

Session 1

Endurance- Inc threshold efforts

Novice (Sub 60 mins)

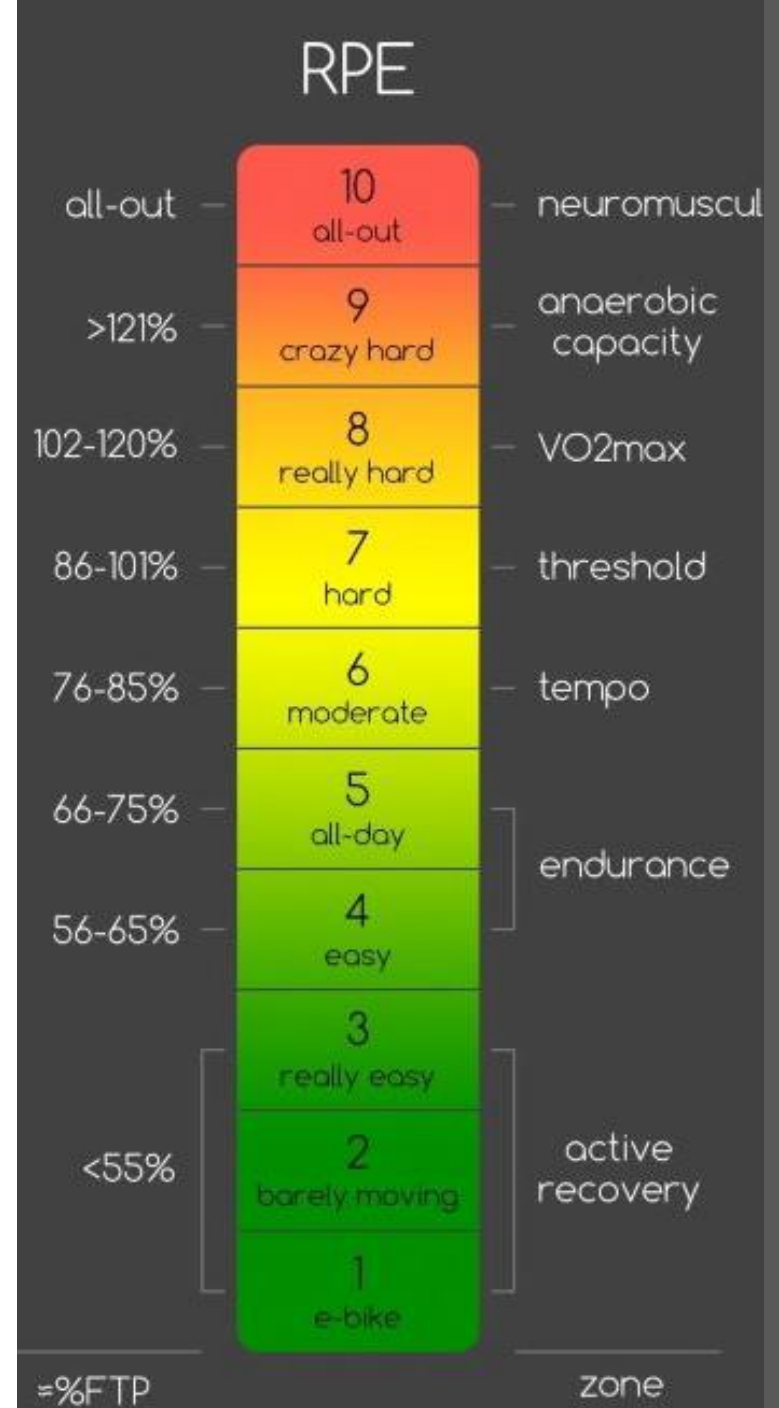
- 60 min tempo run (level 6)
- Inc (4x) 5 min efforts @ 'threshold' (level 7)

Intermediate (sub 50 mins)

- 70 min tempo run (level 6)
- Inc (5x) 5 min efforts @ 'threshold' (level 7)

Advanced (sub 38 mins)

- 80 min tempo run (level 6)
- Inc (6x) 5 min efforts @ 'threshold' (level 7)



Session 2

Strength – Hills ('fartlek')

Novice (Sub 60 mins)

