

Week No	Day	Date	Details of Session	Breakdown of Session	Alternatives
1	Sunday	15/07/2018	Continuous Run 60 mins		
	Monday	16/07/2018	Recovery Run 6 miles with stops		
	Tuesday	17/07/2018	Speed and Agility session	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) 30 min session of speed and agility drills. 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	18/07/2018	Rest or Janesmoor RR10		
	Thursday	19/07/2018	Hayley's Session see training calendar		
	Friday	20/07/2018	Rest or Gym		
	Saturday	21/07/2018	Rest or Parkrun		
2	Sunday	22/07/2018	Continuous Run 70 mins		
	Monday	23/07/2018	Recovery Run 6 miles with stops or rest if you did Parkrun on Sat		
	Tuesday	24/07/2018	Stride length and knees	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) 30 min session aimed at improving stride length and knee lift. 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	25/07/2018	Rest		
	Thursday	26/07/2018	Hayley's Session see training calendar		
	Friday	27/07/2018	Rest or Gym		
	Saturday	28/07/2018	Rest or Parkrun		
3	Sunday	29/07/2018	Continuous Run 60 mins		
	Monday	30/07/2018	Recovery Run 6 miles with stops or rest if you did Parkrun on Sat		
	Tuesday	31/07/2018	2 x 10 mins tempo runs	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) Each 10 min tempo run should be at 80% of race pace. 5 min jog recovery between efforts. If planning to do RR10 then only do 1 x 10 min effort. 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	01/08/2018	Rest or Itchen Valley RR10		
	Thursday	02/08/2018	Hayley's Session see training calendar		
	Friday	03/08/2018	Rest or Gym		
	Saturday	04/08/2018	Rest or Parkrun		
4	Sunday	05/08/2018	Continuous Run 90 mins		
	Monday	06/08/2018	Recovery Run 6 miles with stops or rest if you did Parkrun on Sat		
	Tuesday	07/08/2018	Short and sharp – 4x200m sprints with 200m walk/jog recovery within the set, 400m walk/jog then 2x400m with 200m walk/jog recovery between each effort. 200m done as fast sprints – max effort on each. 400m efforts at mile pace.	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	08/08/2018	Rest		
	Thursday	09/08/2018	Hayley's Session see training calendar		
	Friday	10/08/2018	Rest or Gym		
	Saturday	11/08/2018	Rest or Parkrun		

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5	Sunday	12/08/2018	Continuous Run 60 mins		
	Monday	13/08/2018	Recovery Run 6 miles with stops or rest if you did Parkrun on Sat		
	Tuesday	14/08/2018	Short and Med reps	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) Each effort should be at 80% of race pace with a jog recovery between each effort. Do 2 sets (1 set if doing RR10) of 5 medium and 10 short reps with 4 min recovery between each set. 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	15/08/2018	Rest or IBM RR10		
	Thursday	16/08/2018	Hayley's Session see training calendar		
	Friday	17/08/2018	Rest or Gym		
	Saturday	18/08/2018	Rest or Parkrun		
6	Sunday	19/08/2018	Continuous Run 100 mins		
	Monday	20/08/2018	Recovery Run 6 miles with stops or rest if you did Parkrun on Sat		
	Tuesday	21/08/2018	3 x 1 mile reps	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) Each 1 mile rep should be at 80% of 5k race pace. 4 min jog recovery between efforts. 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	22/08/2018	Rest		
	Thursday	23/08/2018	Hayley's Session see training calendar		
	Friday	24/08/2018	Rest or Gym		
	Saturday	25/08/2018	Rest or Parkrun		
7	Sunday	26/08/2018	Continuous Run 100 mins		
	Monday	27/08/2018	Recovery Run 6 miles with stops or rest if you did Parkrun on Sat		
	Tuesday	28/08/2018	Fartlek 10 x 2 mins efforts	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) Each 2 min effort should be at 80% of race pace. 1 min jog recovery between efforts. 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	29/08/2018	Rest		
	Thursday	30/08/2018	Hayley's Session see training calendar		
	Friday	31/08/2018	Rest or Gym		
	Saturday	01/09/2018	Rest or Parkrun		
8	Sunday	02/09/2018	Overton 5		Continuous Run 60 mins
	Monday	03/09/2018	Recovery Run 6 miles with stops or rest if you did Parkrun on Sat		
	Tuesday	04/09/2018	Short and sharp – Mini-Pyramid - 1 set of 1X200m, 1X400m, 1X600m, 1X600m, 1X400m, 1X200m – 100m jog recovery on the up-ramp, 200m jog recovery at the top, 100m jog recovery on the down-ramp. The first 200m effort sets the tone for the session. It should be done at mile pace. The other efforts should be done at the same pace. Take longer recoveries if the pace starts drifting off.	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	05/09/2018	Rest		
	Thursday	06/09/2018	Hayley's Session see training calendar		
	Friday	07/09/2018	Rest or Gym		
	Saturday	08/09/2018	Rest or Parkrun		

