

Week 1	Sub 38 mins
Sunday 31 Jan	90 mins Run
Monday	45 mins Run
Tuesday	8 x 2 mins at 10km pace (3.48) with 2 mins jog recovery between efforts
Wednesday	45 min Run (?4.30?)
Thursday	30 min run – last 10 mins at marathon pace (4.13 pace)
Friday	Rest
Saturday	Morning – 30 mins easy (5.0) Afternoon - Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each

Week 2	Sub 38 mins
Sunday 7 Feb	90 mins steady (4.50)
Monday	45 mins Run
Tuesday	8 x 2 mins at 10km pace with 2 mins jog recovery between efforts
Wednesday	45 min Run
Thursday	30 min run – last 10 mins at 10km pace !!!!!!!
Friday	Rest
Saturday	Morning – 30 mins easy Afternoon - Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each

Week 3	Sub 38 mins
Sunday 14 Feb	90 mins steady
Monday	Morning – 30 mins easy Afternoon - 45 mins easy
Tuesday	4 x 1 mile efforts at 10km pace.
Wednesday	60 min Run
Thursday	Morning – 30 mins easy Afternoon – 45 mins easy
Friday	30 mins easy
Saturday	30 min Jog

Week 4	Sub 38 mins
Sunday 21 Feb	5km race or time trial
Monday	30 mins easy
Tuesday	6 x 1,000 m at 5km pace (3:38) – 3 mins recovery between each
Wednesday	Morning – easy 30 mins Afternoon – 60 mins steady
Thursday	Morning – easy 30 mins Afternoon – steady 30 mins followed by 10 x 200m
Friday	Rest
Saturday	16 x 1 min running up shallow hill – walk back down recovery

Week 5	Sub 38 mins
Sunday 28 Feb	90 mins steady
Monday	Morning – 30 mins easy Afternoon – 45 mins Run
Tuesday	On fairly straight uninterrupted route run 10 mins at 10km pace – 10 mins recovery – run 10 min back trying to get to pass your start point
Wednesday	Morning – 30 mins easy Afternoon – 60 mins steady
Thursday	Morning – easy 30 mins Afternoon – steady 30 mins followed by 10 x 200m
Friday	Rest
Saturday	16 x 1 min running up shallow hill – walk back down recovery

Week 6	Sub 38 mins
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Sunday 7 Mar	90 mins steady
Monday	Morning – 30 mins easy Afternoon – 45 mins Run
Tuesday	Up and down the clock – run 1 min fast/1 min slow, 2 mins fast/2mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast/5 mins slow, then 4, 3, 2, 1 min back down.
Wednesday	Morning – 30 mins easy Afternoon – 60 mins Run
Thursday	Morning – 30 mins easy Afternoon - 10 min warm-up – 20 min Tempo run (10 km race pace) – 10 mins warm-down
Friday	30 min easy
Saturday	Rest
Training Objectives	Up and down the clock develops strength and speed. The Tempo run enables you to hold a fast pace for a long time.

Week 7	Sub 38 mins
Sunday 14 Mar	75 min run
Monday	Morning – 30 mins easy Afternoon – 30 mins easy
Tuesday	3 sets of 4 x 300m at 3 km pace (3:30) with 100 m jog recovery between efforts/3 mins standing recovery between sets.
Wednesday	60 mins steady
Thursday	Morning – 30 mins easy Afternoon – 30 mins easy
Friday	Rest
Saturday	20 x 1 min running up shallow hill – walk back down recovery
Training Objectives	Big 'interval sessions' develop the heart & lungs, build strength and develop the speed necessary to run 6 min per mile comfortably.

Week 8	Sub 38 mins
Sunday 21 Mar	45 mins run/walk
Monday	45 mins Run
Tuesday	10 mins warm up – 10 x 200m with 200m walk/jog recovery– 10 min warm down.
Wednesday	30 mins easy
Thursday	30 mins easy
Friday	30 mins easy
Saturday	Rest
Training Objectives	Taper down for race.
Sun 28 Mar	

TRAINING NOTES

All people have different levels of 'trainability' and natural potential. It is possible for complete beginners to make very rapid progress and move up the targets, while others find initially that they can't achieve the early training levels.

There are two golden rules whichever level of improver you find yourself: a) Build-up very gradually, and b) You must rest and recover before training becomes beneficial.

Building-up: Even if you come from a good level of fitness, trying to build-up too quickly will certainly get you injured. Running is a repetitive activity that involves your foot hitting the floor repeatedly with considerable force being transmitted up through the legs and into the lower back. The reason that experienced runners can handle such high levels of training is because they have taken years to get there. Your body adapts slowly to new stresses and a product of regular running is that your bones will harden and become more resilient to the new forces. So fit people beware: your engine (heart & lungs) may find it easy – but after a while your legs won't.

Rest & Recover: The natural thought is that you get better when you train hard. While that is not altogether untrue, the reality is that your body actually gets fitter while you are resting. Here's how it works: during hard exercise your body gets tired, waste products build up and energy levels fall as you have used up fuel - you are technically less able than before you started training! If you continued the same level of activity over several days you would become progressively more tired and eventually you will breakdown – either with injury or illness. However, when you stop and rest your body starts to repair

the damage, which it will do to a higher level than before as the body recognises a need to adapt to the new stresses that you're subjecting it to.

