



Health & Care

Wellness

# Running program





## Pace management

Runners often talk about their running pace in terms of minutes per kilometre. This is one of the most common ways that runners measure their improvement.

To take part in a measured distance challenge, it's a good idea to find a flat stretch of path or road on your running route and measure a 1 kilometre course. You could do this using a large-scale map or by driving round in your car using the "trip" odometer.

There are also a variety of modern technologies that can help you measure running distance. A free and easy tool is Google Earth which is readily available for download on Google. It can provide an aerial view of the area you run on and also help you measure your running distance.

Another tool that can help you accurately measure running distance is a GPS, whether it's one in your car or part of a running watch or even as an app on your smartphone.

Measuring your performance over a measured distance course is a great way of testing yourself and setting small, manageable challenges. And, best of all, it will show how you are improving over the weeks, both in terms of speed and distances covered.

## New runners

You will benefit from timing your running quite early on in your program even if you are completely new to running. If you have been running for a couple of weeks and can keep up a good 30 minutes of constant effort, it's worth doing a timed one to two kilometre run even if you need to use a combination of walking and running to finish it.

Always start with five minutes of brisk walking to warm up before you get to your start point. Then, when you are ready, start your watch and set off round the course. Don't set off at a hard run or sprint - aim for an even pace throughout. Make sure you get no higher than six or seven on your perceived effort scale and don't be tempted to sprint for the finish line. At the end of the course, note your time and do at least five minutes of walking to warm down before having a good stretch.

## More experienced runners

If you have been running for longer, you can run three to five kilometres at a time and just use a measured 1500 metre stretch in the middle of this to measure your performance. You may want to select a circular fixed-distance course that you can run laps of, or plan a route that you can break into one and a half, three or five kilometre sections using reference points such as corners, junctions or bridges as distance markers.

Some runners split all their runs into distance sections (such as a kilometre or one and a half kilometres) and time each section using the lap timer on a stopwatch. This is useful for motivation and for keeping a steady pace, but isn't essential.

## As your training progresses

As your fitness improves you will get faster over the short (three to five kilometres) distances and this is an excellent way to chart your progress. Your running pace over longer distances may not show the same improvement, but don't worry about this. You should expect that for longer distances your pace per kilometre is not going to be as quick as it is for shorter distances because your body becomes more tired the further you run. Your pace needs to slow slightly to allow you to keep running for longer distances.

As your training progresses, you may want to increase your distances and build up to running a longer race, such as a half marathon. It's important to pace yourself - for longer distances you will need to slow your pace so that you can keep going.

There are many different formulas that runners use to predict their paces. One way of estimating how long it will take to run different distances is the four second rule. This rule is based on the theory that your time per 400m increases by four seconds with each extra 400m you add to your distance.

So, progressing from running 400m to 800m will increase your 400m time by four seconds. Increasing from 800m to 1,600m will see your 400m time increase by a further eight seconds.

## Running program

# Walk to run



This guide gives a training program for people who don't currently exercise but would like to start. It's suitable for you if you wish to build up to being able to jog for 25 mins.

It focuses on:

- improving your aerobic fitness and stamina
- getting you into a good exercise routine
- training a maximum of three days a week over an eight week period

The walk to run program is for 5km only.



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 2	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 3	15 min walk	Jog 30 secs, walk 1 min x 6-8	Jog 2 mins, walk 2 mins x 6	Jog 3 mins, walk 2 mins x 7	Jog 5 mins, walk 3 mins x 4	Jog 7 mins, walk 3 mins x 5	Jog 10 mins, walk 2 mins x 2	Jog 20 mins
Day 4	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 5	20 min brisk walk	Jog 1 min, walk 1 min x 6-8	Jog 2 mins, walk 2 mins x 8	Jog 3 mins, walk 90 secs x 5	Jog 10 mins, walk 5 mins x 5	Jog 10 mins, walk 5 mins x 2	Jog 15 mins, walk 5 mins, jog 10 mins	Jog 20 mins
Day 6	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 7	Jog 30 secs, walk until you feel recovered x 6-8	Jog 90 secs, walk 1 min x 6-8	Jog 90 secs, walk 1 min x 6-8	Jog 4 mins, walk 2 mins x 5	Jog 7 mins, walk 3 mins x 4	Jog 10 mins, walk 5 mins x 2	Jog 20 mins	Jog 25 mins

# Beginner 5km program



This guide gives a training program for people wishing to run 5 km as part of an organised race or just as a challenge for themselves. It's suitable for you if you wish to start running but aren't a regular runner.

