



5 HOUR/ SUB 5 HOUR SCHEDULE

Please note that this schedule is for guidance only. For more detail or a tailored plan you are advised to consult a club coach experienced in distance running.

WEEK ONE

Mon	2M (miles) (approx 25 mins) slow
Tue	Rest
Wed	3M (approx 39 mins) slow
Thu	Rest
Fri	Rest
Sat	Rest or 2M (approx 26 mins) easy
Sun	6M (approx 75 mins) run/walk

WEEK TWO

Mon	Rest
Tue	4M (approx 50 mins) slow
Wed	Rest
Thu	1M jog, then 2 x 1.5M (or 15 mins) fast, with 800m (5:30-min) jog recoveries, then 1M jog
Fri	Rest
Sat	Rest or 3M (approx 39 mins) easy
Sun	7M (approx 90 mins) run/walk

WEEK THREE

Mon	Rest
Tue	1M jog, then 3 x 1M (or 10 mins) fast, with 400m (3:15-min) jog recoveries, then 1M jog
Wed	Rest
Thu	4M (approx 50 mins) slow
Fri	Rest
Sat	Rest or 3M (approx 39 mins) easy
Sun	8M (approx 100 mins) run/walk

WEEK FOUR

Mon	Rest
Tue	5M (approx 64 mins) slow

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Wed	Rest
Thu	1M jog, then 4 x 800m (or 4:45) fast, with 200m (2 min) walk/jog recoveries, then 1M jog
Fri	Rest
Sat	Rest or 3M (approx 39 mins) easy
Sun	1M jog, then race 10K or 5M, then 1M jog. Aim for a sub-60:00 10K or sub-48:00 5-miler

WEEK FIVE

Mon	Rest
Tues	4M (approx 50 mins) slow
Wed	Rest
Thu	1M jog, then 3M (or 30 mins) fartlek, then 1M jog
Fri	Rest
Sat	Rest or 3M (approx 39 mins) easy
Sun	10M (approx 2hrs) run/walk

WEEK SIX

Mon	Rest
Tue	5M (approx 64 mins) slow
Wed	Rest
Thu	1M jog, then 6 x 400m (or 2 mins) fast with 200m (or 90-sec) jog recoveries, then 1M jog
Fri	Rest
Sat	Rest or 3M (approx 39 mins) easy
Sun	12M (approx 2hrs 35) run/walk

WEEK SEVEN

Mon	Rest
Tue	6M (approx 69 mins) steady
Wed	Rest
Thu	1M jog, 8 x 2 mins hill with slow jog/walk down, then 1M jog
Fri	Rest
Sat	Rest or 3M (approx 39 mins) easy
Sun	14M (approx 3hrs) run/walk

WEEK EIGHT

Mon	Rest
Tue	1M jog, then 3 x 1M (or 9:30 mins) fast, with 400m (3-min) jog recoveries, then 1M jog
Wed	Rest
Thu	7M (approx 90 mins) slow
Fri	Rest
Sat	Rest or 3M (approx 39 mins) easy
Sun	Race (5M to half-marathon)

WEEK NINE

Mon	Rest
Tue	1M jog, 8 x 200m (or 1 min) fast with 100m (or 1-min) jog recoveries, then 1M jog
Wed	Rest
Thu	8M (approx 90 mins) steady
Fri	Rest
Sat	Rest or 3M (approx 39 mins) easy
Sun	16M (approx 3hrs 25 mins) run/walk

WEEK TEN

Mon	Rest
Tue	1M jog, 3 x 1.5M (or 15 mins) fast with 400m (or 3-min) jog recoveries, then 1 mile jog
Wed	Rest or 5M (approx 64 mins) slow
Thu	1M jog, then 3M (approx 33 mins) brisk, then 1M jog
Fri	Rest
Sat	Rest or 3M (approx 39 mins) easy
Sun	Half-marathon (aim for sub-2:15)

WEEK ELEVEN

Mon	Rest
Tue	1M jog, then 5M (approx 54 mins) fartlek, then 1M jog
Wed	Rest or 5M (approx 64 mins) slow
Thu	10M (approx 1hr 55) steady
Fri	Rest
Sat	Rest or 3M (approx 39 mins) easy
Sun	18M (approx 3hrs 50) slow

WEEK TWELVE

Mon	Rest
Tue	1M jog, 3 x 1.5M (or 15mins) fast with 400m (or 3-min) jog recoveries, then 1M jog
Wed	Rest or 7M (approx 90 mins) slow
Thu	1M jog, then 3M (approx 33 mins) brisk, then 1M jog
Fri	Rest
Sat	Rest
Sun	18M (approx 3hrs 50) slow

WEEK THIRTEEN

Mon	Rest
Tue	1M jog, then 4 x 1M (or 10 mins) fast, with 200m (or 2:15 min) jog recoveries, then 1M jog
Wed	Rest or 6M (approx 77 mins) slow
Thu	1M jog, then 4M (approx 45 mins) brisk, then 1M jog
Fri	Rest
Sat	Rest
Sun	20M (approx 4hrs 15) slow

WEEK FOURTEEN

Mon	Rest
Tue	1M jog, then 5 x 800m (or 5- mins) fast, with 100m (or 1-min) jog recoveries, then 1M jog
Wed	Rest
Thu	6M (approx 65 mins) steady
Fri	Rest
Sat	Rest or 3M (approx 39 mins) easy
Sun	17M (approx 3hrs 30) slow

WEEK FIFTEEN

Mon	Rest
Tue	1M jog, then 8 x 2:15 mins hill with slow jog/walk down, then 1M jog
Wed	Rest
Thu	4M (approx 51 mins) slow
Fri	Rest
Sat	Rest
Sun	10M (approx 1hr 50) steady

WEEK SIXTEEN

Mon	Rest
Tue	1M jog, then 5 x 400m (or 2:15 mins) fast, with 200m (or 2-min) jog recoveries, then 1M jog
Wed	3M (approx 39 mins) slow
Thu	Rest
Fri	Rest
Sat	2M (or 25 mins) easy, in racing kit
Sun	The race