



## Training Programme - Beginners

	Week 29	Week 30	Week 31	Week 32
<b>Monday</b>	Rest Day	Rest Day	Rest Day	Rest Day
<b>Tuesday</b>	2-4 mins easy run Threshold running-run steady to hard for 35 mins 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	3-5 mins easy run 30 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 6 times 6 mins easy run
<b>Wednesday</b>	Rest Day	3-5 mins easy run 30 mins steady run 5 mins easy run	Rest Day or 20 mins easy run	3-5 mins easy run 30 mins steady run 5 mins easy run
<b>Thursday</b>	3-5 mins easy run 45 mins steady run 5 mins easy run	3-5 mins easy run 60 mins steady run 5 mins easy run	3 mins easy run 45 mins steady run 3 mins easy run	Rest Day
<b>Friday</b>	Rest Day	Rest Day	Rest Day	3-5 mins easy run 20 mins easy run 3 mins easy run
<b>Saturday</b>	2 mins easy run 20 mins steady run 5 mins easy run	Rest Day	Rest Day	Rest Day
<b>Sunday</b>	3 mins easy run 90 mins steady run 5 mins easy run	3-5 mins steady run 80 mins steady run 5-7 mins easy run	3-5 mins easy run 70 mins steady run 5 mins easy run	<b>Race Day!!!</b>

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