It focuses on:

- improving your aerobic fitness and stamina
- getting you into a good running routine
- training a maximum of three days a week over an eight week period



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 2	Run 1 min, walk 2 mins x 6	Run 2 mins, walk 2-4 mins x 5	Run 3 mins, walk 3 mins x 4	Run 5 mins, walk 3 mins x 3	Run 7 mins, walk 2 mins x 3	Run 8 mins, walk 2 mins x 3	Run 12 mins, walk 2 mins x 2	Run 15 mins, walk 1 to 3 mins x 2
Day 3	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 4	Run 1 min, walk 2 mins x 6	Run 1 min, walk 1 mins x 10	Run 3 mins, walk 3 mins x 4	Run 5 mins, walk 3 mins x 3	Run 7 mins, walk 2 mins x 3	Run 10 mins, walk 2 mins x 2	Run 12 mins, walk 2 mins x 2	Run 15 mins, walk 1 to 3 mins x 2
Day 5	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 6	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 7	Run 1 min, walk 1 mins x 10	Run/walk 1.5km. Record your time.	Run 3 mins, walk 1 to 3 mins x 5	Run/walk 1.5km, & try to repeat. Record your time.	Run 8 mins, walk 2 mins x 3	Run 1.5km, then walk/run 1.5km. Record your time.	Run 3km. Record your time.	Run 3km, then 1.5km walk/run or 5km race. Record your time.



# Beginner 10km program



This guide gives a training program for people wishing to run 10 km for an organised race or just as a challenge for themselves. It's suitable for you if you are able to run/walk 5km in less than 40 minutes.

It focuses on:

- improving your aerobic fitness and stamina
- getting you into a good running routine
- training a maximum of three days a week over an eight week period



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 2	Run 15 mins, walk 1 to 2 mins, run 15 mins	Run 18 mins, walk 1 to 3 mins, run 18 mins	Run 30 minutes continuously	Run 30 minutes continuously	Run 30 minutes continuously	Run 30 minutes continuously	Run 45 minutes continuously	Run 45 minutes continuously
Day 3	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 4	Run 15 mins, walk 1 to 2 mins, run 15 mins	Run 18 mins, walk 1 to 3 mins, run 18 mins	Run 30 minutes continuously	Run 30 minutes continuously	Run 40 minutes continuously	Run 40 minutes continuously	Run 45 minutes continuously	Run 30 minutes continuously
Day 5	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 6	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 7	Run 3km continuously. Record your time.	Run 5km continuously. Record your time.	Run 5km continuously. Record your time.	Run 40 to 45 minutes continuously	Run 6.5km continuously. Record your time.	Run 50 minutes continuously	Run 10km. Record your time.	10km race. Record your time.

# Beginner 15km program



This guide gives a training program for people wishing to run 15km as part of an organised race or just as a challenge for themselves. It's suitable for you if you are able to run/walk 5km in less than 40 minutes.

It focuses on:

- improving your aerobic fitness and stamina
- increasing running distance without focusing on speed
- training a maximum of three days a week over an twelve week period



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 2	30 minute walk/run	40 minute walk/run	Run 30 minutes continuously	Run 30 minutes continuously	Run 30 minutes continuously	Run 30 minutes continuously	Run 40 minutes continuously	Run 40 minutes continuously
Day 3	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 4	30 minute walk/run	40 minute walk/run	Run 30 minutes	Run 40 minutes	Run 40 minutes	Run 50 minutes	Run 45 minutes continuously	Run 30 minutes continuously
Day 5	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 6	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 7	Run 3km continuously. Record your time.	Run 3km continuously. Record your time.	Run 40 minutes continuously	Run 5km continuously. Record your time.	Run 50 minutes continuously	Run 8km continuously. Record your time.	Run 60 minutes continuously	Run 9.5km continuously or 10km race. Record your time.

