

Base Training - 8-week plan

This plan will stimulate improvements in your aerobic system and increase stamina.

Running effort should be 3/10 - slow:

Check:

Can you hold a conversation easily while running?

Can you breathe through your nose while running?

If not - slow down.

It's easy to run these too fast - however it's impossible to run these too slowly - brisk walking is good too.

For more advanced runners add in track Not At The Track sessions for Wednesdays in weeks 1-4.

Week 1

Mon off
Tues 20mins easy running
Weds off (or optionally: track session)
Thurs off
Fri off
Sat 30mins easy running
Sun 45mins easy running

Week 2

Mon off
Tues 25mins easy running
Weds off (or optionally: track session)
Thurs 30mins jog/walk
Fri off
Sat 30mins easy running
Sun 50mins easy running

Week 3

Mon off
Tues 25mins easy running
Weds off (or optionally: track session)
Thurs 30mins jog/walk
Fri off
Sat 30mins easy running
Sun 50mins easy running

Week 4

Mon off
Tues 30mins easy running

Weds off (or optionally: track session)
Thurs 30mins jog/walk
Fri off
Sat 30mins easy running
Sun 60mins easy running

Week 5 - recovery week

Mon off
Tues 30mins easy running
Weds off
Thurs 30mins jog/walk
Fri off
Sat 20mins easy running
Sun 40mins easy running

Week 6

Mon off
Tues 60mins easy running
Weds off
Thurs 30mins jog/walk
Fri off
Sat 30mins threshold run - harder effort 6/10 - unable to hold conversation pace
Sun 60mins easy running

Week 7

Mon off
Tues 60mins easy running
Weds off
Thurs 45mins jog/walk
Fri off
Sat 2 x 20mins threshold run - harder effort 6/10 - unable to hold conversation pace
Sun 60mins easy running

Week 8

Mon off
Tues 60mins easy running
Weds 30mins easy running
Thurs 45mins jog/walk
Fri off
Sat 3 x 15mins threshold run - harder effort 6/10 - unable to hold conversation pace
Sun 60mins easy running