

|                | Schedule - Up to 10K |                     |                | Schedule-10 mile/1/2 Marathon |                     |                    | Schedule - Up to Marathon |                     |                    |
|----------------|----------------------|---------------------|----------------|-------------------------------|---------------------|--------------------|---------------------------|---------------------|--------------------|
|                | Level 1              |                     |                | Level 2                       |                     |                    | Level 3                   |                     |                    |
| Date (wc)      | Monday               | Thursday            | Sunday         | Monday                        | Thursday            | Sunday             | Monday                    | Thursday            | Sunday             |
| <b>1.2.10</b>  |                      |                     |                |                               |                     |                    |                           |                     |                    |
| Mileage        | 4                    | 3/4                 | 6              | 4                             | 5                   | 13                 | 4                         | 7                   | 13                 |
| Effort         | Track                | Pace Run            | Race Pace      | Track                         | Pace Run            | Race Pace          | Track                     | Pace Run            | Race Pace          |
| Races          |                      |                     |                |                               |                     | Blackmore Vale 1/2 |                           |                     | Blackmore Vale 1/2 |
| Misc           | Pace Reps            | Use a partner       |                | Pace Reps                     | Use a partner       |                    | Pace Reps                 | Use a partner       |                    |
| <b>8.2.10</b>  |                      |                     |                |                               |                     |                    |                           |                     |                    |
| Mileage        | FHAB                 | 4                   | 7              | FHAB                          | 5                   | 10                 | FHAB                      | 7                   | 10                 |
| Effort         | Fast Session         | Steady Run          | Steady Run     | Fast Session                  | Steady Run          | Race Pace          | Fast Session              | Steady Run          | Race Pace          |
| Races          |                      |                     |                |                               |                     | Lytchett 10        |                           |                     | Lytchett 10        |
| Misc           | Boscombe Pier        | Including intervals | Pat's at 9am   | Boscombe Pier                 | Including intervals | DRRL               | Boscombe Pier             | Including intervals | DRRL               |
| <b>15.2.10</b> |                      |                     |                |                               |                     |                    |                           |                     |                    |
| Mileage        | 4                    | FHAB                | 8              | 5                             | FHAB                | 16                 | 6                         | FHAB                | 18                 |
| Effort         | Steady Run           | Hill Session        | Easy pace      | Steady Run                    | Hill Session        | Steady long run    | Steady Run                | Hill Session        | Steady long run    |
| Races          |                      |                     |                |                               |                     |                    |                           |                     |                    |
| Misc           |                      | Boscombe Pier       | With intervals | Recovery Run                  | Boscombe Pier       | Pat's at 8am       | Recovery Run              | Boscombe Pier       | Pat's at 8am       |
| <b>22.2.10</b> |                      |                     |                |                               |                     |                    |                           |                     |                    |
| Mileage        | 3 or 4               | 5                   | 8              | 5                             | 6                   | 16                 | 6                         | 6                   | 20                 |
| Effort         | Steady Run           | Fartlek             | Moderate Pace  | Steady Run                    | Fartlek             | Easy Run           | Easy Run                  | Fartlek             | Steady Long Run    |
| Races          |                      |                     |                |                               |                     |                    |                           |                     |                    |
| Misc           |                      | Interval Run        |                |                               | Interval Run        | Castlemain Trail   | Recovery Pace             | Interval Run        | Castlemain Trail   |

All training sessions take place from Strouden Park Community Centre unless otherwise stated.  
Track is always from Kings Park Athletic Centre.  
FHAB Sessions are from Boscombe Pier unless otherwise stated.  
All training sessions start promptly at 7.10pm.

