

Distance Running Training Plan

You may not think it, but following this training plan that our own DSActive Manager Alex has put together will help you take on anything from a 10K run all the way up to a marathon!

This plan is for someone with some running experience and will help to get you fit and ready for a longer distance run in around 4 weeks time.

Test your 5km time before you start this programme to get a baseline number which you will test again at the end of the 4 weeks.

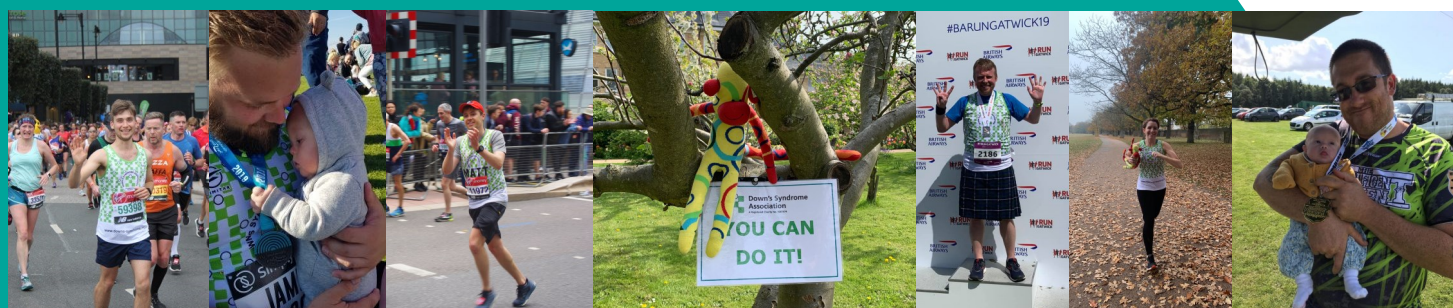
Adjust interval time as appropriate - start a pace where you are out of breath at the end but can talk comfortably

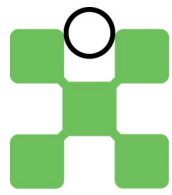
WEEK 1

	Distance	Repetition	Time	Description
Day 1	400m	4	2:10 mins	Run 400m and try and complete it in 2 mins 10 secs, rest 2 mins 10 secs then repeat - try and keep to 2 mins 10 secs for each repetition
Day 2	2 km	1		Complete a 2km run, this should be done at a very comfortable pace, this is your easy day so don't push yourself
Day 3	3 km	1		Complete a 3 km run as fast as possible whilst maintaining good technique and without injury

WEEK 2

	Distance	Repetition	Time	Description
Day 1	400m	4	2:08 mins	Run 400m and try and complete it in 2 mins 8 secs, rest 2 mins 8 secs then repeat - try and keep to 2 mins 8 secs for each repetition
Day 2	2km	1		Complete a 2km run, this should be done at a very comfortable pace, this is your easy day so don't push yourself
Day 3	3km	1		Complete a 3 km run as fast as possible whilst maintaining good technique and without injury





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WEEK 3

	Distance	Repetition	Time	Description
Day 1	400m	4	2:06 mins	Run 400m and try and complete it in 2 mins 6 secs, rest 2 mins 6 secs then repeat - try and keep to 2 mins 6 secs for each repetition
Day 2	2 km	1		Complete a 2km run, this should be done at a very comfortable pace, this is your easy day so don't push yourself
Day 3	3 km	1		Complete a 3 km run as fast as possible whilst maintaining good technique and without injury

WEEK 4

	Distance	Repetition	Time	Description
Day 1	400m	4	2:04 mins	Run 400m and try and complete it in 2 mins 4 secs, rest 2 mins 4 secs then repeat - try and keep to 2 mins 4 secs for each repetition
Day 2	2km	1		Complete a 2km run, this should be done at a very comfortable pace, this is your easy day so don't push yourself
Day 3	5km	1		Test your 5km time and see if you have improved!



YOU CAN DO IT!