20
Monday	Rest Day	Rest Day	Rest Day	Rest Day
Tuesday	3-4 mins easy run Interval running-run hard for 4 mins. Jog recover for 1 min repeat 5 times 3 mins easy run	3-4 mins easy run Interval running-run hard for 4 mins. Jog recover for 1 min repeat 6 times 3 mins easy run	2-4 mins easy run Threshold running-run steady to hard for 25 mins 3 mins easy run	Rest Day
Wednesday	3-5 mins easy run 70 mins steady run 5 mins easy run	Rest Day	Rest Day	3-5 mins easy run 45 mins steady run 5 mins easy run
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 45 mins steady run 5 mins easy run	3-4 mins easy run Interval running-run hard for 2 mins. Jog recover for 1 min repeat 10 times 3 mins easy run
Friday	Rest Day	3-5 mins easy run 35 mins steady run 5 mins easy run	Rest Day	Rest Day
Saturday	Rest Day	Rest Day	2 mins easy run 20 mins steady run 3 mins easy run	Rest Day
Sunday	3-5 mins easy run 110 mins steady run 5 mins easy run	3 mins easy run 120 mins steady run 5 mins walk	3 mins easy run 130 mins steady run 5 mins easy run	3-5 mins steady run 110 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