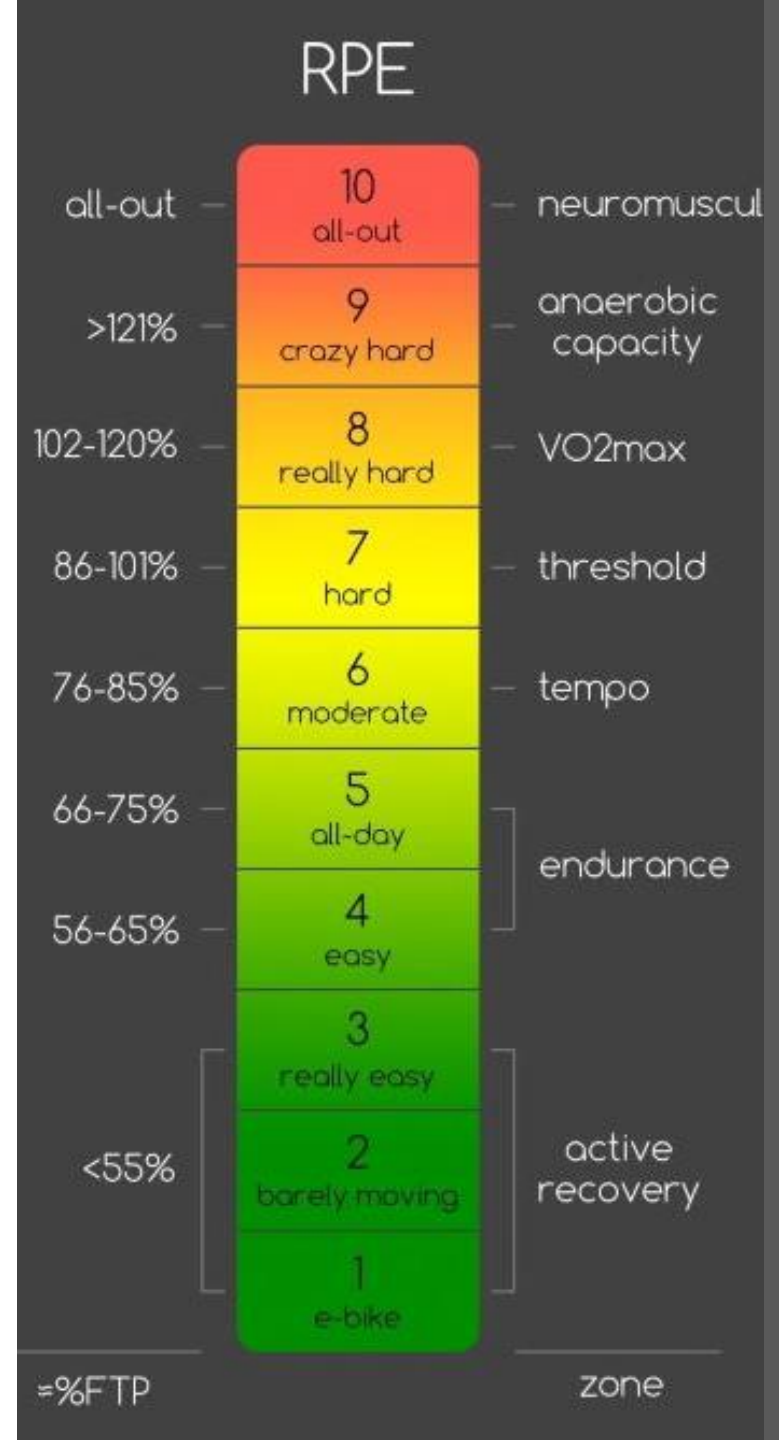
- 50 mins hilly 'fartlek' run
- Easy (level 4) during descents and flats, 'threshold' (level 7) during inclines.

Intermediate (sub 50 mins)

- 60 min hilly 'fartlek' run
- Easy (level 4) during descents and flats, 'threshold' (level 7) during inclines.

Advanced (sub 38 mins)

- 70 mins hilly 'fartlek' run
- Easy (level 4) during descents and flats, 'threshold' (level 7) during inclines.



Session 3

Endurance – Pace perception

Novice (Sub 60 mins) - 7 mile run as:

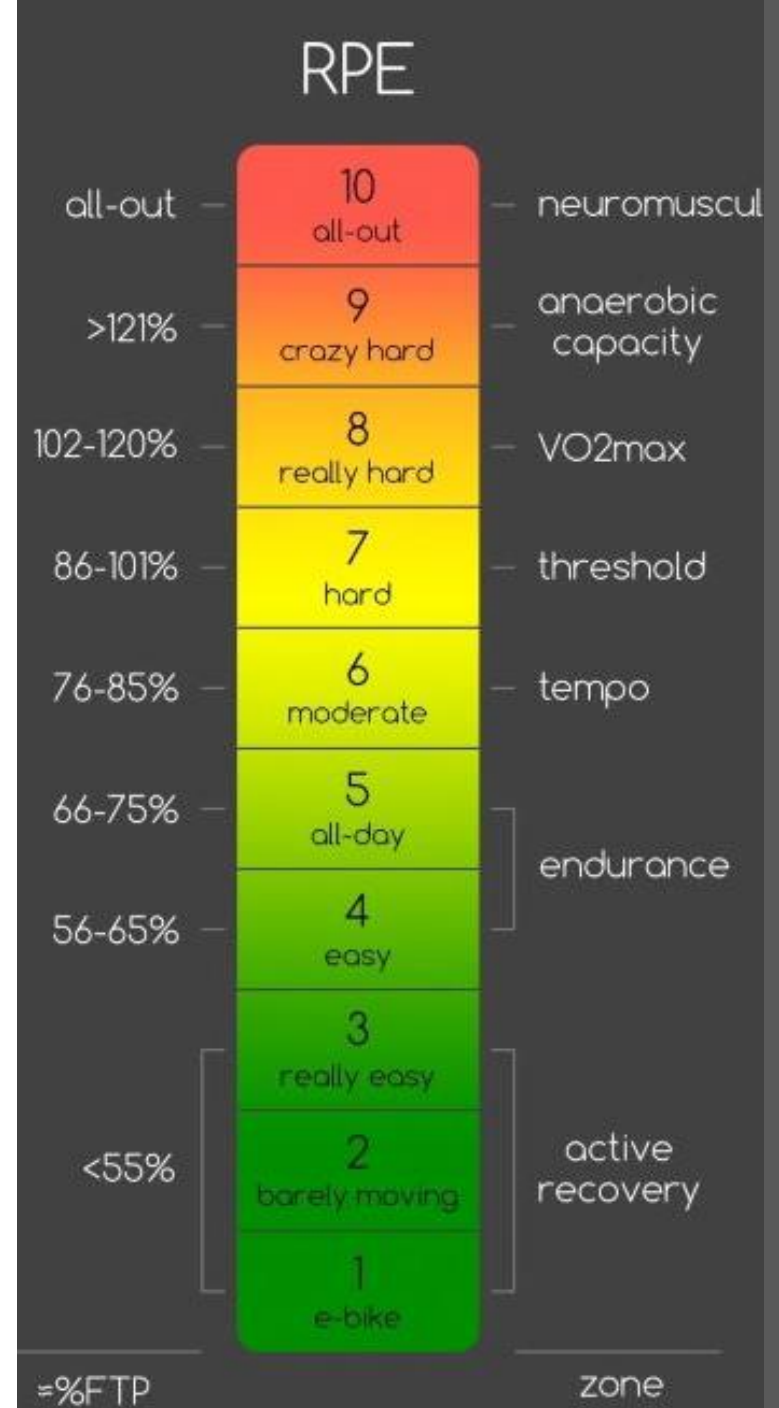
- 0-3 miles 'endurance' (level 5)
- 3-5 miles 'tempo' (level 6)
- 5-7 miles 'threshold' (level 7)