# Beginner 15km program (continued)



	Week 9	Week 10	Week 11	Week 12
Day 1	Rest	Rest	Rest	Rest
Day 2	Run 40 minutes continuously	Run 45 minutes continuously	Run 40 minutes continuously	Run 40 minutes continuously
Day 3	Rest	Rest	Rest	Rest
Day 4	Run 60 minutes continuously	Run 8km continuously. Record your time.	Run 60 minutes continuously	Run 8km easy
Day 5	Rest	Rest	Rest	Rest
Day 6	Rest	Rest	Rest	Rest
Day 7	Run 60 minutes continuously	Run 13km continuously. Record your time.	Run 90 minutes continuously	Run 15km continuously or 15km race. Record your time.

# Beginner half marathon program



This guide gives a training program for people wishing to run a marathon as part of an organised race or just as a challenge for themselves. It's suitable for you if you are able to run/walk 5km in less than 40 minutes.

It focuses on:

- improving your aerobic fitness and stamina
- running distance in order to complete a half marathon comfortably
- training a maximum of four days a week over a 12 week period



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 2	30 minutes easy run/ recovery run	30 minutes easy run/ recovery run	30 minutes easy run/ recovery run	40 minutes easy run/ recovery run	40 minutes easy run/ recovery run	40 minutes easy run/ recovery run	40 minutes easy run/ recovery run	40 minutes easy run/ recovery run
Day 3	30 minutes easy running	30 minutes tempo running	40 minutes tempo running	50 minutes tempo running	30 minutes tempo running	50 minutes tempo running	40 minutes tempo running	40 minutes tempo running
Day 4	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 5	30 minutes easy run/ recovery run	30 minutes easy run/ recovery run	30 minutes easy run/ recovery run	30 minutes speed running or cross training	40 minutes speed running or cross training	30 minutes speed running or cross training	40 minutes speed running or cross training	40 minutes speed running or cross training
Day 6	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 7	Long run: 5km race	Long run: 40 minutes	Long run: 8km	Long run: 60 minutes	Long run: 11km	Long run: 13km	Long run: 60 minutes	Long run: 15km



# Beginner half marathon program (continued)



	Week 9	Week 10	Week 11	Week 12
Day 1	Rest	Rest	Rest	Rest
Day 2	40 minutes easy run/ recovery run	40 minutes easy run/ recovery run	40 minutes easy run/ recovery run	40 minutes easy run/ recovery run
Day 3	50 minutes tempo running	40 minutes tempo running	40 minutes tempo running	40 minutes tempo running
Day 4	Rest	Rest	Rest	Rest
Day 5	50 minutes speed running or cross training	40 minutes speed running or cross training	40 minutes speed running or cross training	50 minutes easy run/ recovery run
Day 6	Rest	Rest	Rest	Rest
Day 7	Long run: 8km	Long run: 19.5km	Long run: 9.5km (at race pace)	Half marathon race (21.1km)

# Beginner marathon program



This guide gives a training program for people wishing to run a marathon as part of an organised race or just as a challenge for themselves. It's suitable for you if you have already done a half marathon race and would like to move up to the next distance.

It focuses on:

- improving your aerobic fitness and limb strength
- trying out more advanced training techniques
- training four days a week over a 16 week period

A marathon is 42.2km.



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 2	20 mins jog/easy run	25 mins easy run/ recovery run	30 minutes easy run/ recovery run	40 mins easy run/ recovery run	40 mins easy run/ recovery run	30mins easy run/ recovery run	40 mins easy run/ recovery run	40 mins easy run/ recovery
Day 3	Rest	20 mins easy run	25 mins easy run	30mins easy run	40 mins steady run	30 mins tempo run- ning session	60 mins steady run	50 mins tempo
Day 4	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 5	20mins jog/easy run	20mins easy run	30 mins easy run	50 mins speed run- ning or cross training	40 mins speed run- ning session	40 mins speed run- ning or cross training session	50 mins speed run- ning session	50 mins speed
Day 6	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 7	Long run: 40 mins	Long run: 50 mins	Long run: 60 mins	Long run: 70 mins	Long run: 80 mins	Long run: 90 mins	Long run: 15km	Long run: 17.5km

