



SUB 4.30 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 23 mins) slow
Tue	Rest
Wed	3M (approx 35 mins) slow
Thu	2M (approx 20 mins) steady
Fri	Rest
Sat	Rest or 2M (approx 23 mins) easy
Sun	6M (65-70 mins) run/walk

WEEK TWO

Mon	Rest
Tue	1M jog, then 2 x 1.5M (or 11-14 mins) fast, with 800m (5-min) jog recoveries, then 1M jog
Wed	4M (approx 45 mins) slow
Thu	1M jog, then 2M (approx 18 mins) brisk, then 1M jog
Fri	Rest
Sat	Rest or 3M (approx 35 mins) easy
Sun	7M (75-80 mins) run/walk

WEEK THREE

Mon	Rest
Tue	1M jog, then 3 x 1M (or 9 mins) fast, with 400m (3-min) jog recoveries, then 1M jog
Wed	4M (approx 45 mins) slow
Thu	3M (approx 30 mins) steady
Fri	Rest
Sat	Rest or 3M (approx 35 mins) easy
Sun	8M (85-90 mins) run/walk

WEEK FOUR

Mon	Rest
Tue	1M jog, then 4 x 800m (or 4:30) fast, with 200m (2 min) jog recoveries, then 1M jog
Wed	5M (approx 57 mins) slow
Thu	1M jog, then 2M (approx 18 mins) brisk, then 1M jog
Fri	Rest
Sat	Rest or 3M (approx 35 mins) easy

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Sun 1M jog, then race 10K or 5M, then 1M jog. Aim for a sub-55:00 10K or sub-44:00 5-miler

WEEK FIVE

Mon Rest
Tue 1M jog, then 3M (or 30 mins) fartlek, then 1M jog
Wed 4M (approx 45 mins) slow
Thu 4M (approx 40 mins) steady
Fri Rest
Sat Rest or 3M (approx 35 mins) easy
Sun 10M (approx 1hrs 45) run/walk

WEEK SIX

Mon Rest
Tue 1M jog, then 6 x 400m (or 2 mins) fast with 200m (or 90-sec) jog recoveries, then 1M jog
Wed 5M (approx 57 mins) slow
Thu 1M jog, then 3M (approx 27 mins) brisk, then 1M jog
Fri Rest
Sat Rest or 3M (approx 35 mins) easy
Sun 12M (approx 2hrs 5) run/walk

WEEK SEVEN

Mon Rest
Tue 1M jog, 8 x 2 mins hill with slow jog/walk down, then 1M jog
Wed 6M (approx 70 mins) slow
Thu 6M (approx 62 mins) steady
Fri Rest
Sat Rest or 3M (approx 35 mins) easy
Sun 14M (approx 2hrs 25) run/walk

WEEK EIGHT

Mon Rest
Tue 1M jog, then 3 x 1M (or 9 mins) fast, with 400m (3-min) jog recoveries, then 1M jog
Wed 7M (approx 80 mins) slow
Thu 1M jog, then 2M (approx 18 mins) brisk, then 1M jog
Fri Rest
Sat Rest
Sun Race (5M to half-marathon)

WEEK NINE

Mon Rest

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Tue	1M jog, 10 x 200m (or 1 min) fast with 100m (or 1-min) jog recoveries, then 1M jog
Wed	6M (approx 70 mins) slow
Thu	8M (approx 82 mins) steady
Fri	Rest
Sat	Rest or 3M (approx 35 mins) easy
Sun	16M (approx 3hrs) run/walk

WEEK TEN

Mon	Rest
Tue	1M jog, 3 x 1.5M (or 14 mins) fast with 400m (or 3-min) jog recoveries, then 1 mile jog
Wed	7M (approx 80 mins) slow
Thu	1M jog, then 3M (approx 30 mins) brisk, then 1M jog
Fri	Rest
Sat	Rest or 3M (approx 35 mins) easy
Sun	Half-marathon Aim for sub-2:00

WEEK ELEVEN

Mon	Rest
Tue	1M jog, then 5M (approx 50 mins) fartlek, then 1M jog
Wed	5M (approx 57 mins) slow
Thu	10M (approx 1hr 45) steady
Fri	Rest
Sat	Rest or 3M (approx 35 mins) easy
Sun	18M (approx 3hrs 15) slow

WEEK TWELVE

Mon	Rest
Tue	1M jog, 3 x 1.5M (or 14 mins) fast with 400m (or 3-min) jog recoveries, then 1M jog
Wed	7M (approx 80 mins) slow
Thu	1M jog, then 3M (approx 30 mins) brisk, then 1M jog
Fri	Rest
Sat	Rest or 3M (approx 35 mins) easy
Sun	18M (approx 3hrs 15) slow

WEEK THIRTEEN

Mon	Rest
Tue	1M jog, then 4 x 1M (or 9 mins) fast, with 200m (or 2-min) jog recoveries, then 1M jog
Wed	6M (approx 70 mins) slow
Thu	1M jog, then 4M (approx 40 mins) brisk, then 1M jog
Fri	Rest

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Sat Rest or 3M (approx 35 mins) easy
Sun 20M (approx 3hrs 30) slow

WEEK FOURTEEN

Mon Rest
Tue 1M jog, then 6 x 800m (or 4:30 mins) fast, with 100m (or 1-min) jog recoveries, then 1M jog
Wed 5M (approx 57 mins) slow
Thu 9M (approx 90 mins) steady
Fri Rest
Sat Rest or 3M (approx 35 mins) easy
Sun 17M (approx 3hrs) slow

WEEK FIFTEEN

Mon Rest
Tue 1M jog, then 10 x 2 mins hill with slow jog/walk down, then 1M jog
Wed 4M (approx 45 mins) slow
Thu 1M jog, then 3M (approx 30 mins) brisk, then 1M jog
Fri Rest
Sat Rest or 3M (approx 35 mins) easy
Sun 10M (approx 1hr 40) steady

WEEK SIXTEEN

Mon Rest
Tue 1M jog, then 6 x 400m (or 2 mins) fast, with 200m (or 2-min) jog recoveries, then 1M jog
Wed 3M (approx 35 mins) slow
Thu Rest
Fri Rest
Sat 2M (or 20 mins) easy, in racing kit
Sun The race