Intermediate (sub 50 mins) - 8 mile run as:

- 0-3 miles 'endurance' (level 5)
- 3-6 miles 'tempo' (level 6)
- 6-8 miles 'threshold' (level 7)

Advanced (sub 38 mins) - 9 mile run as:

- 0-3 miles 'endurance' (level 5)
- 3-6 miles 'tempo' (level 6)
- 6-9 miles 'threshold' (level 7)



Session 4

Speed – 1800's

Novice (Sub 60 mins)

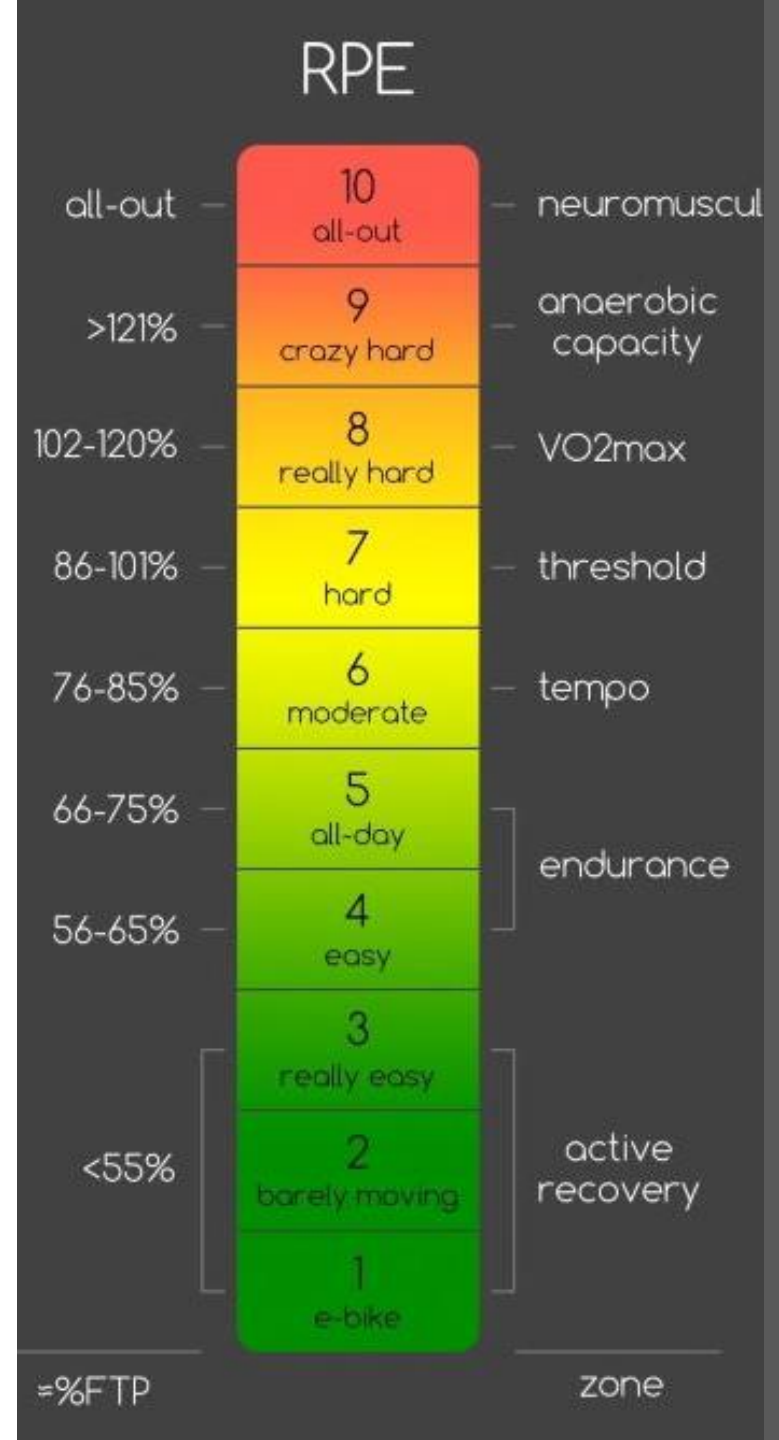
- (3x) 2k as:
- 1800m 'threshold' / 200m 'active recovery'
- (90 secs between reps)

