



BEGINNERS TRAINING PLAN

8 WEEK TRAINING PLAN
prepared by Rio Olympic marathon runner Sonia Samuels

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WEEK 1

Rest

Warm Up 10min easy running
4 x 2min @ 6-6.10min/k pace
with 2-3min walk/jog recovery
Warm down 10min easy running

Rest

25min easy running
with the last 5mins
@ 6.30min/k pace.

Rest

3-5k easy running

Rest

WEEK 2

Rest

Warm Up 10min easy running
4 x 3min @ 6-6.10min/k pace
with 3min walk/jog recovery
Warm down 10min easy running

Rest

30min run, start easy
with the last 10mins
@ 6.20min/k pace

Rest

5-7k easy running

Rest

WEEK 3

Rest

Warm Up 10min easy running
10 x 1min @ 6min/k pace
with 1-2min walk/jog recovery
Warm down 10min easy running

Rest

Warm Up 10min easy running
3 x 5min @ 6.10-6.20min/k
2-3min jog recovery
Warm down 5-10min easy

Rest

6-7k easy running

Rest

WEEK 4

Rest

Warm Up 10min easy running.
6 x 2min @ 6-6.10min/k pace
with 2min walk/jog recovery
Warm down 10min easy running

Rest

Warm Up 10min easy running
4 x 6min @ 6.00-6.10min/k
2-3min jog recovery
Warm down 5-10min easy

Rest

7-8k easy running

Rest

WEEK 5

Rest

Warm Up 10min easy running
5 x 3min @ 6-6.10min/k pace
with 2-3min walk/jog recovery
Warm down 10min easy running

Rest

Warm Up 10min easy running
2 x 10mins effort
@ 6.00-6.05min/k
Warm down 5-10min easy

Rest

8-10k easy running

Rest

WEEK 6

Rest

Warm Up 10min easy running
12 x 1min @ 6min/k pace
with 60-90s walk/jog recovery
Warm down 10min easy running

Rest

8k Progression run:
2k @ 6.30min/k, 2k @ 6.20min/k,
2k @ 6.10min/k, 2k @ 6min/k pace

Rest

10-12k easy running

Rest

WEEK 7

Rest

Warm Up 10min easy running
6 x 2min @ 5.50-5.55min/k pace
with 2min walk/jog recovery
Warm down 10min easy running

Rest

30min run, start easy
with the last 20mins
effort @ 6.00-6.05min/k
Warm down 5-10min easy

Rest

8-10k easy running

Rest

WEEK 8

Rest

5k run: Start easy,
with last 2k @ 6.20min/k pace
Finish with 4 x 30s efforts
60s recovery

Rest

Helensburgh 10k
5th May

Rest

10K TARGET PACE:
6min/k / 60min 10k