Frequency: A regular training pattern is more important than any one session. There is a cumulative effect from training regularly which is not achieved by doing all your training on one or two days each week.

Going the Distance: For 10km races it is feasible to train up to and over the race distance.

Your training is done to encourage physiological changes in your body – one of these is the ability to use different forms of energy. The most efficient energy source is glycogen – basically a sugar stored in the muscles. This will last for about 1 ½ hrs of fairly rigorous exercise – like running. After that has gone the body learns to use fat for energy – which we all have a big supply of. The problem is that the body does not convert fat to energy very efficiently, although it can be improved by doing runs over 1 ½ hrs. You need sufficient time on your feet to help train the energy systems, it encourages local endurance in the leg muscles and joints and it teaches you how to run efficiently. The occasional run over distance run is good for confidence – but in general longer will not mean fitter as you will not recover adequately to do your other training.

The amount of rest: Some leading athletes appear not to rest at all – to run at World class you have to achieve high quantities of training. These are the fittest and most economical movers in the World who can run for 30-40 mins without breathing, sweating or touching the ground. They are not like us, we expend enormous amounts of energy with each stride as the shock wave from each step knocks the wind out of your lungs.

Speed and ability are not necessarily good indicators of how efficient a runner you may be – slower runner's may simply not have the cardio-vascular system (heart & lungs) to run fast, but can run forever without getting injured. Conversely, plenty of fast runners regularly get injured because the bodywork is not as strong as the engine. Unfortunately, it is a suck-it-and-see situation, and you'll find out soon enough, however – it is still essential to build in rest days to allow for the training effect to take place.

Your Health: Everyone should be aware that there is a risk involved with active sport – heart defects leading to death being the most serious. That scare out of the way – for the vast majority of people active sport will improve your health and wellbeing.

Before setting out on an exercise regime you are well advised to visit your doctor for a check-up. A good doctor will be pleased to see you and should give you some advice on setting out – particularly if you have had a health problem like asthma or suffer from carrying excess weight.

The down side of training for a half marathon is that the daunting nature of the event requires you to take on more exercise than is normally advised. While sensible levels of exercise will improve your health, the levels needed to train for a marathon can lead to your immune system being suppressed. You will notice that sleep can become more difficult, your legs don't recover from runs as quickly, your resting pulse rate may be slightly higher than normal (it should get slower as you get fitter) – all of which may result in sore throats, colds that won't go away or flu. If you've gone this far – you must stop and recuperate. When you start up again start at a lower level and feel your way back gradually to where you were – but beware – where you were before is what got you ill in the first place!

Food & Drink: A healthy diet and high fluid intake are essential. Your body burns carbohydrate for the energy you need to make the muscles move, it also needs protein to help it recover from the damage done by hard exercise and it needs vitamins and minerals to maintain its health. So what you need is a good balanced diet. Make sure you are taking in plenty of carbohydrate but make sure you are not surviving just on carbohydrate – a plate of just pasta isn't a balanced diet. If you are taking in a lot of fruit and veg, yet still get colds you may need to look at vitamin supplements – but they are not essential if your general health is good.

Liquid is essential. Even on a cold day you will lose a lot of liquid through sweating and breathing – if this does not get replaced your body cannot function properly. So make sure you drink regularly, before, during and after exercise – either water or an isotonic sport drink, the choice is down to taste although research does show that liquid is absorbed more quickly when taken as an isotonic drink (but don't treat them like soft drinks – during & immediately after exercise only is advisable).

Race Practice: For the beginner, taking part in a race is a nerve wracking experience, for the more experienced the 10km is an ideal race distance combining both pace and endurance. Racing is very different than running on your own: your perception of pace will alter and you will almost certainly run quicker in the first few miles than you thought you were, running uninhibited with several thousand people trying to step on your heels or stopping dead in front of you is frustrating, plus the whole thing about getting there, queuing for the loo (several times) and finding the start. It's best to experience that before the big day. A shorter race or fun run will give you some confidence about doing the distance and will teach you something about 'racing' and sustaining your pace.

Tapering Down: Training takes about 2 weeks to become effective – so there is little point in doing too much training in the last two weeks before the event. It is far better to be letting the body recuperate and build up its energy reserves. There is a balance to be found: ease back too much and you will start to lose training effect and start to feel a little bit sluggish. Start to

reduce the quantity of training 2 weeks before the marathon, but maintain some faster running to keep you feeling 'sharp'. Keep some light training going even in the last week – it's good for confidence – but don't burn up valuable energy with unnecessary 'nervous' training at the last minute.

In the last 4 days concentrate on getting lots of carbohydrate inside you and keep fully hydrated by sipping water regularly. Make your last big meal at least 12 hrs before the race and have a light breakfast 3 hrs before the start on the big day. Drink small amounts right up to start time and take 500ml of water on to the startline and drink it just before the gun is going to go off – it's the most valuable water you'll take on board all day. Then try to get a small amount of liquid at each drink station on the race course.