Intermediate (sub 50 mins)

- (4x) 2k as:
- 1800m / 200m 'threshold' / 200m 'active recovery'
- (60 secs between reps)

Advanced (sub 38 mins)

- (5x) 2k as:
- 1800m / 200m 'threshold' / 200m 'active recovery'
- (30 secs between reps)



Session 5

Endurance – tempo intervals

Novice (Sub 60 mins)

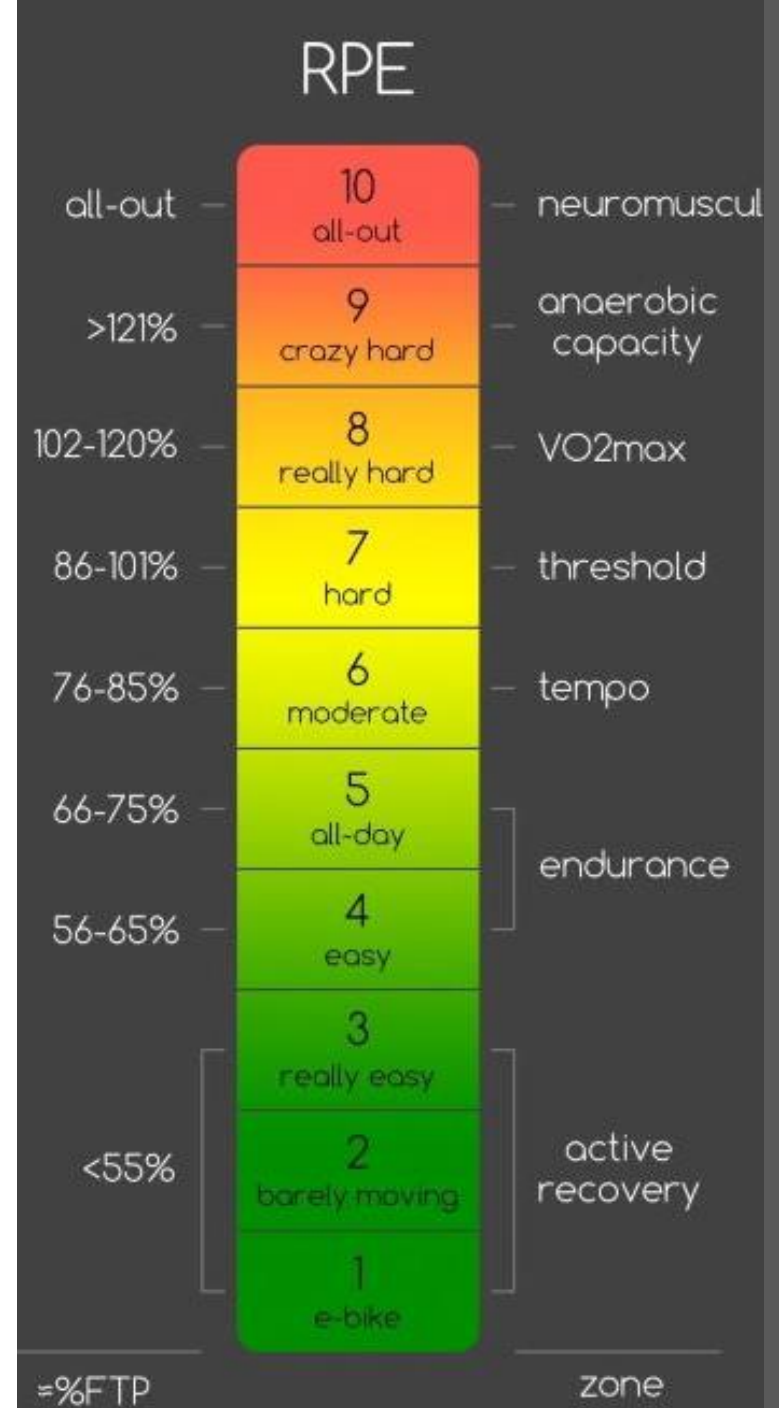
- (4x) 2k @ tempo (level 6)
- 3 min jog or static recovery between reps

Intermediate (sub 50 mins)

- (4x) 2.5k @ tempo (level 6)
- 2 min jog recovery between reps

Advanced (sub 38 mins)

- (4x) 3k @ tempo (level 6)
- 1 min jog recovery between reps



Session 6

Strength – Static ‘long’ hill repeats

Novice (Sub 60 mins)

