Beginner Programme: Morning

Week	Mon - Group Session	Tues	Wed - Group Session	Thurs - solo session	Fri	Sat - Group Session	Sun
1	Pace Session 1: 50min 10mins easy running (with 4 x 20sec surges) then 10mins at 80% effort then 15mins easy then 15mins at 80% effort	Rest day Stretch	Track Session 1 See notes below	3-4km Easy run	Rest day Stretch	5km Easy running	Rest day
2	Pace Session 1: 50min 10mins easy running (with 4 x 20sec surges) then 10mins at 80% effort then 15mins easy then 15mins at 80% effort	Rest day Stretch	Track Session 1 See notes below	3-4km Easy run	Rest day Stretch	6km Easy running	Rest day
3	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Rest day Stretch	Track Session 1 See notes below	4-5km Easy run	Rest day Stretch	6.5km Easy running	Rest day
4	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Rest day Stretch	Track Session 2 See notes below	4-5km Easy run	Rest day Stretch	7km Easy running	Rest day
5	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Rest day Stretch	Track Session 2 See notes below	5-6km Easy run	Rest day Stretch	7.5km Easy running	Rest day
6	Pace Session 3: 50min 10mins easy running (with 4x 20sec surges) then 10mins at 80% effort then 10mins easy then 20mins at 80% effort	Rest day Stretch	Track Session 3 See notes below	5-6km Easy run	Rest day Stretch	8km Easy running	Rest day
7	Pace Session 3: 50min 10mins easy running (with 4x 20sec surges) then 10mins at 80% effort then 10mins easy then 20mins at 80% effort	Rest day Stretch	Track Session 3 See notes below	3-4km Easy run	Rest day Stretch	9km Easy running	Rest day
8	Easy 40min Jog	Rest day Stretch	Track Session 4 See notes below	4km Easy run	Rest day Stretch	**10k Run day** Kick butt!	Sleep in ;-)

Notes

Track Sessions	*Our coach will guide you through these track sessions and call out your sets.*
Track Session 1	5 mins @ 65% / 7 min recovery between each **x 3 Sets**
Track Session 2	3 mins @ 70% / 4.5 mins recovery between each **x 5 Sets**
Track Session 3	2 mins @ 75% / 4 mins recovery between each **x 6 Sets**
Track Session 4	1 min @ 80% / 2 mins recovery between each **x 10 Sets**

Week	Mon - Group Session	Tues	Wed - Group Session	Thurs - solo session	Fri - solo session	Sat - Group Session	Sun
1	Pace Session 1: 50min 10mins easy running (with 4 x 20sec surges) then 10mins at 80% effort then 15mins easy then 15mins at 80% effort	Rest day Stretch	Track Session 1 See notes below	5-6km Easy run	Walk 30mins	7km run After 20mins do 20mins at 8/10 or goal pace	Rest day Stretch
2	Pace Session 1: 50min 10mins easy running (with 4 x 20sec surges) then 10mins at 80% effort then 15mins easy then 15mins at 80% effort	Rest day Stretch	Track Session 1 See notes below	5-6km Easy run	Walk 30mins	8km run After 20mins do 20mins at 8/10 or goal pace	Rest day Stretch
3	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Rest day Stretch	Track Session 1 See notes below	5-6km Easy run	Walk 30mins	9km run After 20mins do 20mins at 8/10 or goal pace	Rest day Stretch
4	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Rest day Stretch	Track Session 2 See notes below	5-6km Easy run	Walk 30mins	10km run After 20mins do 30mins at 8/10 or goal pace	Rest day Stretch
5	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Rest day Stretch	Track Session 2 See notes below	5-6km Easy run	Walk 30mins	11km run After 20mins do 30mins at 8/10 or goal pace	Rest day Stretch
6	Pace Session 3: 50min 10mins easy running (with 4x 20sec surges) then 10mins at 80% effort then 10mins easy then 20mins at 80% effort	Rest day Stretch	Track Session 3 See notes below	5-6km Easy run	Walk 30mins	8km Time Trial	Rest day Stretch
7	Pace Session 3: 50min 10mins easy running (with 4x 20sec surges) then 10mins at 80% effort then 10mins easy then 20mins at 80% effort	Rest day Stretch	Track Session 3 See notes	5-6km Easy run	Walk 30mins	12km After 20m do 35mins at 8/10 or goal pace	Rest day Stretch
8	Easy 40min Jog	Rest day	Track Session 4 See notes below	5-6km Easy run	Walk 30mins	**10km Run day** Kick butt!	Sleep in ;-)