# Beginner marathon program (continued)



	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Day 1	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 2	40 mins easy run/ recovery run	40 mins easy run/ recovery run	40 mins easy run/ recovery run	40 mins easy run/ recovery run	40 mins easy run/ recovery run	40 mins easy run/ recovery run	40 mins easy run/ recovery run	30 mins easy run/ recovery run
Day 3	35 mins steady run	50 mins tempo run- ning session	50 mins steady run	40 mins tempo run- ning session	50 mins steady run	50 mins tempo run- ning session	40 mins steady run	30 mins easy run
Day 4	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 5	30 mins speed run- ning session	50 mins speed run- ning or cross training session	60 mins speed run- ning session	20 mins speed run- ning or cross training session	40 mins speed run- ning session	50 mins speed run- ning or cross training session	40 mins speed run- ning session	20 mins jog
Day 6	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 7	10km race	Long run: 24km	Long run: 22.5km	Long run: 21km	Long run: 32 to 35.5km	Long run: 24km	Long run: 13km	RACE (42.2km)



# Intermediate 5km program



This guide gives a training program for people wishing to run 5km as part of an organised race or just as a challenge for themselves. It's suitable for you if you have already done a 5km race and would like to improve your time.

It focuses on:

- improving your aerobic fitness and limb strength
- speed and endurance
- training a maximum of four days a week over an eight week period



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 2	3km easy	3km easy	3km easy	5km easy	5km easy	5km easy	5km easy	3km easy
Day 3	30 minutes tempo	30 minutes tempo	40 minutes tempo	40 minutes tempo	40 minutes tempo	40 minutes tempo	30 minutes tempo	30 minutes tempo
Day 4	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 5	20 minutes speed	20 minutes speed	20 minutes speed	30 minutes speed	30 minutes speed	30 minutes speed	20 minutes speed	3km easy
Day 6	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 7	5km	6.5km	6.5km	8km	8km	8km	8km	5km race

# Intermediate 10km program



This guide gives a training program for people wishing to run 10km as part of an organised race or just as a challenge for themselves. It's suitable for you if you have already done a 10km race or longer and would like to improve your pace and distance.

It focuses on:

- improving your aerobic fitness and limb strength
- speed and endurance
- training a maximum of four days a week over an eight week period



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 2	3km easy	3km easy	5km easy	5km easy	3km easy	3km easy	5km easy	5km easy
Day 3	30 minutes tempo	30 minutes tempo	30 minutes tempo	40 minutes tempo	40 minutes tempo	50 minutes tempo	50 minutes tempo	5km race-pace run
Day 4	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 5	30 minutes easy	30 minutes easy	30 minutes easy	30 minutes speed	30 minutes speed	30 minutes speed	30 minutes speed	5km easy
Day 6	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 7	5km	8km	9.5km	11km	13km	13km	9.5km	10km race

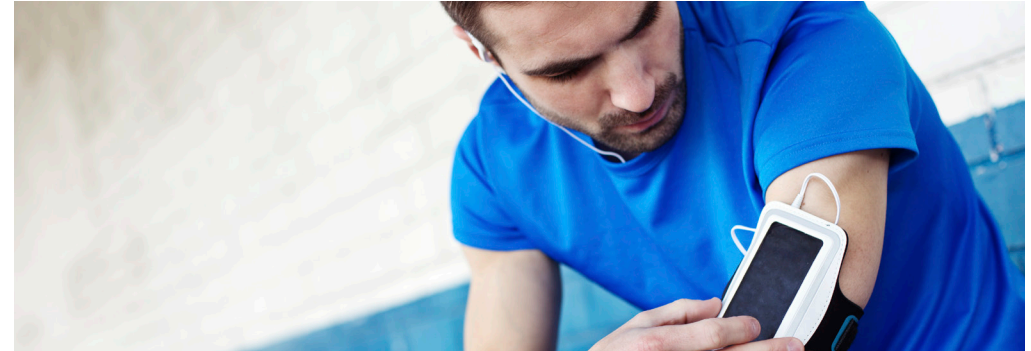
# Intermediate 15km program



This guide gives a training program for people wishing to run 15km as part of an organised race or just as a challenge for themselves. It's suitable for you if you have already done a 5km or 10km race and would like to improve your time and distance.