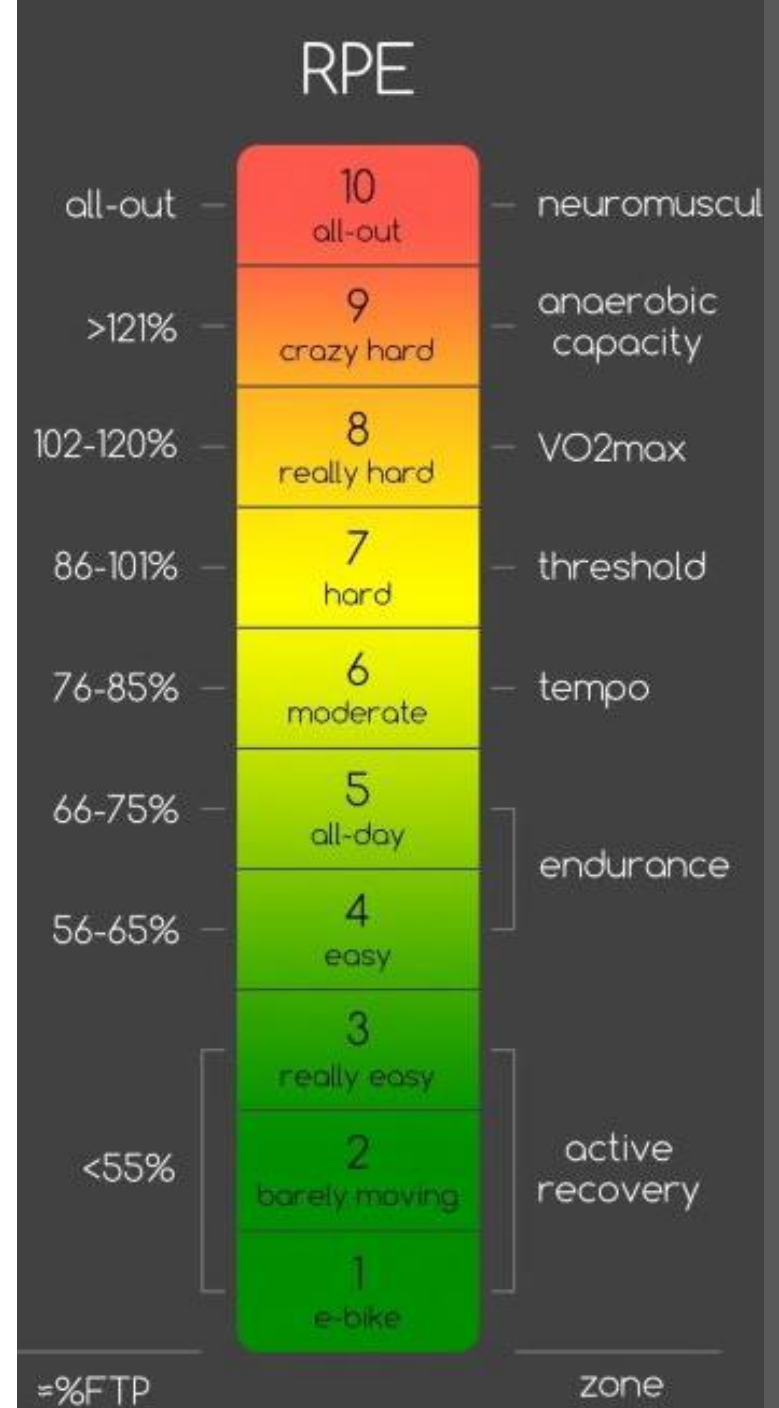
- (3x) hill repeats (2 mins per incline) ‘threshold’ (level 7)
- 10 minute on flat at ‘easy’ level 4
- Repeat above

Intermediate (sub 50 mins)

- (4x) hill repeats (2 mins per incline) ‘threshold’ (level 7)
- 10 minute on flat at ‘active recovery’ level 4
- Repeat above

Advanced (sub 38 mins)

- (5x) hill repeats (2 mins per incline) ‘threshold’ (level 7)
- 10 minute on flat at ‘active recovery’ level 4
- Repeat above



Session 7

Endurance – ‘Top Up’

Novice (Sub 60 mins)

