

## WEEK 1 – INTRODUCTION TO JOGGING

| Day                    | Monday                                                    | Tuesday | Wednesday | Thursday | Friday                                                    | Saturday | Sunday                                                                  |
|------------------------|-----------------------------------------------------------|---------|-----------|----------|-----------------------------------------------------------|----------|-------------------------------------------------------------------------|
| <b>Session Type</b>    | Jog                                                       | Rest    | Rest      | Rest     | Jog                                                       | Rest     | Jog                                                                     |
| <b>Session Details</b> | Aim to jog for 20mins.                                    |         |           |          | Aim to walk/jog for 20mins.                               |          | Aim jog for 25mins.                                                     |
| <b>Focus</b>           | Move at a pace where you could still have a conversation. |         |           |          | Move at a pace where you could still have a conversation. |          | Longer and slower than during the week. Finish with some leg stretches. |

## WEEK 2 – BUILDING CONFIDENCE

| Day                    | Monday | Tuesday                                                | Wednesday | Thursday                 | Friday | Saturday                 | Sunday                                        |
|------------------------|--------|--------------------------------------------------------|-----------|--------------------------|--------|--------------------------|-----------------------------------------------|
| <b>Session Type</b>    | Rest   | Run                                                    | Rest      | Run                      | Rest   | Run                      | Jog                                           |
| <b>Session Details</b> |        | Easy 20min run.                                        |           | Easy 20min run.          |        | Easy 20min run.          | Jog for 30mins.                               |
| <b>Focus</b>           |        | Stay relaxed as you begin to build up training volume. |           | Easy pace, stay relaxed. |        | Easy pace, stay relaxed. | This is your 4th run this week, take it easy. |

## WEEK 3 – EXTENDING JOGGING TIME

| Day                    | Monday | Tuesday                                                   | Wednesday | Thursday                                                     | Friday | Saturday | Sunday                   |
|------------------------|--------|-----------------------------------------------------------|-----------|--------------------------------------------------------------|--------|----------|--------------------------|
| <b>Session Type</b>    | Rest   | Run                                                       | Rest      | Run                                                          | Rest   | Rest     | Run                      |
| <b>Session Details</b> |        | 25min steady pace.                                        |           | Interval training 15mins.                                    |        |          | 35min run.               |
| <b>Focus</b>           |        | Move at a pace where you could still have a conversation. |           | Alternate between running fast for 2mins and slow for 2mins. |        |          | Easy pace, stay relaxed. |

## WEEK 4 – BUILDING TIME AND DISTANCE

| Day                    | Monday | Tuesday                    | Wednesday                                           | Thursday | Friday                     | Saturday | Sunday                                           |
|------------------------|--------|----------------------------|-----------------------------------------------------|----------|----------------------------|----------|--------------------------------------------------|
| <b>Session Type</b>    | Rest   | Run                        | Run                                                 | Rest     | Run                        | Rest     | Run                                              |
| <b>Session Details</b> |        | 25 - 30min steady pace.    | 26 - 30min steady pace.                             |          | 26 - 30min steady pace.    |          | 40min run.                                       |
| <b>Focus</b>           |        | Steady pace, stay relaxed. | Try a different route, or go off-road to mix it up. |          | Steady pace, stay relaxed. |          | Stay at a steady pace and focus on the duration. |

## WEEK 5 – BUILDING TIME AND DISTANCE

| Day                    | Monday | Tuesday                  | Wednesday                                                          | Thursday | Friday                     | Saturday | Sunday                                           |
|------------------------|--------|--------------------------|--------------------------------------------------------------------|----------|----------------------------|----------|--------------------------------------------------|
| <b>Session Type</b>    | Rest   | Run                      | Run                                                                | Rest     | Run                        | Rest     | Run                                              |
| <b>Session Details</b> |        | Easy 20min.              | Interval training 35min.                                           |          | 35min steady pace.         |          | 45min run.                                       |
| <b>Focus</b>           |        | Easy pace, stay relaxed. | Alternate between a moderate pace for 5mins and walking for 3mins. |          | Steady pace, stay relaxed. |          | Stay at a steady pace and focus on the duration. |

## WEEK 6 – RECOVERY AND CONSOLIDATION

| Day                    | Monday | Tuesday                  | Wednesday | Thursday                 | Friday | Saturday | Sunday                                              |
|------------------------|--------|--------------------------|-----------|--------------------------|--------|----------|-----------------------------------------------------|
| <b>Session Type</b>    | Rest   | Run                      | Rest      | Run                      | Rest   | Rest     | Run                                                 |
| <b>Session Details</b> |        | Easy 30min.              |           | Easy 30min.              |        |          | Easy 30min.                                         |
| <b>Focus</b>           |        | Easy pace, stay relaxed. |           | Easy pace, stay relaxed. |        |          | Try a different route, or go off-road to mix it up. |

