

# 2017 BEGINNER'S TRAINING PLAN



The BEGINNER'S workout was created for a new runner, or someone who has never trained for a race before.

Beginners should focus on keeping the pace below 07.30 min/km. The base pace will decrease as endurance and speed build throughout the programme. Define your pace by the speed that you are able to steadily hold while carrying on with a conversation.

**TRACK/SPEED WORKOUTS** are ideally done on outdoor track, but treadmill running can also work well for winter training.

**NON-IMPACT TRAINING** should be incorporated throughout the workout. Yoga, spinning and/or swimming are highly recommended – activities that keep the body moving but aren't overly intensive on the body.

WEEK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY KM
1	Easy run for 3km at base pace (Goal: less than 07:30/km)	Keep it light with non-impact cross-training	Cruise for 5km at base pace	Take it easy! Rest or cross-train	Take it easy! Rest or cross-train	Steady 6km run at base pace	Rest or cross-train. Make sure you're fresh for week 2	14km
2	Easy run for 3-5km at base pace	Keep it light with non-impact cross-training	Take up the tempo for 4.8km. First 1.6km at base pace, then 1.6km at 30 seconds less than base pace (90 sec rest after if needed), last 1.6km at base pace	Take it easy! Rest or cross-train	Take it easy! Rest or cross-train	Steady 6.5km run at base pace	Rest or cross-train. Make sure you're fresh for week 3	14.5 – 16.5km
3	Easy run for 3-5km at base pace	Keep it light with non-impact cross-training	Mix it up: 1.5km warm up, 2 x 400m sprints (Goal: 4 min or less), 4 x 200m sprints (Goal: 92 sec or less), 1.5km cool down	Easy run for 5km at base pace	Take it easy! Rest or cross-train	Steady 8km run at base pace	Rest or cross-train. Make sure you're fresh for week 4	20.6 – 22.6km
4	Easy run for 5km at base pace	Keep it light with non-impact cross-training	Take up the tempo for 6km. First 1.5km at base pace, then 3km at 30 seconds less than base pace (60 seconds rest if needed), 1.5km at base pace +15 seconds	Easy run for 3-5km at base pace	Take it easy! Rest or cross-train	Steady 8km run at base pace	Rest or cross-train. Make sure you're fresh for week 5	22 – 24km
5	Easy run for 5-6.5km at base pace	Keep it light with non-impact cross-training	Easy run for 6.5km at base pace	Easy run for 3-5km at base pace	Take it easy! Rest or cross-train	Steady 10km run at base pace	Rest or cross-train. Make sure you're fresh for week 6	24.5 – 28km
6	Easy run for 3-5km at base pace	Keep it light with non-impact cross-training	Mix it up: 1.5km warm up, 4x400m sprints (Goal: 2 min seconds or less, rest is walk/jog 400m), 1.5km cool down	Easy run for 5-6.5km at base pace	Take it easy! Rest or cross-train	Steady 11km run at base pace	Rest or cross-train. Make sure you're fresh for week 7	23.6 – 27.1km
7	Easy run for 5-6.5km at base pace	Keep it light with non-impact cross-training	Take up the tempo for 8km. First 1.5km at base pace, then 3 x 1.5km negative splits - goal is to cut 5-10 seconds off each mile. Slow 1.5km cool down	Easy run for 3-5km at base pace	Take it easy! Rest or cross-train	Steady 10km run at base pace	Rest or cross-train. Make sure you're fresh for week 8	26 – 29.5km
8	Easy run for 3-5km at base pace	Keep it light with non-impact cross-training	Easy run for 8km at base pace	Easy run for 3km at base pace	Take it easy! Rest or cross-train	Steady 8km run at base pace	Rest or cross-train. Make sure you're fresh for week 9	22 – 24km
9	Easy run for 3km at base pace	Keep it light with non-impact cross-training	Kick up the speed with ladder work: 1.5km warm up, 4 x 200m sprints, 2 x 400m sprints, 1 x 800m sprint. Rest for 60 secs between intervals. All out effort! 1.5km cool down	Keep it light with non-impact cross-training	Take it easy! Rest or cross-train	Steady 11km run at base pace	Rest or cross-train. Make sure you're fresh for week 10	19.4km
10	Easy run for 3km at base pace	Keep it light with non-impact cross-training	Take up the tempo for 9.5km. First 1.5km at base pace, then 6.5km at goal race pace, cool down for the last 1.5km. Try to do this without stops	Easy run for 3-5km at base pace	Take it easy! Rest or cross-train	Steady 13km run at base pace	Rest or cross-train. Make sure you're fresh for week 11	28.5 – 30.5km
11	Easy run for 5-6.5km at base pace	Keep it light with non-impact cross-training	Take up the tempo for 7.5km. First 1.5km at goal pace, then 3km at goal pace -10 seconds (90 sec rest between if needed), then 1.5km at goal pace, cool down for last 1.5km	Easy run for 3-5km at base pace	Take it easy! Rest or cross-train	Steady 13km run at base pace	Rest or cross-train. Make sure you're fresh for your last week of training!	28.5 – 32km
12	Keep it light with non-impact cross-training	Keep it light with non-impact cross-training	Easy run for 5km at base pace	Take up the tempo for 6.2km. 1.5km warm up, then 2 sets of 2 x 800m sprints (Goal: 4 min or less), rest for 60 sec between intervals and 2 min rest between sets, 1.5km cool down	Take it easy! Rest or cross-train	Rest up. Race day tomorrow!	<b>RACE DAY – GOOD LUCK!</b>	