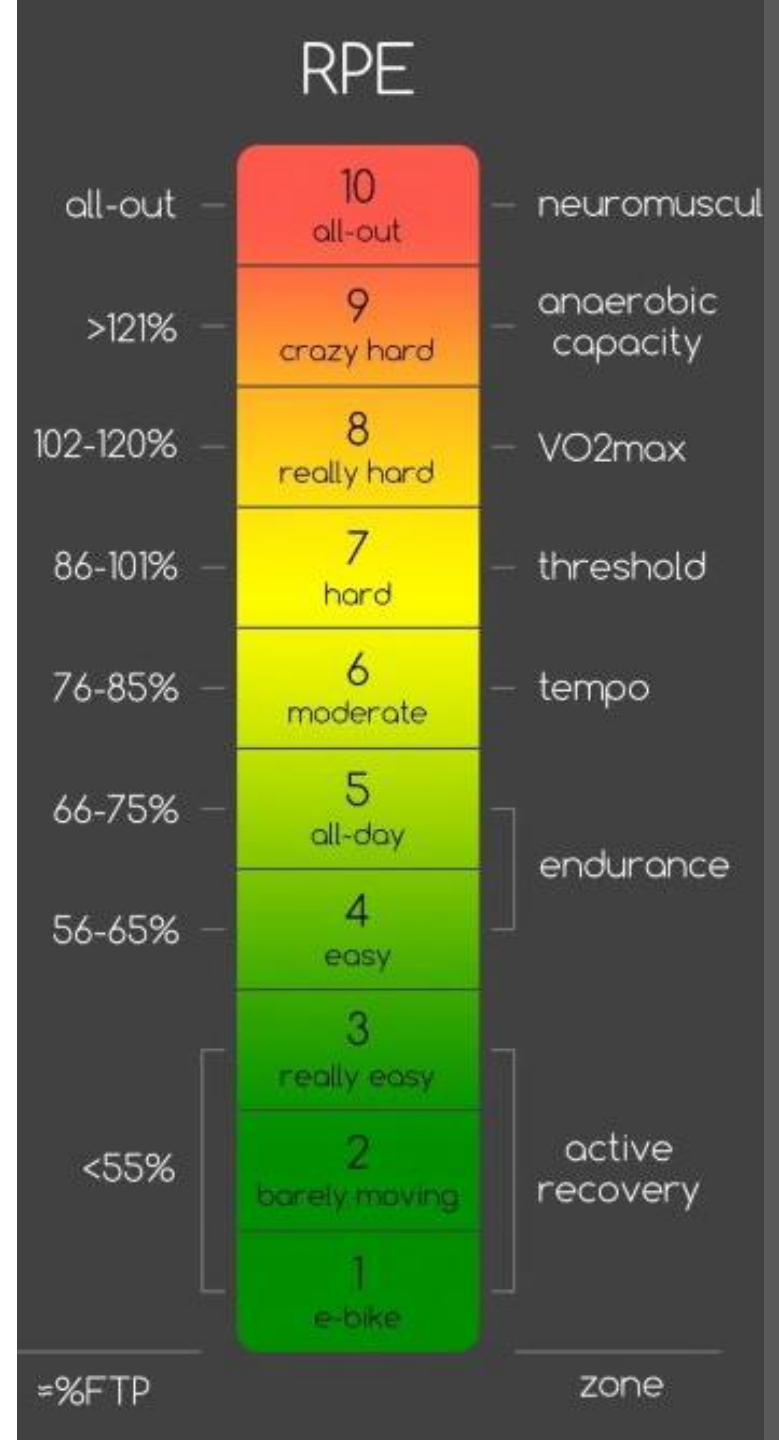
- 11k Mono pace throughout ‘endurance’ level 5

Intermediate (sub 50 mins)

- 12k Mono pace throughout ‘endurance’ level 5

Advanced (sub 38 mins)

- 13k Mono pace throughout ‘endurance’ level 5



Session 8

Endurance- Inc threshold efforts

Novice (Sub 60 mins)

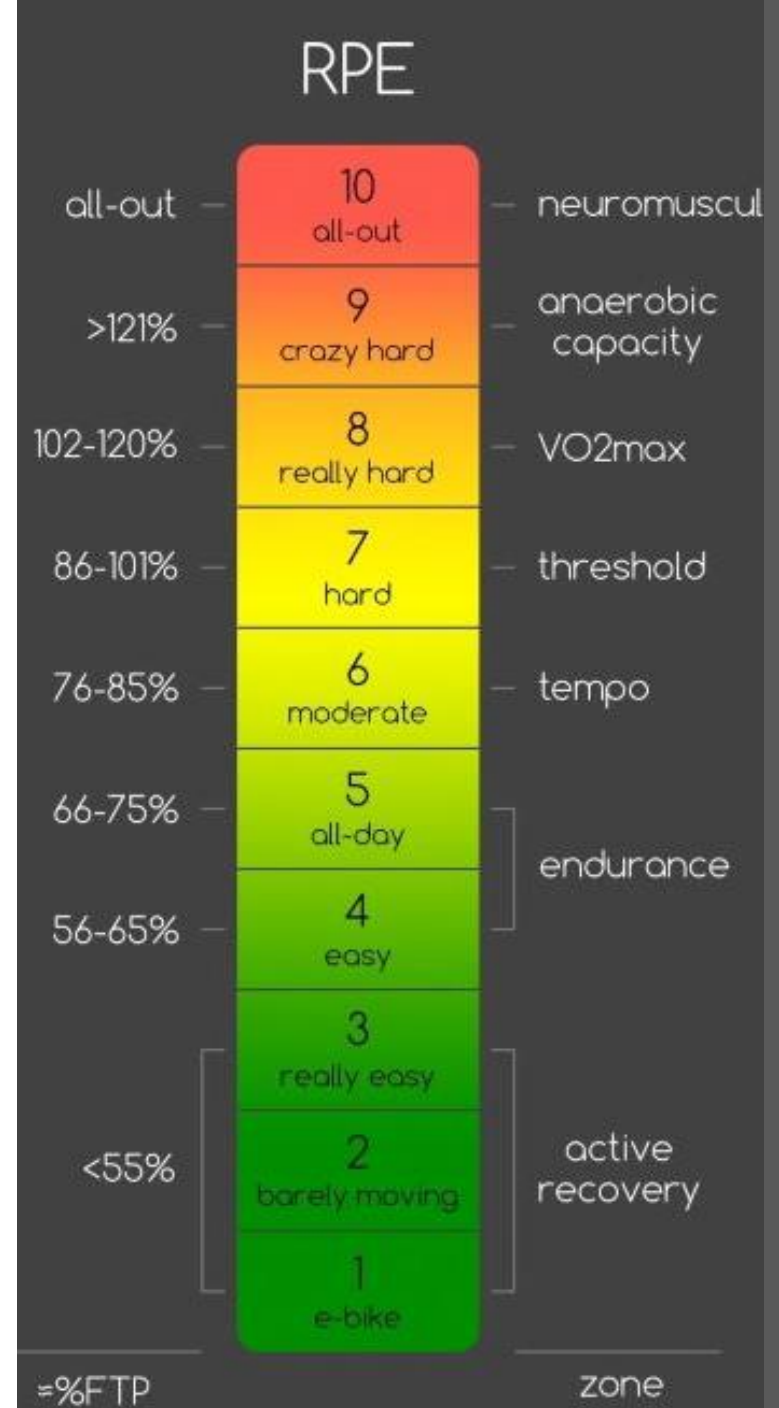
- (2x) 3x 1k 'threshold' (level 7)
- 60 secs static recovery between reps
- 2 min recovery between sets