## WEEK 7 – STEPPING UP A LEVEL

| Day                    | Monday                                                   | Tuesday | Wednesday                                                         | Thursday | Friday                     | Saturday | Sunday                                           |
|------------------------|----------------------------------------------------------|---------|-------------------------------------------------------------------|----------|----------------------------|----------|--------------------------------------------------|
| <b>Session Type</b>    | Run                                                      | Rest    | Run                                                               | Rest     | Run                        | Rest     | Run                                              |
| <b>Session Details</b> | Easy 20min.                                              |         | Fast 25min.                                                       |          | Steady 30min.              |          | 50min run.                                       |
| <b>Focus</b>           | This is your recovery run after yesterday, take it slow. |         | Find a pace just out of your comfort zone but still maintainable. |          | Steady pace, stay relaxed. |          | Stay at a steady pace and focus on the duration. |

## WEEK 8 – NON STOP TRAINING

| Day                    | Monday | Tuesday                                                           | Wednesday                                                          | Thursday | Friday                     | Saturday | Sunday                                      |
|------------------------|--------|-------------------------------------------------------------------|--------------------------------------------------------------------|----------|----------------------------|----------|---------------------------------------------|
| <b>Session Type</b>    | Rest   | Run                                                               | Run                                                                | Rest     | Run                        | Rest     | Run                                         |
| <b>Session Details</b> |        | Steady 25min.                                                     | Interval training 45min.                                           |          | Steady 25min.              |          | 50min run.                                  |
| <b>Focus</b>           |        | Find a pace just out of your comfort zone but still maintainable. | Alternate between a moderate pace for 5mins and walking for 3mins. |          | Steady pace, stay relaxed. |          | Take it easy for the first and last 10mins. |

## WEEK 9 – LONGER RUNS

| Day                    | Monday | Tuesday                                                        | Wednesday                | Thursday | Friday                     | Saturday | Sunday                                                                    |
|------------------------|--------|----------------------------------------------------------------|--------------------------|----------|----------------------------|----------|---------------------------------------------------------------------------|
| <b>Session Type</b>    | Rest   | Run                                                            | Run                      | Rest     | Run                        | Rest     | Run                                                                       |
| <b>Session Details</b> |        | Hill Runs.                                                     | Easy 20min.              |          | Steady 30min.              |          | 60min run.                                                                |
| <b>Focus</b>           |        | Run up a fairly steep hill and walk back down, repeat 6 times. | Easy pace, stay relaxed. |          | Steady pace, stay relaxed. |          | First hour long session, keep it comfortable and jog as much as possible. |

## WEEK 10 – LONGER RUNS

| Day                    | Monday                                                      | Tuesday | Wednesday                                                | Thursday | Friday                   | Saturday | Sunday                                           |
|------------------------|-------------------------------------------------------------|---------|----------------------------------------------------------|----------|--------------------------|----------|--------------------------------------------------|
| <b>Session Type</b>    | Run                                                         | Rest    | Run                                                      | Rest     | Run                      | Rest     | Run                                              |
| <b>Session Details</b> | Easy 20min run.                                             |         | 30min run.                                               |          | Steady 30min.            |          | 60min run.                                       |
| <b>Focus</b>           | First back to back session - take it easy and stay relaxed. |         | Find an undulating route with lots of little challenges. |          | Easy pace, stay relaxed. |          | Stay at a steady pace and focus on the duration. |

## WEEK 11 – REACH YOUR PEAK

| Day                    | Monday | Tuesday                                                            | Wednesday                | Thursday | Friday                     | Saturday | Sunday          |
|------------------------|--------|--------------------------------------------------------------------|--------------------------|----------|----------------------------|----------|-----------------|
| <b>Session Type</b>    | Rest   | Run                                                                | Run                      | Rest     | Run                        | Rest     | Run             |
| <b>Session Details</b> |        | Interval training 45min.                                           | Easy 30mins.             |          | 30min run.                 |          | 60min run.      |
| <b>Focus</b>           |        | Alternate between a moderate pace for 5mins and walking for 3mins. | Easy pace, stay relaxed. |          | Steady pace, stay relaxed. |          | Final long run! |

## WEEK 12 – EVENT WEEK!

| Day                    | Monday | Tuesday                  | Wednesday | Thursday                 | Friday | Saturday                      | Sunday                                                                              |
|------------------------|--------|--------------------------|-----------|--------------------------|--------|-------------------------------|-------------------------------------------------------------------------------------|
| <b>Session Type</b>    | Rest   | Run                      | Rest      | Run                      | Rest   | Run                           | Event Day                                                                           |
| <b>Session Details</b> |        | Easy 30mins.             |           | Easy 25mins.             |        | Very easy 10mins.             | Today is the day!                                                                   |
| <b>Focus</b>           |        | Easy pace, stay relaxed. |           | Easy pace, stay relaxed. |        | Very easy pace, stay relaxed. | Stay relaxed and enjoy the day. You've come so far in such a short time, well done! |