There will always be a 4 mile route available

| London Marathon |                           |                           |           |                  |                |          |                      |                             |         |               |               |        |               |               |    |                     |    |    |    |
|-----------------|---------------------------|---------------------------|-----------|------------------|----------------|----------|----------------------|-----------------------------|---------|---------------|---------------|--------|---------------|---------------|----|---------------------|----|----|----|
|                 | Level 1                   |                           |           | Level 2          |                |          | Level 3              |                             |         |               |               |        |               |               |    |                     |    |    |    |
|                 | Monday                    | Tuesday                   | Wednesday | Thursday         | Friday         | Saturday | Sunday               | Monday                      | Tuesday | Wednesday     | Thursday      | Friday |               |               |    |                     |    |    |    |
|                 |                           |                           |           |                  |                |          |                      |                             |         |               |               |        |               |               |    |                     |    |    |    |
|                 | Track                     | R                         | 6         | 7                | 3              | 6        | 6                    | 4                           | 5       | 7             | Rest          | Rest   |               |               |    |                     |    |    |    |
|                 | Pace Reps                 | 200m inter or short hills |           |                  | Steady Run     |          |                      | Pace Run                    |         |               | Rest day      |        |               |               |    |                     |    |    |    |
|                 |                           |                           |           |                  |                |          |                      |                             |         |               |               |        |               |               |    |                     |    |    |    |
|                 | Kings Park Athletic Track | R = Rest day              |           |                  |                |          |                      | Maintain pace over hills    |         |               |               |        |               |               |    |                     |    |    |    |
|                 |                           |                           |           |                  |                |          |                      |                             |         |               |               |        |               |               |    |                     |    |    |    |
|                 | FHAB                      | 4                         | 5         | 6                | 4              | 4        | 5                    | 4                           | 7       | 7             | Rest          | 3      | 4             | 6             | 10 | 10                  | 10 |    |    |
|                 | Fast Session              | Steady Run                |           |                  | Hill reps      |          |                      | Steady Run                  |         |               | Rest day      |        |               | Marathon pace |    |                     |    |    |    |
|                 |                           |                           |           |                  |                |          |                      |                             |         |               |               |        |               |               |    |                     |    |    |    |
|                 | Boscombe Pier             | Training pace             |           |                  | 6 x 2 min hill |          |                      | Include some fast intervals |         |               | Easy flat run |        |               | DRRL          |    |                     |    |    |    |
|                 |                           |                           |           |                  |                |          |                      |                             |         |               |               |        |               |               |    |                     |    |    |    |
|                 | 4                         | 5                         | 6         | 4                | 5              | 5        | 3                    | 4                           | 5       | FHAB          | 3             | 3      | 3             | Rest          | 14 | 16                  | 18 |    |    |
|                 | Steady Run                |                           |           | Interval run     |                |          | Easy pace            |                             |         | Hill Session  |               |        | Jog pace only |               |    | Rest Day            |    |    |    |
|                 |                           |                           |           |                  |                |          |                      |                             |         |               |               |        |               |               |    |                     |    |    |    |
|                 | Recovery run after Sunday |                           |           | 7 x 3 mins       |                |          | Off road if possible |                             |         | Boscombe Pier |               |        |               |               |    | Pat's at 8am        |    |    |    |
|                 |                           |                           |           |                  |                |          |                      |                             |         |               |               |        |               |               |    |                     |    |    |    |
|                 | 3                         | 4                         | 5         | 4                | 6              | 6        | 4                    | 5                           | 6       | 4             | 5             | 6      | 3             | 4             | 5  | Rest                | 16 | 18 | 20 |
|                 | Steady Run                |                           |           | Fast paced       |                |          | Steady Run           |                             |         | Fartlek       |               |        | Easy Jog      |               |    | Rest Day            |    |    |    |
|                 |                           |                           |           |                  |                |          |                      |                             |         |               |               |        |               |               |    |                     |    |    |    |
|                 | Recovery Run after Race   |                           |           | 1st mile warm up |                |          | Moderate pace        |                             |         | Interval Run  |               |        |               |               |    | Castlemain Trailway |    |    |    |

Grid includes training for Levels 1/2/3. Choose the one that is appropriate to you.



