

7KM "FIRST-TIMERS" TRAINING PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	20min EASY	25min EASY	20min STEADY	25min EASY	4x30sec STRONG	OFF	35min EASY
WEEK 2	25min EASY	30min STEADY	30min EASY	OFF	4x1min STRONG	25min EASY	40min EASY
WEEK 3	30min EASY	30min STEADY	30min STEADY	OFF	4x1min STRONG	35min EASY	45min STEADY
WEEK 4	20min EASY	25min EASY	20min STEADY	25min EASY	4x30sec STRONG	OFF	35min EASY
WEEK 5	30min EASY	OFF	4xHill Bounds STRONG	35min EASY	40min STEADY	40min EASY	45min STEADY
WEEK 6	35min EASY	4xHill Bounds STRONG	35min EASY	OFF	45min STEADY	35min STEADY	50min EASY
WEEK 7	40min EASY	OFF	5xHill Bounds STRONG	45min STEADY	5xHill Bounds STRONG	35min EASY	55min STEADY
WEEK 8	30min EASY	OFF	4xHill Bounds STRONG	35min EASY	40min STEADY	40min EASY	45min EASY
WEEK 9	40min EASY	OFF	4x2min RACE PACE	45min EASY	40min STEADY	50min EASY	55min STEADY
WEEK 10	45min EASY	45min STEADY	4x2min RACE PACE	50min EASY	OFF	50min STEADY	60min EASY
WEEK 11	40min EASY	4x3min RACE PACE	45min STEADY	4x2min RACE PACE	40min EASY	OFF	45min EASY
WEEK 12	40min EASY	4x1min RACE PACE	OFF	35min EASY	30min EASY	20min EASY	RACE DAY

KEY

EASY

- Can easily talk to yourself while running along

STEADY

- Can still talk to yourself but the conversation is disjointed.

STRONG

- Can no longer talk to yourself while running

RACE PACE

- The pace you are wanting to run on RACE DAY



= Running on flat ground for allocated time at a pace that means you cannot talk to yourself or someone else. Before the session starts, run for 15min EASY. After each repetition, have 60-90seconds rest before starting the next repetition. After the session, run for 15min EASY to warm down.



= Single leg bounding (Bounding from left leg to right leg, then back to left leg) up a hill (apx 20-50m in length). Should be aiming to bound up the hill getting as far as you can with every bound. Your rest is running easily back down the hill (should be apx 60-90seconds). The session should begin with 15min EASY running, it should then end with 15min EASY running.



= Running on flat ground at the pace that you intend on running on RACE DAY. Have a good amount of rest before starting the next repetition. You should be fully recovered so that you can run each at race pace. Start the session with 15min EASY running and finish it with 15min EASY running.

If you would like continued personal coaching after the race, please contact me and we can sort something out. GOOD LUCK and RACE HARD!