

16 WEEK TRAINING PLAN

 Dixons
Carphone 

**RACE TO
THE STONES**

RUNNING

Designed by Rory Coleman

MARCH

WEEK 1 COMMENCING 27TH MARCH 2017



RACE TO THE STONES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
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WEEK 1	WC 27th March Easy run 3 miles	REST	REST	Easy run 3 miles	Cross train 30 mins Swim/ cycle	Easy run 4 miles	Long run 6 miles	Take the first week easy and build the milage up slowly. If this is the first time you have run on successive days ensure to eat and sleep well to recover properly between runs.

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APRIL

WEEK 2 COMMENCING 3RD APRIL 2017



RACE TO THE STONES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WEEK 2	WC 3rd April							After a busy first week of running it is now time to build on the foundations of your endurance by gradually increasing the distance. Plan routes in new areas and keep your running interesting.
	REST	Easy run 3 miles	Cross train 30 mins Swim/ Cycle	Easy run 5 miles	Cross train 30 mins Swim/ cycle	Easy run 4 miles	Long run 8 miles	
WEEK 3	WC 10th April							You are gently building your mileage and confidence now, it's ok to walk if you feel tired. Make sure you stay well hydrated and you are getting enough sleep as your new regime could make you more tired than you'd think.
	REST	Easy run 5 miles	Cross train 30 mins Swim/ cycle	Easy Run 5 miles	Cross train 30 mins Swim/ cycle	Medium run 6 miles	Long run 8 miles	
WEEK 4	WC 17th April							Phew! Well done on your progress so far, now its time to start the main body of the plan. 10/10 for reaching this point. You are going double figure distance on Sunday- make sure you celebrate that!
	REST	Cross train 30 mins Swim/ cycle	REST	Easy run 5 miles	Cross train 30 mins Swim/ cycle	Long run 6 miles	Long run 10 miles	
WEEK 5	WC 24th April							Take the first intense week easy as it's just an introduction to running on three successive days. Remember the easy runs are at 7/10 efforts and its all about building the milage and time on your feet.
	REST	Easy run 5 miles	Easy run 5 miles	Easy run 5 miles	Cross train 30 mins Swim/ cycle	Long run 6 miles	Long run 10 miles	

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MAY

WEEK 6 COMMENCING 1ST MAY 2017



RACE TO THE STONES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WEEK 6	WC 1st May							After a busy week of running you are now building on your fitness. The 15 mile long run will give you the confidence to go even further next week.
	REST	Easy run 5 miles	Easy run 5 miles	Easy run 5 miles	Cross train 30 mins Swim/ cycle	Long run 6 miles	Long run 15 miles	
WEEK 7	WC 8th May							Your first BIG week of training. It's also time to speed up your midweek running as that will increase your fitness further- these are 8/10 efforts. Make sure you are well hydrated!
	REST	Medium run 5 miles	Medium run 5 miles	Easy run 5 miles	Cross train 30 mins Swim/ cycle	Long run 8 miles	Long run 18 miles	
WEEK 8	WC 15th May							Well done on your progress so far, it's time for an easy week. The weekends shorter mileage will be a lot easier now than when you first started doing these distances in the first week.
	REST	REST	Medium run 5 miles	Medium run 5 miles	Cross train 30 mins Swim/ cycle	Long run 6 miles	Long Run 9 miles	
WEEK 9	WC 22nd May							After your easy week it's time to step up the distance once again. Time for another long run. Enjoy breaking the 20 mile barrier and look forward to your first marathon next week.
	REST	Easy run 5 miles	Medium run 5 miles	Medium run 5 miles	Cross train 30 mins Swim/ cycle	Long run 6 miles	Long run 20 miles	
WEEK 10	WC 29th May							Three rest days this week and your opportunity to run a marathon distance in training. It's time to get that first 26.2 miles under your belt, have confidence in yourself.
	REST	Easy run 6 miles	Medium run 6 miles	Easy run 6 miles	REST	REST	Long run 26.2 miles	

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JUNE

WEEK 6 COMMENCING 5TH JUNE 2017



RACE TO THE STONES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WEEK 11	WC 5th June							Time to recover following a weekend of marathon running. Make sure you get some extra sleep following your marathon run.
	REST	REST	Easy run 6 miles	Easy run 6 miles	Cross train 30 mins Swim/ cycle	Long run 8 miles	Long run 15 miles	
WEEK 12	WC 12th June							Your highest mileage week so far and the Medium run days will now be feeling a lot easier. See how much quicker you can cover the 20 miles just three weeks on from your last one.
	REST	Easy run 6 miles	Medium run 6 miles	Medium run 6 miles	Cross train 30 mins Swim/ cycle	Long run 8 miles	Long run 20 miles	
WEEK 13	WC 19th June							Three weeks until the Race and your opportunity to run another marathon distance in training. See if you have improved on your marathon time you ran three weeks ago.
	REST	Easy run 6 miles	Medium run 6 miles	Medium run 6 miles	Cross train 30 mins Swim/ cycle	Medium run 6 miles	Long run 26.2 miles	
WEEK 14	WC 26th June							A time for recovery and a start to the taper down for the big weekend! The last 15 miler in the programme and it will feel nice and easy after last weeks marathon.
	REST	REST	Medium run 6 miles	Medium run 6 miles	Cross train 30 mins Swim/ cycle	Long run 8 miles	Long run 15 miles	

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JULY

WEEK 13 COMMENCING 3RD JULY 2017



RACE TO THE STONES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WEEK 15	WC 3rd July	REST	Medium run 6 miles	Medium run 6 miles	REST	Jog / walk 10 miles	Jog / walk 10 miles	Just four days of exercise this week and its time to enjoy the taper down to the event. Use this weekend as a dress rehearsal for the big weekend.
	REST							
WEEK 16	WC 10th July	Easy run 3 miles	Easy run 3 miles	REST	REST	EVENT WEEKEND		It's Race Week and all you need to worry about is putting one foot in front of the other. If you've followed the training plan, you'll be more than ready for the event. Try to chill out and remember it's natural to feel nervous. Enjoy it !
	REST							
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