

<b>Training Timetable</b>	<b>Novice</b>	<b>Improve Your Time (currently running)</b>
<b>Week 1</b>		
Monday	Rest	80 min easy
Tuesday	10 min jog then 3 x 2 min at faster with 1 min really slow jog in between reps. 10 min jog cool down	10 min jog followed by 2 x 90 sec 4 x 60 sec 4 x 30 sec 4 x 15 sec all with a jog rec (keep all the efforts at the same pace) 5 min jog cool down
Wednesday	45 min very easy	60 min
Thursday	30 min jog	50 min run with 6-8 times 1 min at faster pace
Friday	<b>Rest</b>	Rest
Saturday	40 min run with 10 min at your estimated race pace	10 min jog. Then run up a hill that is between 45-60 sec long 8 times jog down recovery. 10 min cool down jog
Sunday	Run 80 min easy	90 min
<b>Week 2</b>		
Monday	Rest	60 min easy
Tuesday	10 min jog then 4 x 2 min at faster pace with 2 min really slow jog in between reps 10 min jog cool down	Run 10 min - then 8 times 1 min harder with 1 min jog rec. 10 min jog to finish
Wednesday	50 min easy	60 min
Thursday	35 min with 6-8 30 sec efforts (don't go to hard)	50 min run with 6-8 faster efforts throughout the run (vary your efforts from 30 sec to 90 sec)
Friday	Rest	Rest
Saturday	40 min run with 10 min at your estimated race pace	10 min jog then 20 min at your estimated race pace 10 min jog
Sunday	80 min	90 min
<b>Week 3</b>		
Monday	Rest	60 min easy
Tuesday	10 min jog 2 x 5 min at slightly faster than your estimated race pace 5 min jog cool down	10 min jog then 4x 5min at slightly faster than estimated race pace
Wednesday	50 min easy	60 min
Thursday	30 min with some changes in pace as you feel	45- 60 min run with 8 faster efforts throughout the run (vary your efforts from 30 sec to 60 sec)
Friday	Rest	Rest
Saturday	45 min run with 15 min at your estimated race pace (the rest easy)	2 x 10 min bit faster than race pace have 6 min jogging in between
Sunday	70 min	90 min
<b>Week 4</b>		
Monday	Rest	Rest
Tuesday	10 min jog then 2x90	10 min jog then 6 times

	sec 2x60 sec 2x30 sec all with same slow jog rec 5 min cool down jog	3 min at faster pace with 1 min jog following. 10 min jog to finish
Wednesday	45 min easy	70 min
Thursday	10 min jog then 6-8 x 60 sec with 90 sec slow jog rec 5 min cool down jog	40 min run with 6-8 faster efforts throughout the run (vary your efforts from 30 sec to 90 sec)
Friday	rest	Rest
Saturday	45 min run with 15 min at your estimated race pace (the rest easy)	Repeat hill session
Sunday	70 min	90 min
<b>Week 5</b>		
Monday	Rest	Rest
Tuesday	10 min jog 4 x 3 min at slightly faster than your estimated race pace 5 min jog cool down	10 min jog then 4 times 5 min at faster pace with 1 min jog following. 10 min jog to finish
Wednesday	40 min	60 min
Thursday	30 min with some changes in pace as you feel	50 min run with 8-10 1 min faster efforts throughout (try to make your efforts a little faster this week)
Friday	20 min very easy	Rest
Saturday	10 min jog then 3 x 2 min at race pace with a jog recovery 10 min cool down	10 min jog then 6x2 min at race pace with a jog recovery 10 min cool down
Sunday	45 min	70 min
<b>Week 6</b>		
Monday	Rest	Rest
Tuesday	10 min jog then 5-10 min at your estimated race pace 5 min jog	10 min jog then 10-15 min of running at your estimated race pace 10min jog cool down
Wednesday	30 min jog	45 min
Thursday	25 min jog	30 min jog with 4-5 30 second efforts
Friday	Rest	rest
Saturday	20 min run walk or rest	20 min Jog or rest
Sunday	<b>Race Day</b>	<b>Race Day</b>

## Key

- All runs are easy unless specified otherwise
- Increased efforts = a pace you can sustain for shortened periods and still have the ability to keep running at your jogging pace after each effort. It may take you a few weeks to work out a pace that suits you. (remember they are not sprints. About a 10% increase in pace)

## Comments

- Before each session ensure you are thoroughly warmed up
- Walk briskly for 5-10 min or very slow jog 5-10min
- Do not stretch too much before a

## Tips For The Month

- **Start a training log** – write down all your exercise, this is a great way to stay motivated and keep an eye on your achievements
- **Get a good pair of running**

run; leave your stretching for the end every run.

- Enjoy your rest days, you deserve them.
- If you miss a day for some reason (it happens!) don't try to catch up, slot back into the program.

**shoes** (no street shoes or cross-trainers)

- **Start gently** and even out your efforts, the race is still 5 months away. (at this stage it is far better to be conservative than overdo it)
- **Allow time for your body** to recover in between runs and get plenty of sleep.

## Nutrition tips

Make sure that after each session you rehydrates and eat a small amount of carbohydrate and eat a good meal within 2 hours of the session

Eg

- 50g jelly beans
- 600ml sports drink
- Jam sandwich
- Tub of yogurt
- 2 bananas

Do not try and diet to loose weight in the lead up to the race, you will end up tired and run down and fail to perform at your peak.

Food is vital to the recovery and repair of our bodies. The correct fuel is critical and your body will thank you for it.

Eat a diet rich in carbohydrate the preferred fuel source for our working bodies, include protein for repair and fats to transport vital minerals around the body.

Eat regularly **Never skip meals.** This will keep your metabolism high and help you to use your fuel/food efficiently.

### Pre event

Make sure you eat a diet rich in carbohydrate 48 hours prior to the race, this will ensure you have plenty of fuel stored up to power you through the 21.1 km race. Cut down on high fibre foods in this period to ensure you have no unwanted toilet stops.

### Post race

Follow the same rules as after each training session and remember to enjoy yourself and celebrate your acheivment.

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