

Week	Walker (Beginner)	Runner (intermediate – Run/walker)	Runner (not a trained runner)
1	3 x 30minute walks this week (every 2 nd day). Try to aim to keep a steady pace throughout.	Walk 3 x 30 minutes at a moderate pace Jog – 1 x 2.5km easy and flat	Jog - 3 x 5km at a steady pace with no hills
2	4 x 35minute walks this week, again at a steady pace.	Walk – 3 x 30 minutes at a moderately fast pace Jog – 2 x 2.5km runs Easy pace and flat	Jog – 3 x 5km at a steady pace with no hills 1 x 32min interval session (flat) - 10 min warm up - 2 mins hard / 2 mins easy x 3 10 minute cooldown
3	3 x 30minute walks at a slightly faster pace 1 x 60minute walk (steady pace) Make sure you time yourself to give yourself targets to beat!	Walk – 3 x 40 minutes at a moderately fast pace Jog – 2 x 2.5km at a slight faster pace (less rest breaks) but flat	Jog – 3 x 5km at a steady pace with no hills 1 x 32min interval session (flat) - 10 min warm up - 2 mins hard / 2 mins easy x 3 - 10 minute cooldown
4	This week we will train the same as week three however for each of the walks attempt to walk slightly faster. Use your time from last week to gauge your progress 3 x 30minute walks at a slightly faster pace 1 x 60minute walk (steady pace)	Walk – 2 x 45 minutes at a faster pace Jog – 3 x 2.5km at a moderate pace and flat	Jog – 2 x 8km steady pace no hills 1 x 3km faster pace with few hills 1 x 32min interval session (flat) - 8 min warm up - 2 mins hard / 2 mins easy x 4 - 8 minute cooldown
5	3 x 40minute walks at a moderately fast pace 1 x 60minute walk. Try to chose a route that includes hills	Walk – 2 x 60 minute walks at a moderately fast pace Walk/Jog – Walk 10minutes as a warm up. Then attempt o Jog 2 minute, walk 2minute and repeat this 5 times followed by a 20minute walk to cool down Jog – 2 x 2.5km at a moderately fast pace, including hills	Jog – 2 x 8km steady pace few hills 1 x 4km faster pace few hills 1 x 38min interval session (flat) - 10 min warm up - 3 mins hard / 3 mins easy x 3 - 10 minute cooldown
6	3 x 45minute walk including at least 10 minutes of hills and/or stair climbing 1 x 60 minute walk (moderate pace including hills)	Walk – 2 x 80 minutes at a fast pace, including hills Jog – 2 x 3.0km at a moderate pace with hills 1 x 2.5km fast and flat!	Jog – 2 x 10km steady pace few hills 2 x 4km faster pace with hills 1 x 38min interval session (flat) - 10 min warm up - 3 mins hard / 3 mins easy x 3 - 10 minute cooldown

7	3 x 45minute walk (fast pace) including hills 1 x 90 minute walk. The aim of this walk is to maintain your speed throughout and have little or no rest breaks. Try to maintain a moderate pace and include hills	Walk – 1 x 60 minutes at an easy pace with hills Jog – 2 x 4km at a moderate pace with hills <i>and</i> 1 x 4km fast	Jog – 1 x 12km steady pace few hills 2 x 4km faster pace few hills 1 x 8km Jog at a comfortable pace
8	3 x 60 minute walk (fast pace) including hills 1 x 120minute walk (moderate to fast pace including hills)	Walk/Jog – 8km Jog– 2 x 4km (moderate and hills) Jog – 1 x 6km	Jog – 1 x 12km race pace with hills 1 x 14km easy pace with hills 1 x 42min interval session (flat) - 10 min warm up - 3 mins hard / 3 mins easy x 4 10 minute cooldown
9	4 x 60minute walk (fast pace) 1 x 240 minute walk (intended "race" pace including hills)	Jog 1 x 10km easy pace 2 x 4km moderately fast 1 x 5km faster with hills	Jog – 1 x 12km race pace with hills 1 x 14km easy pace with hills 1 x 5km faster pace
10	It's the week before the race and it is time to ease the volume down. You have now put in the hard work so don't spoil it by overtraining now! 3 x 60 minute walk (1 x fast, 1 x moderate, 1 x slow) 3 days rest before race	Walk/Jog x 90 minutes (early in week) Jog – 8-10km easy Followed by 4 days rest	Jog - 2 x 10km easy pace first few days of week

Tips:

- Always time yourself to get an idea of pace and give yourself targets to beat!
- Where possible (if doing a longer run/jog/walk) try to leave the day after this as a rest day for recovery
- Make sure you stretch!

Time and pace:

Pace km/hr	5km	6km	7km	8km	9km	10km	11km	12km	13km
Time/km	12min	10min	8min 35sec	7min 30sec	6min 40sec	6min	5min 27sec	5min	4min 36sec