

Advanced programme - 16 miles

Leave a day between each session , Ideally Tuesday- Session 1, Thursday - Session 2 and Session 3 on Saturday or Sunday. You should also aim to add in some Strength workouts and a swim or bike if you can.



	Session 1	Session 2	Session 3
Week 13	<p>Warm up from the tips plus a 10 mins jog Run 2 mins fast, run 4 mins easy x 5 Walk 5 mins Run 30 secs fast and 1 mins walk x 4 Cool down - easy 10 mins jog, stretch, drink, eat, rest</p>	<p>45 mins run - Warm up from the tips Run for 45 mins, very easy run , chatting pace, when you hit 40 mins you're going to increase your speed for 5 mins. Cool down with a 5 mins walk and stretches.</p>	<p>Easy Run Day - Warm up from tips Easy chatting pace jog -15 KM</p>
Week 14	<p>Monaghetti session - Warm up from the tips plus 10 mins jog Focus on having fast and light feet. We're not worried about what pace you're going at the moment just getting those legs shifting a bit lighter.</p> <p>Main Set 15 secs run fast feet, 15 secs run easy, 30 secs fast feet, 30 secs easy, 45 secs fast feet, 45 secs easy, 60 secs fast feet, 60 secs easy, 90 secs fast feet, 90 secs easy, 60 secs fast feet, 60 secs easy, 45 secs fast feet, 45 secs easy, 30 secs fast feet, 30 secs easy, 15 secs fast feet, 15 secs easy.</p> <p>Cool Down - Easy 10 mins jog home, stretch, drink, eat sleep</p>	<p>60 mins run - Warm up from the tips Run for 60 mins, very easy run , chatting pace. For the last 5 mins increase your speed. Cool down with a 5 mins walk and stretches</p>	<p>Easy Run Day - Warm up from tips Easy chatting pace jog - 22KM Increase pace over the last 15 mins Cool down walk 10 mins, stretch, eat, rehydrate and rest</p>
Week 15	<p>Warm up from the tips page plus 10 mins jog Run 4 mins steady pace, 2 mins easy x 5 sets Walk 5 mins Run 30 secs fast, walk 1 mins easy Cool Down - Easy 10 mins jog home, stretch, drink, eat, sleep</p>	<p>Progressive 90 mins run - Warm up from tips Run for 30 mins easy jog Run 60 mins at steady pace - increase speed in the last 5 mins Cool down with a 5 mins walk and stretches.</p>	<p>Easy Run Day - Warm up from tips Easy chatting pace jog - 24 km Increase pace over the last 15 mins Cool down walk 10 mins, stretch, eat, rehydrate and rest</p>
Week 16	<p>Find a steep hill - Warm up from tips - Plus a 10 mins warm up jog Run up for 10 secs, driving your elbows back Walk down the hill for 2 mins, then repeat 4 times Now you're going to run on - this helps build strength & endurance Run 10 secs fast, jog 2 mins easy x 10 Cool Down - Easy 10 mins jog home, stretch, drink, eat, sleep</p>	<p>60 mins run - Warm up from the tips Run for 60 mins, very easy run , chatting pace, when you hit 50 mins you're going to increase Cool down with a 5 mins walk and stretches.</p>	<p>MOTIVATION 16 MILE RACE DAY You've done the training, enjoy the day.</p>

Advanced programme - 20 miles

Leave a day between each session , Ideally Tuesday- Session 1, Thursday - Session 2 and Session 3 on Saturday or Sunday. You should also aim to add in some Strength workouts and a swim or bike if you can.



