

WEEKS 1-4 FOUNDATION FITNESS

This is where you lay the groundwork, developing a routine that works for you and moves you towards your long-term goal. It is important not to do too much too soon - aim for steady progress, alternating your running and recovery days.

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1	Rest	30 mins Steady run on undulating terrain	Rest	30 mins Easy run	Rest	Increasing pace 10 mins easy, 5 mins steady, 5 mins fast, 10 mins easy	60 mins Long easy run
WEEK 2	Rest	30 mins Steady run on undulating terrain	Rest	30 mins Easy run	Rest	Increasing pace 10 mins easy, 5 mins steady, 5 mins fast, 10 mins easy	75 mins Long easy run
WEEK 3	Rest	30 mins Steady run on undulating terrain	Rest	40 mins Easy run	Rest	Increasing pace 10 mins easy, 5 mins steady, 10 mins fast, 10 mins easy	90 mins Long easy run on undulating terrain
WEEK 4	Rest	30 mins Steady run on undulating terrain	Rest	40 mins Easy run	Rest	Increasing pace 10 mins easy, 5 mins steady, 10 mins fast, 10 mins easy	90 mins Long easy run on undulating terrain

WEEKS 5-8 BUILDING UP

Here you can build up your training by adding distance or an extra session into your routine. Again, stick to the key principle of effort followed by recovery.

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 5	Rest	Steady run including 6x2-min short hills	Rest	40 mins Easy run on undulating terrain	Rest	45 mins Steady run	90 mins Long, easy run over moderately hilly terrain
WEEK 6	Rest	Steady run including 6x2-min short hills	Rest	40 mins Easy run on undulating terrain	Rest	Increasing pace 10 mins easy, 10 mins steady, 15 mins fast, 10 mins easy	90 mins Long, easy run over moderately hilly terrain
WEEK 7	Rest	Steady run including 5x4-min hills with jog recovery	Rest	60 mins Easy run on undulating terrain	Rest	Park run or 20 mins hard effort	2 hrs Long, easy run on hilly terrain (walk up hills, jog down)
WEEK 8	Rest	Steady run including 5x4-min hills with jog recovery	Rest	60 mins Easy run on undulating terrain	Rest	Park run or 20 mins hard effort	2 hrs 30 mins Long, easy run on hilly terrain (walk up hills, jog down)

WEEKS 9-12 PEAKING AND TAPERING

This is where you do your final training efforts, before taking two easy weeks leading up to the race. You won't gain fitness in the last couple of weeks, so don't be tempted to train too hard. Instead you need to 'tick over', so that you're fresh and raring to go on race day.

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 9	Rest	Mixed pace on undulating terrain: 20 mins easy, 20 mins steady, 20 mins hard	Rest	60 mins Steady run on undulating terrain	Rest	5km Park Run or 20 mins hard effort	3 hrs Long easy run on hilly terrain (jog up hills, run down)
WEEK 10	Rest	Steady run including 4x5-min hills with jog recovery	Rest	60 mins Steady run on undulating terrain	Rest	5km Park Run or 20 mins hard effort	90 mins Long easy run on hilly terrain (jog up hills, run down)
WEEK 11	Rest	Steady run including 4x5-min hills with jog recovery	Rest	40 mins Easy run on undulating terrain	Rest	30 mins Easy run on undulating terrain	60 mins Easy run on hilly terrain (walk up hills, jog down)
WEEK 12	Rest	20 mins Easy run on undulating terrain	Rest	15 mins Easy run on undulating terrain	Rest	Man vs Mountain Take on Snowdon!0	Rest