

Training Grid

April 2010

	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
29.3.10									
Mileage	4	6	8	5	8	20	6	10	22
Effort	Steady Run	Steady Run	Pace run	Easy Pace	Steady Run	Steady Run	Easy Pace	Steady Run	Steady Run
Races									
Misc		Intervals at race pace	some at race pace		Intervals at race pace	Country to sea		Intervals at race pace	Country to sea
5.4.10									
Mileage		4	7		8	16		10	18
Effort	No Running	Race Pace	Steady Run	No Running	Marathon Pace	Steady long run	No Running	Marathon Pace	Steady long run
Races									
Misc	Easter Monday		3 x 1mile reps fast	Easter Monday		Stour Valley	Easter Monday		Stour Valley
12.4.10									
Mileage	4	4	6	4	8	10	4	19	10
Effort	Track	Steady Pace	Race Pace	Track	Steady Pace	Steady long run	Track	Steady Pace	Steady long run
Races			Parley 10k/2k						
Misc	Building stamina	1 mile at race pace		Building Stamina	2 x 3m at race pace		Building Stamina	2 x 3m at race pace	
19.4.10									
Mileage	FHAB	4	5	FHAB	3	26	FHAB	3	26
Effort	Fast Session	Easy Pace	Steady Pace	Fast Session	Easy Pace		Fast Session	Easy Pace	
Races						London Marathon			London Marathon
Misc	Boscombe Pier			Boscombe Pier			Boscombe Pier		

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 Level Level																				
Monday	Tuesday			Wednesday			Thursday			Friday			Saturday	Sunday						
4	5	6	3	3	3	5	6	7	6	8	10	3	3	3	6	16	20	22		
Easy pace			Race Pace			Easy Run			Steady Pace			Easy Run			Race Pace			Steady Long Run		
			Poole Park Ladies 5K									Rotary Quarter								
			7pm start			Include 2/5m fartleking			Plus intervals at race pace						Countryside to sea					
4	4	6	4	6	8	4	6	6	8	8	10	Rest			R	4	4	14	16	18
Easy pace			Slow plus fartleking			Easy Run			Marathon Pace			Rest Day			Jog only			Steady Long Run		
No Club run			short intervals															Stour Valley		
4	4	4	4	6	6	5	5	8	8	8	10	3	3	3	Rest			10	10	10
Track			Easy Pace			Steady Pace			Steady Pace						Rest Day			Race Pace		
												5k Time Trial Poole Park						Parley 10k/2k		
Building Stamina			Include 2/4 x1mile reps						2 x 3m at race pace			7.30pm start						or long steady run		
FHAB	3	3	3	4	4	4	3	3	3	Rest			Rest			26	26	26		
Fast Session			Slow			Easy Pace			Easy Pace			Rest Day			Rest Day					
																		London Marathon		
Boscombe Pier			1 mile at race pace															Good Luck		

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