Notes

Track Sessions	*Our coach will guide you through these track sessions and call out your sets.*
Track Session 1	5 mins @ 75% 5 mins recovery between each **x 4 Sets**
Track Session 2	3 mins @ 80% / 3 mins recovery between each **x 6 Sets**
Track Session 3	2 mins @ 85% / 2 mins recovery between each **x 8 Sets**
Track Session 4	1 min @ 90% / 1 min recovery between each **x 15 Sets**

club10K

Return Programme: Morning							
Week	**Mon - Group Session**	**Tues**	**Wed - Group Session**	**Thurs - solo session**	**Fri - solo session**	**Sat - Group Session**	**Sun**
1	Pace Session 1: 50min 10mins easy running (with 4 x 20sec surges) then 10mins at 80% effort then 15mins easy then 15mins at 80% effort	Rest day Stretch	Track Session 1 See notes below	5-6km Easy run	Walk 30mins	8km run After 20mins do 30mins at 8/10 or goal pace	Rest day Stretch
2	Pace Session 1: 50min 10mins easy running (with 4 x 20sec surges) then 10mins at 80% effort then 15mins easy then 15mins at 80% effort	Rest day Stretch	Track Session 1 See notes below	5-6km Easy run	Walk 30mins	10km run After 20mins do 30mins at 8/10 or goal pace then easy running to end	Rest day Stretch
3	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Rest day Stretch	Track Session 1 See notes below	5-6km Easy run	Walk 30mins	13km run After 20m do 35m at 8/10 or goal pace then easy running to end	Rest day Stretch
4	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Rest day Stretch	Track Session 2 See notes below	5-6km Easy run	Walk 30mins	10km run After 20m do 30m at 8/10 or goal pace then easy running to end	Rest day Stretch
5	Pace Session 2: 50min 10mins easy running (with 4 x 20sec surges) then 20mins at 80% effort then 10mins easy then 10mins at 80% effort	Rest day Stretch	Track Session 2 See notes below	5-6km Easy run	Walk 30mins	12km run Do 2nd Half at 8/10 or goal pace	Rest day Stretch
6	Pace Session 3: 50min 10mins easy running (with 4x 20sec surges) then 10mins at 80% effort then 10mins easy then 20mins at 80% effort	Rest day Stretch	Track Session 2 See notes below	5-6km Easy run	Walk 30mins	8km Time Trial	Rest day Stretch
7	Pace Session 3: 50min 10mins easy running (with 4x 20sec surges) then 10mins at 80% effort then 10mins easy then 20mins at 80% effort	Rest day Stretch	Track Session 3 See notes below	5-6km Easy run	Walk 30mins	14km Do 2nd Half at 8/10 or goal pace	Rest day Stretch
8	Easy 40min Jog	Rest day	Track Session 3 See notes below	5-6km Easy run	Walk 30mins	**10km Run day** Kick butt!	Sleep in ;-)

Notes

Track Sessions	*Our coach will guide you through these track sessions and call out your sets.*

Track Session 1	**Track Session 2**	**Track Session 3**
4mins - 80% effort	1mins - 90% effort	2min - All out
2mins - All out	3mins - 80% effort	1min - Easy
2mins - Easy	1mins - All out	*Repeat x 11 Sets*
Repeat x 4 Sets	1mins - Easy	
	Repeat x 6 sets	