Intermediate (sub 50 mins)

- between sets(2x) 4x 1k 'threshold' (level 7)
- 200m walk recovery between reps
- 60 secs static recovery

Advanced (sub 38 mins)

- (3x) 3x 1k 'threshold' (level 7)
- 100m walk recovery between reps
- 60 secs static recovery between sets



Session 9

Endurance – Negative split

Novice (Sub 60 mins)

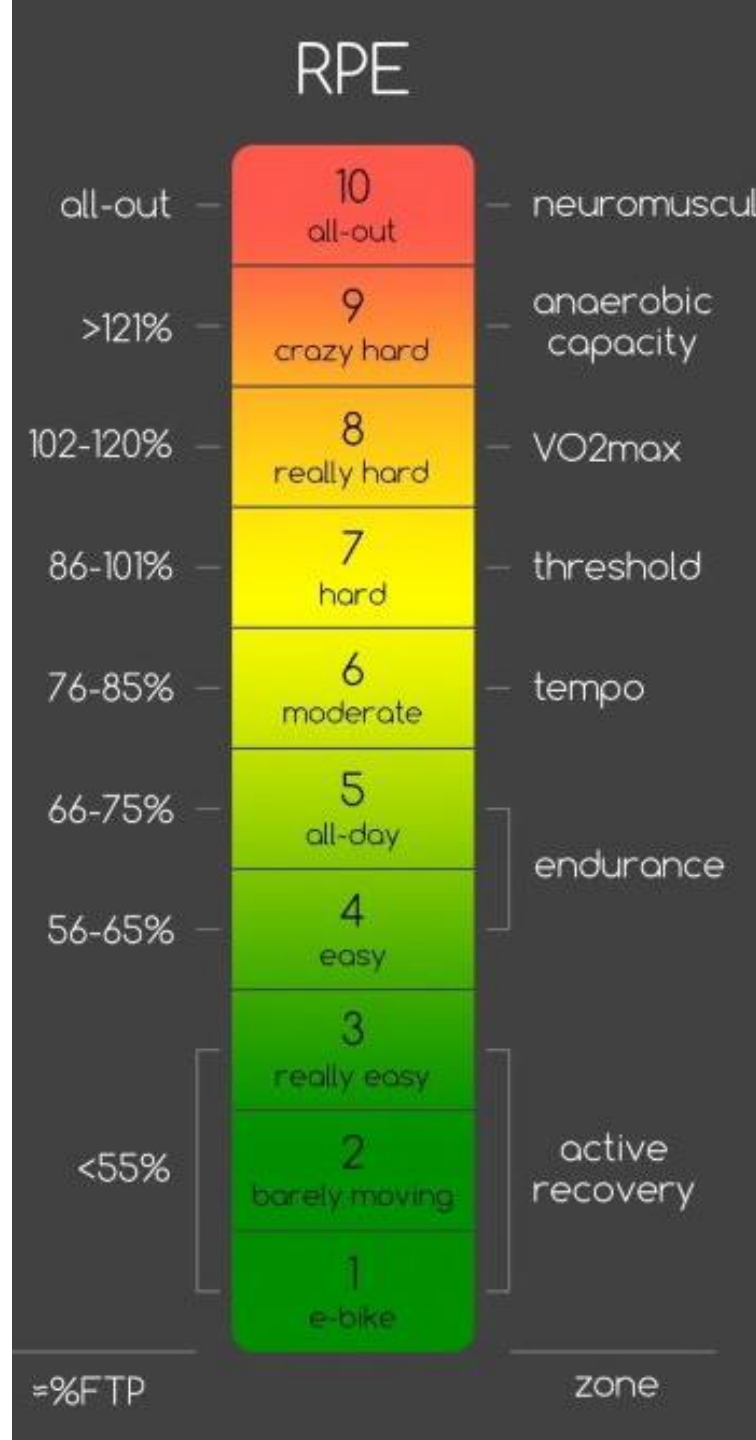
- 4k @ 'tempo' level 6
- 4k @ 'threshold' level 7

Intermediate (sub 50 mins)

- 5k @ 'tempo' level 6
- 5k @ 'threshold' level 7

Advanced (sub 38 mins)

