

Advanced							
	Monday	Tuesday (optional)	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1: w/c 01 September</b>	5 miles steady	3 x 7 mins w/3 min recoveries	Rest	16 x 1 min with 1 min rec. (or 75 sec with 45sec rec.)	Rest	parkrun	10 miles easy
<b>Week 2: w/c 08 Sept</b>	5 miles steady	6min (2rec) 3min (2rec) 3min (2rec) then 4 x 90sec (1min rec) then 6min	Rest	12 hill reps lasting 75 secs w/105 secs rest between each effort	Rest	parkrun	10 miles easy
<b>Week 3: w/c 15 Sept</b>	5 miles steady	Speed Steps: 30 secs (30 secs), 1 min (30 secs), 1 min (30 secs), 1 min (30 secs), 30 secs (30 secs) x 4 w/3 min recovery between steps	Rest	10 x 2 mins @ faster than 5k pace w/90 secs recovery	Rest	parkrun	12 miles easy
<b>Week 4: w/c 22 Sept</b>	5 miles steady	10 x 2 mins w/1 min recoveries	Rest	6 mins @ 5k pace, 5 x 1 min @ hard pace w/1 min recoveries, 6 mins @ 5k pace, 5 x 1 min @ hard pace w/1 min recoveries, 6 mins @ 5k pace	Rest	parkrun	12 miles easy
<b>Week 5: w/c 29 Sept</b>	5 miles steady	15 x 75 secs w/ 45 sec recoveries	Rest	8 x 700m @ slightly faster than 5k pace w/2:00 mins jog recoveries between efforts	Rest	parkrun	10-12 miles easy
<b>Week 6: w/c 06 Oct</b>	5 miles steady	Inverted Pyramid: 4 mins (2 mins), 3 mins (2 mins), 2 mins (1 min), 1 min (1 min), 2 mins (1 min), 3 mins (2 mins), 4 mins	Rest	30 mins hill repetitions - run hard to hill top and jog back down to recover	Rest	parkrun	10-12 miles easy
<b>Week 7: w/c 13 Oct</b>	5 miles steady	4 x 1 mile w/3 mins recovery	Rest	16 x 1 min with 1 min rec. (or 75 sec with 45sec rec.)	Rest	parkrun	10-12 miles easy
<b>Week 8: w/c 20 Oct</b>	5 miles steady	Big Dipper with Added Benefits: 5min (30 secs rec.) 1min (2 mins), 4 mins (30 secs) 1 mins (2 mins), 3 mins (30 secs) 1 min (2 mins), 2 mins (30 secs) 1 min (1 min), 1 min	Rest	5 miles Fartlek	Rest	Smash parkrun PB!	10-12 miles easy

**\* Pace & Training Notes:**

Select the right training plan for you and your current ability level:

**Improvers** can be defined as a group of people that are relatively new (or newly returned) to running. You may have completed a number of parkruns and want to take the next step to improve your fitness and time and be in need of advice on the best way to do this.

**Intermediate** runners can be defined as a group of people that have been running for 6 months or more. They are likely to be running more than once a week and have completed a number of parkruns and even other races. Intermediate runners will probably be looking to improve their fitness, speed and parkrun times perhaps with a specific time in mind and require advice on how to hone their training to achieve this goal.

**Advanced** runners can be defined as a group of people that are experienced runners and are likely to already be training several times a week often with a particular goal or aim in mind often linked to a race time. Advanced runners are likely to be looking for specific training tips and sessions to support them in their aims.

Steady running is a pace that you feel that you can hold comfortably for an extended period of time. You should be able to talk while running with a little effort.

Easy running is at a pace at little more than a jog that can be sustained with ease. You should be able to talk easily while running.

Hard running is at a pace as fast as or faster than you would employ in a race. These should be efforts that you can only sustain for a limited period and it should be difficult to talk while running. Hard pace is usually only employed during a race or interval training.

Interval training is the practice of running hard efforts followed by rests or easy paced running to enable recovery before the next effort. Interval sessions are designed to be tough to improve your speed and race pace. They are critical to improve your speed.

Fartlek is a Swedish word meaning literally 'speed play' and refers to interspersing a steady run with bursts of harder effort. These should be of different lengths and intensity ranging from something as simple as sprinting between two lampposts to running at 5k pace for 3 mins etc.

Interval sessions (Thursdays) and races/parkruns should be preceded by a warm up and followed by a cool down. Both demands can be met by completing ~1 mile at an easy pace.

All sessions should be followed by a thorough stretching regime.

Pace management is difficult and what represents easy/steady/hard will differ for everyone. OHAC will ensure that a range of pacemakers will be available on Mondays, Thursdays and Sundays to ensure that groups of similar pace (e.g. 8 min/mile; 10 min/mile) can be compiled and a consistent effort maintained at the appropriate pace.