



Beginners Training Plan

Kilomathon

10 weeks to go:

Mon	
Tues	Run 20min easy
Wed	
Thur	Run 20min easy, walk 5 min a bit faster, 5min walk.
Fri	
Sat	Run 30min easy
Sun	

9 weeks to go:

Mon	
Tues	Run 20min easy
Wed	
Thur	Run 20min easy, walk 5min a bit faster, 5min walk.
Fri	
Sat	Run 35min easy
Sun	

8 weeks to go:

Mon	
Tues	Run 20min easy
Wed	
Thur	Run 20min easy, (run 3min tempo, 2min walk/jog recovery) x5, 6min walk.
Fri	
Sat	Run 40min easy
Sun	

7 weeks to go:

Mon	
Tues	Run 25min easy
Wed	
Thur	Run 20min easy, (run 3min tempo, 2min walk/jog recovery) x5, 6min walk.
Fri	
Sat	Run 45min easy
Sun	

6 weeks to go:

Mon	
Tues	Run 25min easy
Wed	
Thur	Run 10min easy, (4min tempo running, 3min walk/jog recovery) x3. Run 10min easy.
Fri	
Sat	Run 50min easy
Sun	

5 weeks to go:

Mon	
Tues	Run 30min easy
Wed	
Thur	Run 10min easy, (4min tempo running, 3min walk/jog recovery) x3. Run 10min easy.
Fri	
Sat	Run 55min easy
Sun	

4 weeks to go:

Mon	
Tues	Run 30min easy
Wed	
Thur	10min easy jog, (5min tempo running, 3min walk/jog recovery) x4, 10min easy running
Fri	
Sat	Run 60min easy
Sun	

3 weeks to go:

Mon	
Tues	Run 25min easy
Wed	
Thur	10min easy jog, (5min tempo running, 3min walk/jog recovery) x4, 10min easy running
Fri	
Sat	Run 60min easy
Sun	

2 weeks to go:

Mon	
Tues	Run 20min easy
Wed	
Thur	10min easy jog, 3x 3min tempo running, with 2min walk recovery, 10min easy running
Fri	
Sat	Run 55min easy
Sun	

1 week to go:

Mon	Rest Day
Tues	Run 15min easy
Wed	10min easy running, 3x 2min tempo run, 2min jog recovery, 10min easy running
Thur	Rest Day
Fri	Run 10min easy
Sat	Rest Day
Sun	RACE DAY - Good luck for Kilomathon Scotland!