- 6k @ 'tempo' level 6
- 6k @ 'threshold' level 7



Session 10

Strength – ‘Oregon’ circuit

Set 1 – 20 secs each exercise

- press ups
- sit ups
- back extensions
- lunges
- squat thrusts

Set 2 – 20 secs each exercise

- squats
- crunches
- plank
- supported single leg squats
- burpees

Set 3

– 20 secs each exercise

- tricep dips
- left leg standing balance
- right leg standing balance
- left leg hops
- right leg hops

A circuit consists of:

- Run for 5 mins then do set 1
- Run for 5 mins then do set 2
- Run for 5 mins then do set 2

Novice (Sub 60 mins)

- Perform the above x1

Intermediate (sub 50 mins)

- Perform the above x2

Advanced (sub 38 mins)

- Perform the above x3

Session 11

Endurance

Novice (Sub 60 mins)

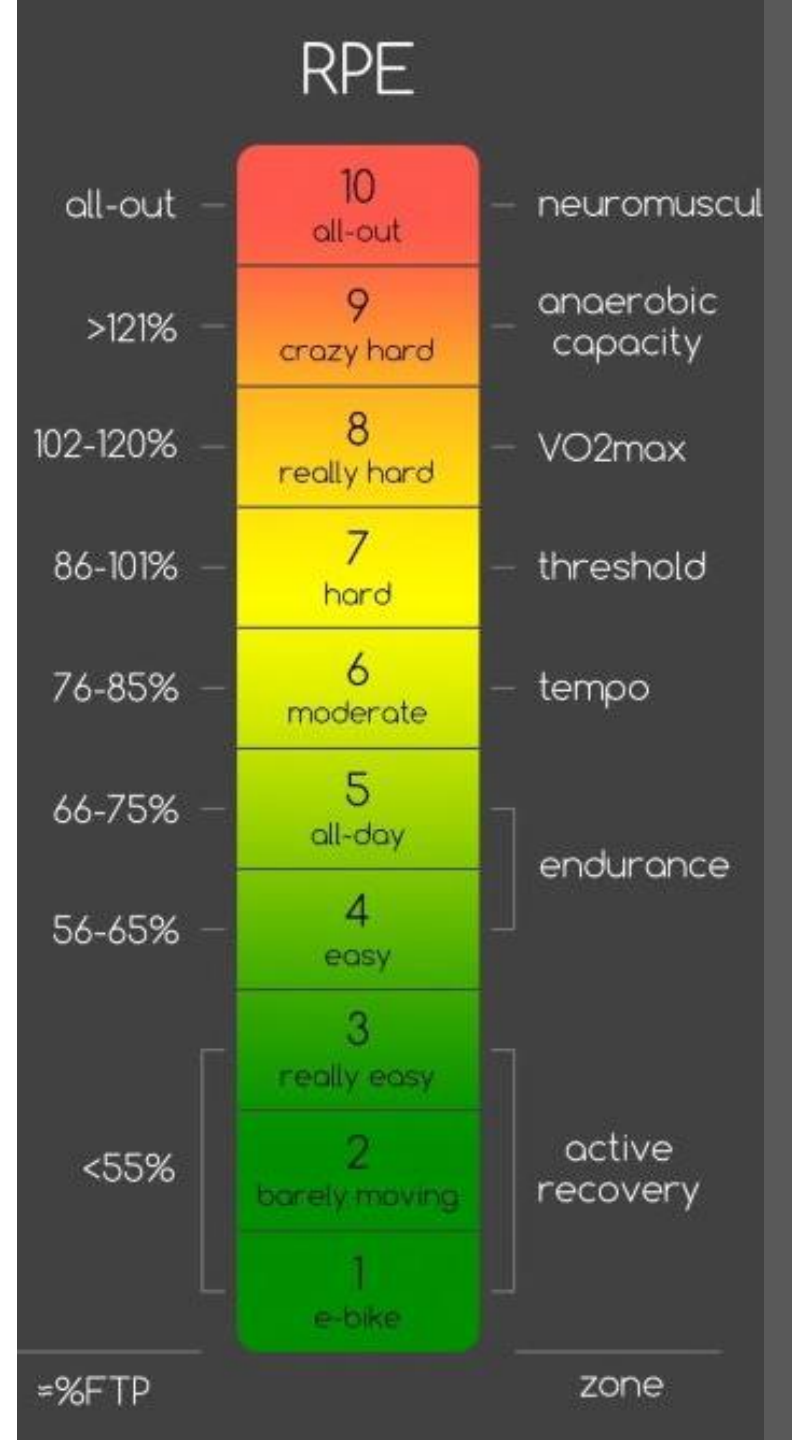
- 10k run to include 6x 'bursts' between 30-90 secs.

Intermediate (sub 50 mins)

- 11k run to include 8x 'bursts' between 30-90 secs.

Advanced (sub 38 mins)

- 12k run to include 10x 'bursts' between 30-90 secs.



Session 12

Muscular Endurance

Novice (Sub 60 mins) -(4x) 2000m as:

- 400m 'endurance 5'
- 400m 'tempo'
- 800m 'threshold'
- 400m 'active recovery'

Intermediate (sub 50 mins) - (5x) 2000m as:

- 400m 'endurance 5'
- 400m 'tempo'
- 800m 'threshold'
- 400m 'active recovery'

Advanced (sub 38 mins) - (6x) 2000m as:

- 400m 'endurance 5'
- 400m 'tempo'
- 800m 'threshold'
- 400m 'active recovery'

