

WEEK 1	DAY	KEY SESSION				OPTIONAL EXTRA TRAINING			
		Intensity	Activity	Distance	Duration	Intensity	Activity	Distance	Duration
	<b>Moderate Week</b>		<b>Aerobic: Moderate</b>						
	Mon	Rest				Rest			
<a href="#">Podcast Episode #17 Psychological Foundations of Performance</a>	Tue	Easy	Active recovery activities such as easy jogging or crosstraining		0:30	Easy	Optional active recovery activities such as easy recovery or or cross-training		0:30
	Wed	Moderate	Trail or soft-ground run at talking pace		0:45	Rest			
	Thu	Hard	Tempo Run: Warm up then attempt a 15min tempo run on flatter terrain at 'comfortably uncomfortable' effort. Finish with a short c'down		0:45	Hard	Strength training: focus on core and running muscles		0:30
	Fri	Rest	Choose from easy jogging or crosstraining activities		0:30	Rest			
	Sat	Moderate	Long cross-training or steady run at a talking pace		0:45	Moderate	Strength training: focus on core and running muscles		0:30
	Sun	Hard	Long Run: add some hills and trails in if you can. Run this at a talking pace		1:15	Rest	Optional passive recovery activities		
	<b>Comments or Considerations?</b>		We suggest that you begin on this plan following a period of jogging and gentle running to build up your fitness. If you are not yet able to comfortably back up runs and feel comfortable throughout a day following training then you would be best to begin the planner in a few months' time once you have completed plenty of jogging and gentle runs (we suggest 3-4 days of running per week plus an additional 1-2 cross-training and strength sessions.)				<b>Weekly Totals:</b>		<b>6:00</b>
	<b>NOTES:</b>								

WEEK 2	DAY	KEY SESSION				OPTIONAL EXTRA TRAINING			
		Intensity	Activity	Distance	Duration	Intensity	Activity	Distance	Duration
<b>Hard Week</b>		<b>Aerobic: Hard</b>							
Mon	Rest				Rest				
Tue	Easy	Active recovery activities such as easy jogging or crosstraining		0:30	Easy	Optional active recovery activities such as easy recovery or or cross-training		0:30	
Wed	Moderate	Trail or soft-ground run at talking pace		0:45	Rest				
Thu	Hard	Tempo Run: Warm up then attempt a 15min tempo run on flatter terrain at 'comfortably uncomfortable' effort. Finish with a short c'down		0:50	Hard	Strength training: focus on core and running muscles		0:30	
Fri	Rest	Choose from easy jogging or crosstraining activities		0:30	Rest				
Sat	Moderate	Long cross-training or steady run at a talking pace		0:45	Moderate	Strength training: focus on core and running muscles		0:30	
Sun	Hard	Long Run: add some hills and trails in if you can. Run this at a talking pace.		1:30	Rest	Optional passive recovery activities			
<b>Comments or Considerations?</b>		If week 1 of the plan went comfortably then this week we up the volume a little. The focus of the week is the Thursday Tempo Run and the Sunday Long Run. The Tempo run should feel 'comfortably-uncomfortably' whilst the long run just completed at a talking pace.				<b>Weekly Totals:</b>		<b>6:20</b>	
<b>NOTES:</b>									

WEEK 3	DAY	KEY SESSION				OPTIONAL EXTRA TRAINING			
		Intensity	Activity	Distance	Duration	Intensity	Activity	Distance	Duration
	Recovery/Mission		Easy/Mission1						
	Mon	Rest				Rest			
<a href="#">Podcast Episode #19 Base Training</a>	Tue	Easy	Active recovery activities such as easy jogging or crosstraining		0:30	Easy			
	Wed	Easy/Rest	Easy jog to stretch out the legs		0:40	Easy/Rest	Passive or active recovery session		
	Thu	Easy/Rest	Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home		1:00	Easy	Strength training: focus on core and running muscles		0:30
	Fri	Rest				Rest			
	Sat	Mission	Long Mission: Run as close to race conditions as possible but at an easier pace. Walk around 10-20%, or as required, to reduce risk of injury.		2:15	Rest			
	Sun	Rest	Relax with the family & enjoyed that glorious post-mission satisfaction :)			Rest			
	<b>Comments or Considerations?</b>		We love Mission Weeks and the focus of this week is to first fully recovery from the previous two quality weeks. On your mission, go somewhere exciting. Take your pack and begin to practice your race day fuelling, hydration and gear strategies. It is not meant to be run at race pace, but rather get you accustomed to a longer period of time on your feet. Walk if you require but the rest week prior should have helped your body ready itself for Saturday's mission.				<b>Weekly Totals:</b>		<b>4:55</b>
	<b>NOTES:</b>								