It focuses on:

- improving your aerobic fitness and limb strength
- speed and endurance
- training a maximum of four days a week over a 12 week period



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 2	30 minutes easy	30 minutes easy	40 minutes easy	40 minutes easy	40 minutes easy	40 minutes easy	40 minutes easy	40 minutes easy
Day 3	30 minutes easy	30 minutes easy	40 minutes easy	50 minutes tempo	50 minutes tempo	45 minutes tempo	40 minutes tempo	50 minutes tempo
Day 4	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 5	30 minutes easy	30 minutes speed	30 minutes speed	30 minutes speed	40 minutes speed	40 minutes speed	40 minutes speed	40 minutes speed
Day 6	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 7	5km	5km	6.5km	6.5km	9.5km	6.5km	9.5km	13kms



# Intermediate 15km program (continued)



	Week 9	Week 10	Week 11	Week 12
Day 1	Rest	Rest	Rest	Rest
Day 2	40 minutes easy	40 minutes easy	40 minutes easy	30 minutes easy
Day 3	50 minutes tempo	50 minutes tempo	50 minutes tempo	40 minutes tempo
Day 4	Rest	Rest	Rest	Rest
Day 5	40 minutes speed	30 minutes speed	40 minutes speed	30 minutes easy
Day 6	Rest	Rest	Rest	Rest
Day 7	13km	15km	9.5km at race pace	15km race

# Intermediate half marathon program



This guide gives a training program for people wishing to run a half marathon as part of an organised race or just as a challenge for themselves. It's suitable for you if you have already done a 5km, 10km or 15km race and would like to move up to the next distance, or improve on an existing half marathon time.

It focuses on:

- improving your aerobic fitness and limb strength
- increasing speed in a short amount of time, as well as improving pace
- training four days a week over a 12 week period



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 2	30 minutes easy	30 minutes easy	30 minutes easy	40 minutes easy	40 minutes easy	45 minutes easy	45 minutes easy	50 minutes easy
Day 3	30 minutes tempo	40 minutes tempo	45 minute tempo	45 minutes tempo	45 minutes tempo	50 minutes tempo	50 minutes tempo	60 minutes tempo
Day 4	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 5	30 minutes speed work	30 minutes speed work	30 minutes speed work	30 minutes speed	30 minutes speed	40 minutes speed	40 minutes speed	40 minutes speed
Day 6	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 7	5km	8km	9.5km	9.5km. Record your time (minutes per km).	13km. Record your time (minutes per km).	13km. Record your time (minutes per km).	9.5km. Record your time (minutes per km).	15km. Record your time (minutes per km).

# Intermediate half marathon program (continued)



	Week 9	Week 10	Week 11	Week 12
Day 1	Rest	Rest	Rest	Rest
Day 2	50 minutes easy	60 minutes easy	50 minutes easy	40 minutes easy
Day 3	50 minutes tempo	60 minutes tempo	45 minutes tempo	40 minutes tempo
Day 4	Rest	Rest	Rest	Rest
Day 5	40 minutes speed	40 minutes speed	40 minutes speed	40 minutes easy
Day 6	Rest	Rest	Rest	Rest
Day 7	19.5km. Record your time (minutes per km).	19.5km. Record your time (minutes per km).	9.5km at race pace. Record your time (minutes per km).	<b>RACE</b>



# Intermediate marathon program



This guide gives a training program for people wishing to run a marathon as part of an organised race or just as a challenge for themselves. It's suitable for you if you have already done a half marathon race and would like to move up to the next distance, or improve on an existing marathon time.

It focuses on:

- improving your aerobic fitness and limb strength
- trying out more advanced training techniques
- training five days a week over a 16 week period



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 2	30mins easy run	30mins easy run	40 mins steady run	40 mins speed running session	40 mins steady run	30 mins speed running session	50 mins steady run	60 mins speed running session
Day 3	Rest	40 mins tempo running session	40 mins easy run	9.5km easy run	9.5km easy run	8km easy run	9.5km easy run	9.5km easy run
Day 4	40mins tempo running session	8km easy run	9.5km tempo running session	40 mins steady run	50 mins tempo running session	50 mins steady run	50 mins tempo running session	60 mins steady run
Day 5	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 6	30mins easy run	30mins easy run	30mins easy run	40 mins easy run	45 mins easy run	50 mins easy run	55 mins easy run	50 mins easy run
Day 7	Long run: 9.5km	Long run: 13km	Long run: 14.5km	Long run: 15km	Long run: 19.5km	Long run: 21km	Long run: 22.5km	Long run: 24km

