

WEEK 1	DAY	KEY SESSION				OPTIONAL EXTRA TRAINING			
		Intensity	Activity	Distance	Duration	Intensity	Activity	Distance	Duration
	Moderate Week		Aerobic: Moderate						
	Mon	Easy	Walk to stretch legs - we are going to start right at the beginning.		0:45	Rest			
Podcast Episode #19 Base Training	Tue	Easy	Active recovery activities such as easy walking, yoga or swimming - must be at easy talking effort		0:30	Easy	Short walk after work to unwind & regain presence after the day		0:30
	Wed	Moderate	10min walk w'up; [2min jog/2min walk] x5 ; 10min easy c'down		0:40	Easy	Yin-style yoga for recovery and mindfulness		0:45
	Thu	Hard	10min walk/5min jog/8min walk/4min jog/6min walk/3min jog/4min walk/2min jog/2min walk/1min jog		0:50	Easy	Strength training: focus on core and running muscles		0:20
	Fri	Rest				Rest			
	Sat	Moderate	Long walk, swim or cycle at a talking effort		1:00	Rest			
	Sun	Hard	Continuous Run: add some gentle trails in if you can		0:30	Rest	Optional passive recovery activities		
	Comments or Considerations?		I suggest that you begin on this plan following a period of at least 3 weeks of regular walking to build up your fitness. Once you are ready to start this planner then it is really important for you to begin like you wish to finish. That is, ensure that you build routines that you can maintain. I personally advocate doing your sessions in the morning, prioritising them before the busyness of the day. I would recommend getting up, put on your training clothes, have a cup of tea and a handful of dried fruit, stretch or core exercises to wake body up, then straight out the door.				Weekly Totals:		4:00

		NOTES:							
WEEK 2	DAY	KEY SESSION				OPTIONAL EXTRA TRAINING			
		Intensity	Activity	Distance	Duration	Intensity	Activity	Distance	Duration
		Hard Week		Aerobic: Hard					
	Mon	Rest				Rest			
Podcast Episode #17 Psychological Foundations of Performance	Tue	Easy	Active recovery activities such as easy walking, yoga or swimming - must be at easy talking effort		0:30	Easy	Short walk after work to unwind & regain presence after the day		0:30
	Wed	Moderate	10min walk w'up; [4min jog/1min walk] x5 ; 10min easy c'down		0:40	Easy	Yin-style yoga for recovery and mindfulness		0:45
	Thu	Hard	10min walk/10min jog/8min walk/8min jog/6min walk/6min jog/2min walk - add some trails if you can		0:50	Easy	Strength training: focus on core and running muscles		0:20
	Fri	Easy	Non-weightbearing cross-training such as swimming, yoga or very easy cycle		0:30	Rest			
	Sat	Moderate	[15min walk/5min jog]x4		1:20	Rest			
	Sun	Hard	Continuous Run: add some gentle trails in if you can		0:30	Rest	Optional passive recovery activities		

Comments or Considerations?	<p>If week 1 of the plan went comfortably then this week we up the volume a little. The focus of the week is gently building in jogging into the running. The key sessions are Thursday and Sunday. Therefore, make sure you do not over-exert yourself on the Moderate Days of training. Just remember, we try to keep our easy days easier and our hard days harder. This week is also a great week to ensure you have established the goal that you wish to achieve at the end of this planner. That is, what makes your toes tingle? Lock it in now!</p>	Weekly Totals:	4:15
NOTES:			

WEEK 3	DAY	KEY SESSION				OPTIONAL EXTRA TRAINING			
		Intensity	Activity	Distance	Duration	Intensity	Activity	Distance	Duration
	Recovery/Mission		Easy/Mission1						
	Mon	Rest				Rest			
Podcast Episode #44 Self-identity, self-acceptance & self-compassion	Tue	Easy	Active recovery activities such as easy walking or crosstraining		0:30	Easy			
	Wed	Easy	Easy walk-jog to stretch out the legs: 10min walk/10min jog/10min walk		0:30	Rest			
	Thu	Moderate	Mid-week longer walk		1:00	Easy	Strength training: focus on core and running muscles		0:20
	Fri	Rest				Rest			

Sat	Mission	Long Mission: Walk around 70% & aim to jog around 30% of the time. Take some jelly beans, glucose tablets or a gel with you today.		1:30	Rest			
Sun	Rest				Rest			
Comments or Considerations?		We love Mission Weeks! The focus of an Easy/Mission week is to fully recover from the previous two quality weeks before you embark on a longer run. The missions are here to help prepare you for your toe-tingling goal at the end of the planner. On your 'mission', go somewhere exciting. Take your vest pack and begin to practice fuelling. Walk up to 70% if you require but the rest week prior should have helped your body feel ready for this mission.				Weekly Totals:		3:25
NOTES:								

WEEK 4	DAY	KEY SESSION				OPTIONAL EXTRA TRAINING			
		Intensity	Activity	Distance	Duration	Intensity	Activity	Distance	Duration
Moderate Week		Aerobic: Moderate							
Mon	Rest					Rest			
Tue	Easy	Active recovery activities such as easy walking, yoga or swimming - must be at easy talking effort			0:30	Easy	Short walk after work to unwind & regain presence after the day		0:30
Wed	Moderate	10min walk w'up; [5min jog/1min walk] x3 ; 10min easy c'down			0:40	Easy	Yin-style yoga for recovery and mindfulness		0:45
Thu	Hard	Mid-week continuous run - add trails if you can			0:30	Easy	Strength training: focus on core and running muscles		0:20