



TRAINING PLANS



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5K + BASE TRAINING PLAN

WEEK	DAY	MON	TUE	WED	THU	FRI	SAT	SUN
		EASY	EASY	STRENGTH	HARD	REST	LONG	X-TRAIN
1		20 min run 2, walk 1	30 min walk	20 min run 2, walk 1	30 min walk	20 min run 2, walk 1	30 min run 2, walk 1	REST
2		25 min run 2, walk 1	30 min walk	25 min run 2, walk 1	30 min walk	25 min run 2, walk 1	35 min run 2, walk 1	REST
3		30 min run 3, walk 1	30 min walk	30 min run 3, walk 1	30 min walk	30 min run 3, walk 1	40 min run 3, walk 1	REST
4		35 min run 3, walk 1	30 min walk	35 min run 3, walk 1	30 min walk	35 min run 3, walk 1	45 min run 3, walk 1	REST
5		35 min run 4, walk 1	30 min walk	35 min run 4, walk 1	30 min walk	35 min run 4, walk 1	50 min run 4, walk 1	REST
6		40 min run 4, walk 1	30 min walk	40 min run 4, walk 1	30 min walk	40 min run 4, walk 1	55 min run 4, walk 1	REST
7		40 min run 5, walk 1	30 min walk	40 min run 5, walk 1	30 min walk	40 min run 5, walk 1	60 min run 5, walk 1	REST
8		45 min run 5, walk 1	30 min walk	45 min run 5, walk 1	30 min walk	45 min run 5, walk 1	5k test run	REST

ATTENTION: run 2 minutes, walk 1 minutes (it is not distance)

THE BASE TRAINING

BY STEVE ELSHAW

This phase is all about getting your body **ready** for the distance that comes with official training. Before running kilometers, focus on **learning** how to run and getting in shape. Follow the run walk ratios listed.

If it feels like you're not running enough, don't worry! There is plenty of time in training and plenty of kilometers ahead. Just **stick to the plan** and you will be golden. If possible, remember to get fitted for **proper running shoes** at your local running store during this phase!



HALF MARATHON TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
	RUN	WALK	RUN	WALK	RUN	RUN	REST
1	20 min run 2, walk 1	30 min walk	20 min run 2, walk 1	30 min walk	20 min run 2, walk 1	35 min run 2, walk 1	REST
2	25 min run 2, walk 1	30 min walk	25 min run 2, walk 1	30 min walk	25 min run 2, walk 1	40 min run 3, walk 1	REST
3	30 min run 3, walk 1	30 min walk	30 min run 3, walk 1	30 min walk	30 min run 3, walk 1	45 min run 4, walk 1	REST
4	35 min run 3, walk 1	30 min walk	35 min run 3, walk 1	30 min walk	35 min run 3, walk 1	50 min run 4, walk 1	REST
5	40 min run 4, walk 1	30 min walk	40 min run 4, walk 1	30 min walk	40 min run 4, walk 1	60 min run 4.5 walk 1	REST
6	45 min run 4, walk 1	30 min walk	45 min run 4, walk 1	30 min walk	REST	5k test run 3.1 miles	REST
7	5 km	3 km	Strength + Core	5 km	REST	7 km	CROSS TRAIN
8	5 km	3 km	Strength + Core	5 km	REST	8 km	CROSS TRAIN
9	5 km	3 km	Strength + Core	6 km	REST	8 km	CROSS TRAIN
10	6 km	3 km	Strength + Core	6 km	REST	10 km	CROSS TRAIN
11	6 km	3 km	Strength + Core	7 km	REST	11 km	CROSS TRAIN
12	6 km	3 km	Strength + Core	7 km	REST	10 km	CROSS TRAIN
13	7 km	5 km	Strength + Core	8 km	REST	13 km	CROSS TRAIN
14	7 km	5 km	Strength + Core	8 km	REST	14 km	CROSS TRAIN
15	8 km	5 km	Strength + Core	8 km	REST	16 km	CROSS TRAIN
16	8 km	5 km	Strength + Core	5 km	REST	14 km	CROSS TRAIN
17	8 km	5 km	Strength + Core	8 km	REST	13 km	CROSS TRAIN
18	6 km	5 km	Strength + Core	3 km	REST	REST	RACE

Weeks 1-6: base training
 Weeks 7-15: distance training
 Weeks 16-17: the taper

MARATHON TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
	EASY	EASY	STRENGTH	HARD	REST	LONG	X-TRAIN
1	5 km	5 km	Strength + Core	5 km	REST	8 km	CROSS TRAIN
2	5 km	5 km	Strength + Core	5 km	REST	10 km	CROSS TRAIN
3	5 km	7 km	Strength + Core	5 km	REST	10 km	CROSS TRAIN
4	5k test run 3.1 miles	7 km	Strength + Core	5 km	REST	13 km	CROSS TRAIN
5	3 km	8 km	Strength + Core	5 km	REST	16 km	CROSS TRAIN
6	3 km	8 km	Strength + Core	5 km	REST	10 km test	CROSS TRAIN
7	5 km	10 km	Strength + Core	5 km	REST	19 km	CROSS TRAIN
8	5k test run 3.1 miles	10 km goal race pace	Strength + Core	7 km	REST	21 km	CROSS TRAIN
9	5 km	11 km	Strength + Core	7 km	REST	16 km	CROSS TRAIN
10	5 km	11 km	Strength + Core	7 km	REST	24 km	CROSS TRAIN
11	7 km	13 km	Strength + Core	7 km	REST	26 km	CROSS TRAIN
12	7 km	13 km goal race pace	Strength + Core	8 km	REST	19 km	CROSS TRAIN
13	8 km	14 km	Strength + Core	8 km	REST	29 km	CROSS TRAIN
14	8 km	14 km	Strength + Core	8 km	REST	22 km	CROSS TRAIN
15	8 km	16 km	Strength + Core	8 km	REST	32 km	CROSS TRAIN
16	8 km	13 km goal race pace	Strength + Core	7 km	REST	19 km	CROSS TRAIN
17	7 km	10 km easy	Strength + Core	5 km easy	REST	13 km	CROSS TRAIN
18	5 km easy	7 km easy	Strength + Core	3 km easy	REST	REST	RACE

Weeks 1-9: distance building
 Weeks 10-15: endurance training
 Weeks 16-17: the taper



RUNNING TIPS

1. **Hydrate** (especially before races)
2. **Stretch** and refuel immediately post-race
3. Don't freak out if you're **undertrained**
4. Layer up when it's **cold**
5. Don't hydrate **too much** right before running
6. Take "rest" days **seriously**
7. **Don't** run injured

**VISUALIZING
SUCCESS IS
IMPORTANT!**

Bouchard, J. (2017, September 13). The best running tips of all time. *Outside*. Retrieved from <https://www.outsideonline.com/2239021/the-best-running-tips-all-time>

EVENTS

SEPT 17 RIDE4FREEDOM



SEPT 17 WALK4FREEDOM



OCT 16 RUN4FREEDOM