# Intermediate marathon program (continued)



	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Day 1	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 2	50 mins steady run	40 mins steady run	40 mins steady run	60 mins speed running session	60 mins easy run	60 mins easy run	40 mins easy run	30mins easy run
Day 3	9.5km easy run	8km easy run	8km easy run	8km easy run	8km easy run	11km steady run	9.5km steady run	30 mins easy run
Day 4	30 mins tempo running session	60 mins speed running session	60 mins tempo running session	50 mins steady run	50 mins tempo running session	60 mins speed running session	45 mins tempo running session	Rest
Day 5	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 6	10-20 mins easy run	40 mins easy run	50 mins easy run	10-20mins easy run	30 mins easy run	50 mins easy run	40 mins easy run	10-20 mins jog
Day 7	Long run: 10km race	Long run: 29km	Long run: 24km	Long run: 21km or half marathon race	Long run: 32 to 35.5km	Long run: 19.5km	Easy run: 15km	RACE

# Advanced 5km program



This guide gives a training program for people wishing to run 5km as part of an organised race or just as a challenge for themselves. It's suitable for you if you have already done a 5km race or longer and would like to improve your pace.

It focuses on:

- improving your aerobic fitness and limb strength
- speed and endurance
- training five to six days a week over a 12 week period



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	5km easy / rest	5km steady / rest	5km steady / rest	Rest	5km steady / rest	5km steady / rest	5km steady / rest	Rest
Day 2	Rest	Intervals: 3x1km (500m recovery)	Intervals: 3x1200m (600m recovery)	6.5km fartlek	Intervals: 4x800m (400m recovery)	Intervals: 8x400m (200m recovery)	Intervals: 4x1km (500m recovery)	Intervals: 5x800m (400m recovery)
Day 3	8km easy	8km easy	8km easy	8km easy	9.5km easy run	9.5km easy	9.5km easy run	9.5km easy run
Day 4	8km fartlek	6.5km steady	Hills: 6x60secs	Tempo: 2x10min (5min recovery)	Hills: 5x90secs	Tempo: 15mins (5min recovery), 10mins	Hills: 5x2mins	Tempo: 3x8min (4min recovery)
Day 5	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 6	5km steady	5km steady	5km steady	5km easy	5km steady	5km steady	5km steady	5km easy
Day 7	8km long run	8km long run	9.5km long run	5km time trial	9.5km long run	11km long run	13km long run	13km long run

# Advanced 5km program (continued)



	Week 9	Week 10	Week 11	Week 12
Day 1	5km steady / rest	5km steady / rest	5km steady / rest	5km easy
Day 2	Intervals: 400m (200m), 800m (400m), 1km (500m), 1km (500m), 800m (400m), 400m	Intervals: 10x400m (400m)	Intervals: 1mile (800m), 800m (400m), 400m (200m), 200m	Rest
Day 3	8km easy	8km easy	8km easy	8km steady
Day 4	Hills: 7x60secs	Tempo: 5mins (3mins), 10mins (5mins), 5mins	Tempo: 3x5min (3min recovery)	5km easy
Day 5	Rest	Rest	Rest	Rest
Day 6	5km steady	5km race pace	6.5km steady	20 minute jog
Day 7	15km long run	9.5km easy	9.5km long run	5km RACE

# Advanced 10km program



This guide gives a training program for people wishing to run 10km as part of an organised race or just as a challenge for themselves. It's suitable for you if you have already done a 10km race or longer and would like to improve your pace.

It focuses on:

- improving your aerobic fitness and limb strength
- speed and endurance
- training six days a week over a 12 week period



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	5km steady	5km steady	6.5km steady	6.5km easy	6.5km easy	6.5km steady	6.5km steady	8km easy
Day 2	Rest	Tempo: 2x10min (5min recovery)	Hills: 6x60secs	Rest	Hills: 5x90secs	Tempo: 2x15mins (5min recovery)	Hills: 6x2mins	Rest
Day 3	8km steady	8km steady	8km steady	8km fartlek	8km steady	9.5km steady	9.5km easy run	9.5km fartlek
Day 4	8km fartlek	Intervals: 4x800m (400m recovery)	Intervals: 3x1000m (400m)	6.5km steady	Intervals: 8x400m (200m recovery)	Intervals: 4x1000 (500m recovery)	Tempo: 15mins (5mins), 10mins (4mins), 5mins	6.5km steady
Day 5	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 6	5km easy	5km easy	6.5km steady	20 minutes jog	6.5km steady	6.5km steady	8km steady	5km easy
Day 7	9.5km long run	9.5km long run	11km long run	5km race / 8km time trial	13km long run	14.5km long run	15km long run	10km race or time trial