	Session 1	Session 2	Session 3
Week 17	<p>Steady run to hill - Warm up from tips - Plus a 10 mins warm up jog</p> <p>Run for 40 mins easy pace finish on a hill. Run up for 10 secs, driving your elbows back Run down the hill focusing on technique repeat 10 times</p> <p>Cool Down - Easy 10 mins jog home, stretch, drink, eat, sleep</p>	<p>Warm up from the tips plus 10 mins easy jog</p> <p>Run 3 mins at steady pace, run 5 secs at fast pace Run 2 mins at easy pace Do 8 sets Cool down with a 5 mins walk and stretches.</p>	<p>Easy Run Day - Warm up from tips</p> <p>Easy chatting pace jog - 22KM Increase pace over the last 15 mins Cool down walk 10 mins, stretch, eat, rehydrate and rest</p>
Week 18	<p>Find a steep hill - Warm up from tips - Plus a 10 mins warm up jog</p> <p>Run up for 10 secs, driving your elbows back Walk down the hill for 2 mins, then repeat 4 times Run 4 mins easy pace, run 30 secs fast Run 4 mins easy pace, run 20 secs fast Run 4 mins easy pace, run 15 secs fast Run 4 mins easy pace, run 10 secs fast Run 4 mins easy pace, run 5 secs fast</p> <p>Cool Down - Easy 10 mins jog home, stretch, drink, eat, sleep</p>	<p>90 mins run - Warm up from the tips</p> <p>Run for 90 mins, very easy run , chatting pace, when you hit 50 mins you're going to increase your speed for 5 mins. Cool down with a 5 mins walk and stretches.</p>	<p>Easy Run Day - Warm up from tips</p> <p>Easy chatting pace jog - 26KM Increase pace over the last 15 mins Cool down walk 10 mins, stretch, eat, rehydrate and rest</p>
Week 19	<p>1 k efforts - Warm up from the tips page - plus 10 mins easy jog</p> <p>Now do a nice easy 5 mins jog getting a little bit quicker to warm up your body and heart rate. Find a 1km loop, or you can do an out and back. The idea is to run it and then run it again quicker or at least hit the same spot, Run 1 KM fast - remember you need to replicate this speed Recovery - 2 mins to get your breath back, or a 2 mins walk. Do 8 sets Cool Down - Easy 10 mins jog home, stretch, drink, eat, sleep</p>	<p>60 mins progression run - Warm up</p> <p>Easy warm up 10 mins jog The idea of this run is to get slightly faster every 10 mins. Start of easy jog and increase every 10 mins till you're racing the last 10 mins</p> <p>Cool Down - Easy 10 mins jog home, stretch, drink, eat, sleep</p>	<p>Easy Run Day - Warm up from tips</p> <p>Easy chatting pace jog - 30KM Increase pace over the last 15 mins Cool down walk 10 mins, stretch, eat, rehydrate and rest</p>
Week 20	<p>Warm up from tips - Plus a 10 mins warm up jog</p> <p>Run up for 10 secs, driving your elbows back Walk down the hill for 2 mins, then repeat 4 times Continue Run on the flat - 30 mins steady pace Every 2 mins put in a 10 sec sprint effort Cool Down easy 10 mins jog home, stretch, drink, eat, sleep</p>	<p>60 mins run - Warm up from the tips</p> <p>Nice and easy gentle run before your 20 mile race. You should feel good here, so don't go too quick. Enjoy the views. Cool down with a 5 mins walk and stretches.</p>	<p>MOTIVATION 20 MILER RACE DAY</p> <p>You've done the training, enjoy the day.</p>

Advanced programme - Marathon Race Period

Leave a day between each session , Ideally Tuesday- Session 1, Thursday - Session 2 and Session 3 on Saturday or Sunday. You should also aim to add in some Strength workouts and a swim or bike if you can.



	Session 1	Session 2	Session 3
Week 21	<p>Pyramids - These are all about building endurance, find a nice flat road or park to do them in.</p> <p>Warm up from the tips page plus 10 mins easy jog</p> <p>Main Session Run for 1 mins fast, then jog to recover for 90 secs. 2 mins run, then jog to recover for 3 mins 3 mins run, then jog to recover for 4 mins 4 mins run, then jog to recover for 5 mins 3 mins run, then jog to recover for 4 mins 2 mins run, then jog to recover for 3 mins Run for 1 mins fast, then jog or walk to recover for 90 secs. Try to maintain the fast speed that you had on the 1 mins for the 4 mins..... (hint- don't go off too quick)</p> <p>Cool Down - 10 mins easy jog/walk plus stretches, eat and drink..</p>	<p>90 mins run - Warm up from the tips Run for 90 mins, very easy run , chatting pace, when you hit 50 mins you're going to increase your speed for 5 mins. Cool down with a 5 mins walk and stretches.</p>	<p>Easy Run Day - Warm up from tips Easy chatting pace jog - 36KM Increase pace over the last 15 mins</p> <p>Cool down walk 10 mins, stretch, eat, rehydrate and rest</p>
Week 22	<p>Warm up from tips - Plus a 10 mins warm up jog Run 4 mins steady pace, 2 mins easy x 4 Walk 5 mins Run 20 secs fast, walk 1 mins x 4 Cool Down easy 10 mins jog home, stretch, drink, eat, sleep</p>	<p>60 mins run - Warm up from the tips Run easy for 30 mins to a hill Do 5 x hill repeats - fast up, slow down Run easy for 30 mins back home Cool down with a 5 mins walk and stretches.</p>	<p>Easy Run Day - Warm up from tips Easy chatting pace jog - 26KM Increase pace over the last 15 mins Cool down walk 10 mins, stretch, eat, rehydrate and rest</p>
Week 23	<p>Warm up from tips - Plus a 10 mins warm up jog Run up for 10 secs, driving your elbows back Walk down the hill for 2 mins, then repeat 4 times Run 7 mins easy pace, run 35 secs fast Run 7 mins easy pace, run 25 secs fast Run 7 mins easy pace, run 15 secs fast Run 7 mins easy pace, run 5 secs fast Run 7 mins easy pace, run 5 secs fast Cool Down - 10 mins easy jog/walk plus stretches, eat and drink..</p>	<p>60 mins run + some mini efforts Warm up from the tips Run for 60 mins, very easy run Walk for 5 mins Run 30 secs fast, 1 mins walk x 6 Cool down with 5 mins walk, stretch</p>	<p>Easy Run Day - Warm up from tips Easy chatting pace jog -15 KM</p> <p>Cool down walk 10 mins, stretch, eat, rehydrate and rest</p>
Week 24	<p>45 mins run - Warm up from the tips Run for 45 mins, very easy run , chatting pace. Cool down with a 5 mins walk and stretches.</p>	<p>Very easy leg spin - 30 mins This is just to keep your legs moving, you could do an easy walk if preferred</p>	<p>MOTIVATION MARATHON RACE DAY You've done the training, enjoy the day.</p>