

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	<b>10 min run/walk</b>	rest	rest	<b>15 min run/walk</b>	rest	<b>15 min run/walk</b>
Description		Mix up periods of running with walking for a total of 10 minutes.			Mix up periods of running with walking for a total of 15 minutes.		Mix up periods of running with walking for a total of 15 minutes.
Coaches Tip		<i>If you're just starting out, take it easy! Any new activity takes some getting used to. It's important not to push yourself too hard because you will feel sore tomorrow. Build up gradually.</i>			<i>Alternating periods of running and walking is a great way of safely increasing intensity, while reducing stresses and strains associated with doing too much of any one repetitive motion too soon.</i>		<i>At this stage the key is to get into a routine of training. Try to stick to the plan as much as possible, but it's fine to switch days around to fit in with your lifestyle.</i>

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	<b>10 min run/walk</b>	rest	rest	<b>10 min easy run</b>	rest	<b>15 min easy run</b>
Description		Mix up periods of running with walking for a total of 10 minutes.			10 minutes of easy running.		15 minutes of easy running.
Coaches Tip		<i>This is your third training session in five days so take it easy if you are tired or sore from the previous session. The idea is to build up gradually.</i>			<i>How fast is easy running? An easy run is moving along at a pace where you could hold a short conversation with someone running next to you.</i>		<i>Wearing the right running shoes can help with comfort and injury prevention. A specialist running store can advise you on the right running shoes for your foot type and running style.</i>

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	<b>15 min easy run</b>	rest	rest	<b>10 min easy run</b>	rest	<b>20 min easy run</b>
Description		15 minutes of easy running.			10 minutes of easy running.		20 minutes of easy running.
Coaches Tip					<i>Think about your posture during your run. Running with good posture puts less stress and impact on the joints, which reduces injury risk and increases efficiency, meaning you can run longer with less exertion.</i>		<i>Up to 20 minutes of running today. Try to keep your pace steady so that you finish running the same speed as you started.</i>

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	<b>15 min easy run</b>	rest	rest	<b>15 min easy run</b>	rest	<b>20 min easy run</b>
Description		15 minutes of easy running.			15 minutes of easy running.		20 minutes of easy running.
Coaches Tip					<i>The training is starting to build up now. Kepp focused on your goal and try to keep to your training routine.</i>		

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	<b>20 min easy run</b>	rest	rest	<b>15 min easy run</b>	rest	<b>20 min easy run</b>
Description		20 minutes of easy running.			15 minutes easy running.		20 minutes of easy running.
Coaches Tip		<i>Recovery is key to ensure training adaptations and prevent injuries assoicated with over use. Therefore after today's run rest is important to ensure training adaptations occur.</i>			<i>Find new ways to keep your runs fresh and interesting. Try exploring new routes, such as the routes on Great Run Training.</i>		

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	<b>15 min easy run</b>	rest	rest	<b>25 min easy run</b>	rest	<b>15 min easy run</b>
Description		15 minutes of easy running.			25 minutes of easy running		15 minutes of easy running.
Coaches Tip					<i>As your runs increase try to find new running routes to keep things interesting</i>		

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	<b>15 min steady run</b>	rest	rest	<b>15 min easy run</b>	rest	<b>25 min easy run</b>
Description		15 minutes of steady running.			15 minutes of easy running.		25 minutes of easy running
Coaches Tip		<i>This is your first steady run. At a 'steady' pace your conversations would need to be limited to a few words due to the heavier breathing required.</i>			<i>You should be getting into good shape now and hopefully enjoying your running! If your struggling for motivation try to find other like minded people to run with.</i>		

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	<b>15 min easy run</b>	rest	<b>20 min easy run</b>	rest	<b>15 min easy run</b>	<b>30 min easy run</b>
Description		15 minutes of easy running.		20 minutes of easy running.		15 minutes of easy running.	30 minutes of easy running.
Coaches Tip							<i>Up to 30 minutes of running now. Remember to relax and keep your running pace at a nice steady rate.</i>

Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	<b>15 min easy run</b>	rest	<b>20 min easy run</b>	rest	<b>15 min easy run</b>	<b>20 min steady run</b>
Description		15 minutes of easy running.		20 minutes of easy running.		15 minutes of easy running.	20 minutes of steady running.
Coaches Tip							<i>Your second steady run. Try to run a little harder than your easy runs but don't try to push too hard.</i>

Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	<b>15 min easy run</b>	rest	<b>25 min easy run</b>	rest	<b>10 min easy run</b>	<b>15 min steady run</b>
Description		15 minutes of easy running.		25 minutes of easy running		10 minutes of easy running.	15 minutes of steady running.
Coaches Tip							<i>Try to keep your hands at waist level, right about where they might lightly brush your hip. Your arms should be at a 90 degree angle, with your elbows at your sides. Keep your posture straight and erect. Your head should be up, your back straight, and shoulders level.</i>

Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	<b>15 min easy run</b>	rest	<b>20 min easy run</b>	rest	<b>15 min easy run</b>	rest
Description		15 minutes of easy running.		20 minutes of easy running.		15 minutes of easy running.	
Coaches Tip		<i>Just a couple of weeks to go if you have a race at the end of your training plan. Your training will start to 'taper' now getting a little easier to have you fresh for race day.</i>					

Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	<b>20 min easy run</b>	<b>rest</b>	<b>10 min easy run or rest</b>	<b>GREAT TEAM RELAY</b>	<b>rest</b>	<b>rest</b>	<b>VISIT GREATRUN.ORG TO FIND YOUR NEXT CHALLENGE!</b>
Description	20 minutes of easy running.		10 minutes of easy running or rest.	GOOD LUCK!			
Coaches Tip	<i>Keep you final few training runs easy if you are racing within the week. You can't gain by training hard so the key is to stay fresh and get ready for event day.</i>		<i>A short run the day before the race will not tire you out or negatively impact your performance in any way. It helps by getting the muscles loose and the body prepared to run hard the following day.</i>				