# Advanced 10km program (continued)



	Week 9	Week 10	Week 11	Week 12
Day 1	6.5km easy	5km steady	5km steady	5km easy
Day 2	Hills: 7x60secs	Tempo: 3x10mins (5mins)	Hills: 4x2mins	Tempo: 1.5km easy, 5km at race pace, 1.5km easy
Day 3	9.5km steady	11km steady	9.5km easy	Rest
Day 4	Intervals: 6x800m (400m)	Intervals: 5x1000m (400m)	Intervals: 8x400m (200m)	8km easy
Day 5	Rest	Rest	Rest	Rest
Day 6	8km easy	6.5km time trial	8km	20 minute jog
Day 7	17.5km long run	15km long run	13km long run	10km RACE

# Advanced 15km program



This guide gives a training program for people wishing to run 15km as part of an organised race or just as a challenge for themselves. It's suitable for you if you have already done a 15km race or longer and would like to improve your pace.

It focuses on:

- improving your aerobic fitness and limb strength
- speed and endurance
- training five to six days a week over a 12 week period



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	6.5km easy	6.5km steady	6.5km steady	6.5km easy	6.5km easy	8km steady	9.5km steady	9.5km easy
Day 2	Rest	Tempo: 2x7mins (4mins)	Hills: 6x2mins	Tempo: 2x10mins (5mins)	Hills: 7x2mins	Tempo: 2x15mins (5mins)	Hills 8x2mins	Rest
Day 3	9.5km steady	9.5km steady	9.5km steady	8km easy	9.5km steady	8km steady	9.5km steady	9.5km steady
Day 4	8km fartlek	Intervals: 3x1.5km (400m)	Intervals: 5x1km (400m)	Intervals: 6x800m (200m)	Intervals: 8x600m (300m)	Intervals: 4x1mile (400m)	Intervals: 6x1km	Intervals: 5x800m (400m)
Day 5	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 6	6.5km easy	6.5km steady	8km steady	20 minutes jog	9.5km steady	8km easy	9.5km easy	20 minutes jog
Day 7	11km long run	11km long run	14.5km long run	10km Race / 11km time trial	15km long run	17.5km long run	19.5km long run	10km race / 11km time trial

# Advanced 15km program (continued)



	Week 9	Week 10	Week 11	Week 12
Day 1	11km easy	8km easy	8km easy	8km easy
Day 2	Hills 8x2mins	11km: 1.5km easy, 8km race pace, 1.5km easy	11km steady	Tempo: 1.5km easy, 5km race pace, 1.5km easy
Day 3	9.5km steady	18km steady	6.5km easy	Rest
Day 4	Tempo: 3x10mins (4mins)	Tempo: 15mins (4mins), 10mins, (4mins), 5mins	Tempo: 20mins (5mins), 10mins	Rest
Day 5	Rest	Rest	Rest	6.5km easy
Day 6	9.5km easy	9.5km easy	8km steady	20 minute jog
Day 7	22.5km long run	19.5km long run	11km long run	15km RACE

# Advanced half marathon program



This guide gives a training program for people wishing to run a half marathon as part of an organised race or just as a challenge for themselves. It's suitable for you if you have already done a half marathon race or longer and would like to improve your pace.

It focuses on:

- improving your aerobic fitness and limb strength
- trying out more advanced training techniques
- training five to six days a week over a 12 week period

A half marathon is 21.1km.



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	6.5km easy	6.5km easy	6.5km steady	8km easy	8km steady	8km easy	8km easy	8km easy
Day 2	Rest	Tempo 3x7mins (4mins)	Hills: 6x2mins	Tempo: 2x10mins (5mins)	Tempo: 2x15mins(5mins)	Tempo: 2 x 20mins (5mins)	Tempo: 20mins (5mins), 15mins (4mins), 10mins	Rest
Day 3	9.5km steady	8km easy	8km steady	9.5km steady	11km steady	11km steady	11km steady	11km steady
Day 4	8km fartlek	Intervals: 4x1.5km (400m)	Intervals: 6x1km (400m)	9.5km easy	Hills: 6x2mins	Intervals: 5x1.5km	Hills: 8x2mins	Intervals: 5x1000m (400m)
Day 5	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Day 6	6.5km easy	8km easy	8km steady	20 minutes jog	8km easy	8km easy	8km easy	20 minutes jog
Day 7	11km long run	15km long run	19.5km long run	10km Race / 11km time trial	21km long run	22.5km long run	24km steady	10km race / 11km time trial

