

Great Cumbrian

SUN 4 OCTOBER Run

12 week Training Plan for Intermediate Runner

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Wk 1 13.7	45 min easy pace	Rest	30 min Faster pace	Rest	6 x 3 min fast with 1 min recoveries	Rest	Rest
W 2 20.7	50 min easy pace	Rest	30 min Faster pace	Rest	8 x 2 min fast with 1 min recoveries	Rest	Rest
Wk 3 27.7	60 min easy pace	Rest	35 min Faster pace	Rest	12 x 1 min fast with 1 min recoveries	Rest	Rest
Wk 4 3.8	60 min easy pace	Rest	35 min Faster pace	Rest	3 x 6 min fast with 1 min recoveries	Rest	Rest
Wk 5 10.8	70 min easy pace	Rest	40 min Steady pace	Rest	8 x 3 min fast with 1 min recoveries	Rest	Rest
Wk 6 17.8	80 min easy pace	Rest	40 min Steady pace	Rest	12 x 2 min fast with 1 min recoveries	Rest	Rest
Wk 7 24.8	90 min easy pace	Rest	45 min Faster pace	Rest	5 x 5 min fast with 1 min recoveries	Rest	Rest
Wk 8 31.8	100 min easy pace	Rest	40 min Steady pace	Rest	10 x 3 min fast with 1 min recoveries	Rest	Rest
Wk 9 7.9	90 min easy pace	Rest	35 min Faster pace	Rest	15 x 2 min fast with 1 min recoveries	Rest	Rest
Wk 10 14.9	80 min easy pace	Rest	30 min Steady pace	Rest	4 x 6 min fast with 1 min recoveries	Rest	Rest
Wk 11 21.9	60 min easy pace	Rest	25 min Faster pace	Rest	6 x 3 min fast with 1 min recoveries	Rest	Rest
Wk 12 28.9	50 min easy pace	Rest	20 min Steady pace	Rest	15 min Steady pace	Rest	EVENT DAY!!!!

* For the Friday interval sessions include an easy 5 min jog to warm up & cool down.