

Base Level - Running Programme

This is the schedule if you've never done a running programme before but have been training regularly. It is based around running Three/ four days a week, and the time and distance is phased in gradually.

WEEK ONE

MON. Rest
TUE. 15- 20 mins (1 – 2miles easy gentle pace)
WED. Rest
THU. 30mins
FRI. 25 mins easy.(able to hold a conversation)
SAT. Rest
SUN. 45mins slow.

WEEK TWO

MON. Rest.
TUE. 30 minutes easy
WED. Rest.
THU. 4m steady.(slightly breathless)
FRI. Rest.
SAT. Rest.
SUN. 45mins slow.

WEEK THREE.

MON. Rest.
TUE. 4m. easy
WED. Rest.
THU. 4m steady
FRI. 25mins easy, with 4x100m strides at faster than mile pace.
SAT. Rest.
SUN. 50mins slow.

WEEK FOUR.

MON. Rest.
TUE. 4m
WED. Rest.
THU. 3m
FRI. 25mins easy,
SAT. Rest.
SUN. 50minutes slow