# Advanced half marathon program (continued)



	Week 9	Week 10	Week 11	Week 12
Day 1	11 to 13km steady	8km easy	8km easy	6.5km easy
Day 2	Tempo: 3x10mins (4mins)	Tempo: 20mins (5mins), 15mins (4mins), 10mins	11km: 1.5km easy, 8km race pace, 1.5km easy	8km: 1.5km easy, 5km race pace, 1.5km easy
Day 3	13km steady	13km easy	8km easy	Rest
Day 4	Hills: 8x2mins	Hills: 6x2mins	Tempo: 10mins (4mins), 10mins (4mins), 5mins	9.5km steady
Day 5	Rest	Rest	Rest	Rest
Day 6	8km easy	9.5km easy	9.5km steady	20 minute jog
Day 7	27.5km long run	19.5km long run	15km long run	Half marathon RACE



# Advanced marathon program



This guide gives a training program for people wishing to run a marathon as part of an organised race or just as a challenge for themselves. It's suitable for you if you have already done a marathon race and would like to improve your pace.

It focuses on:

- improving your aerobic fitness and limb strength
- using more advanced training techniques
- training five to six to seven days a week over a 12 week period

A marathon is 42.2km.



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	6.5km easy	6.5km easy	6.5km steady	6.5km easy	8km steady	8km steady	8km steady	8km steady
Day 2	Rest	Tempo: 2x10mins (5mins)	Tempo: 10mins (5mins), 7mins (4mins), 5mins	Rest	Tempo: 15mins (5mins) 10mins	Tempo: 2 x 15mins (5mins)	9.5km speed	Tempo: 3 x 10mins (5mins)
Day 3	9.5km steady	8km easy	9.5km easy	11km steady	11km easy	11km easy	13km easy	13km easy
Day 4	8km fartlek	Intervals: 3x1.5km (400m)	9.5km tempo running session	Intervals: 6x1km (400m)	Hills: 6 x 2min	Intervals: 5x1.5km (400m)	Hills: 7x2min	8km fartlek
Day 5	Rest	Rest / 5km easy	Rest / 5km easy	Rest	Rest / 5km easy	Rest / 5km easy	Rest / 5km easy	Rest
Day 6	8km easy	6.5km steady	8km steady	5km easy	8km steady	8km steady	9.5km steady	20 minutes jog
Day 7	15km long run	15km long run	17.5km long run	17.5km long run	19.5km long run	19.5km long run	22.5km long run	10km race or race pace

# Advanced marathon program (continued)



	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Day 1	8km steady	8km steady	8km steady	8km easy	5km easy	5km easy	5km easy	5km easy
Day 2	Tempo: 3 x 10mins (5mins)	Tempo: 20mins (5mins), 15mins (4mins), 10mins	9.5km race pace	Rest	8km steady	8km steady	8km race pace	Rest
Day 3	13km easy	13km easy	14.5km easy	15km steady	11km easy	11km race pace	Rest	9.5km easy
Day 4	Intervals: 8x800 (400m)	Hills: 7x2mins	Intervals: 5x1k (400m)	11km fartlek	Hills: 8x2mins	9.5km fartlek	Tempo: 20mins (5mins), 10mins (4mins), 10mins	Rest
Day 5	Rest / 5km easy	Rest / 5km easy	Rest / 5km easy	Rest	Rest / 5km easy	Rest / 5km easy	Rest / 5km easy	Rest
Day 6	9.5km steady	9.5km steady	9.5km steady	9.5km easy	Rest	6.5km	8km easy	20 mins jog
Day 7	Long run: 1024km long run	25.7km long run	29km long run	32km long run	35.5km long run	24km long run	15km long run	Marathon RACE

## Disclaimer

This information is intended to be a guide only and should not be relied on as a substitute for professional medical advice. It is not intended to be for medical diagnosis or treatment. Bupa Australia Pty Ltd ("Bupa") makes no warranties or representations regarding the quality, accuracy or completeness of the information and is not liable for any loss or damage you suffer arising out of the use of or reliance on the information, except that which cannot be excluded by law. Consult your doctor or other medical professional if you have any questions or concerns about your health or fitness. Always consult your doctor before starting a new exercise program.