Week No	Day	Date	Details of Session	Breakdown of Session	Alternatives
9	Sunday	09/09/2018	Continuous Run 110 mins		New Forest Half or Great North Run
	Monday	10/09/2018	Recovery Run 6 miles with stops or rest if you did New Forest Half or Parkrun		
	Tuesday	11/09/2018	Short and Med reps	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) Each effort should be at 80% of race pace with a jog recovery between each effort. Do 2 sets of 5 medium and 10 short reps with 4 min recovery between each set. 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	12/09/2018	Rest		
	Thursday	13/09/2018	Hayley's Session see training calendar		
	Friday	14/09/2018	Rest or Gym		
	Saturday	15/09/2018	Rest or Parkrun		
10	Sunday	16/09/2018	Continuous Run 90 mins		
	Monday	17/09/2018	Recovery Run 6 miles with stops or rest if you did Parkrun on Sat		
	Tuesday	18/09/2018	Fartlek 10 x 2 mins efforts	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) Each 2 min effort should be at 80% of race pace. 1 min jog recovery between efforts. 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	19/09/2018	Rest		
	Thursday	20/09/2018	Hayley's Session see training calendar		
	Friday	21/09/2018	Rest or Gym		
	Saturday	22/09/2018	Rest or Parkrun		
11	Sunday	23/09/2018	Solent Half		Winchester Half or Continuous Run 120 mins if aiming for Great South Run
	Monday	24/09/2018	Recovery Run 6 miles with stops or rest if you did Parkrun on Sat		
	Tuesday	25/09/2018	Kenyan Hills 5 x 4mins efforts	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) Each 4 min effort should be at 80% of race pace with same effort up and down the hill. 2 min jog recovery between each 4 min effort. 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	26/09/2018	Rest		
	Thursday	27/09/2018	Hayley's Session see training calendar		
	Friday	28/09/2018	Rest or Gym		
	Saturday	29/09/2018	Rest or Parkrun		
12	Sunday	30/09/2018	Continuous Run 90 mins		Ageas 10k
	Monday	01/10/2018	Recovery Run 6 miles with stops or rest if you did Parkrun on Sat		
	Tuesday	02/10/2018	Short and sharp – Down ramp – 1X600, 2X400m, 3X200, 4X150m. 200m jog recovery between each.	600m at mile pace, then speed up from effort to effort. 10 min warm up including easy jog followed by technical drills (fast feet, high knees, skipping, heel flicks, strides) 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	03/10/2018	Rest		
	Thursday	04/10/2018	Hayley's Session see training calendar		
	Friday	05/10/2018	Rest or Gym		
	Saturday	06/10/2018	Rest or Parkrun		

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13	Sunday	07/10/2018	Continuous Run 90 mins		Bournemouth Half or Cardiff Half
	Monday	08/10/2018	Recovery Run 6 miles with stops or rest if you did Bournemouth Half or Parkrun		
	Tuesday	09/10/2018	Short and Med reps	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) Each effort should be at 80% of race pace with a jog recovery between each effort. Do 2 sets of 5 medium and 10 short reps with 4 min recovery between each set. 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	10/10/2018	Rest		
	Thursday	11/10/2018	Hayley's Session see training calendar		
	Friday	12/10/2018	Rest or Gym		
	Saturday	13/10/2018	Rest or Parkrun		
14	Sunday	14/10/2018	Continuous Run 60 mins		
	Monday	15/10/2018	Recovery Run 6 miles with stops or rest if you did Parkrun on Sat		
	Tuesday	16/10/2018	2 sets of 3 x 800m reps	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) Each 800m effort should be at 5k race pace. 2 min jog recovery between efforts. 4 min recovery between sets. 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	17/10/2018	Rest		
	Thursday	18/10/2018	Hayley's Session see training calendar		
	Friday	19/10/2018	Rest or Gym		
	Saturday	20/10/2018	Rest or Parkrun		
	Sunday	21/10/2018	Great South Run		