

12 week training plan



BY TOP PAYNE, RUN NAMASTE EAT

Week 1

Day	Short (TARGET RACE 8KM)	Middle (TARGET RACE 17KM)	Long (TARGET RACE 22KM)	Notes
1	Rest day	Rest day	30 mins easy + 4 x 100m strides	
2	5min w-up / 10 x 1min steady with 1min jog recovery / 5min w-down	10mins w-up + 4 x 100m strides / 10 x 1min hard with 90s jog recovery/ 10mins w-down	15mins w-up + 4 x 100m strides/10 x 1min hard with 90s jog recovery / 15 min w-down	What are strides? Find a 100m stretch of flat road and run at about 80% effort focussing on high knee lift and a good fluid arm action. Take a 30s recovery between each repeat.
3	Rest day	Optional 30 minutes easy	45 minutes easy	
4	5min w-up/ 10 min steady / 5min w-down	10mins w-up / 3 x 5mins tempo with 2mins recovery / 10mins w-down	15mins w-up / 4 x 1km tempo with 2mins recovery/ 15mins w-down	What is tempo pace? You will be working too hard for a lot of chatting but you could answer a question if you needed to and you could run at this pace for an hour or more in a race. (Half marathon pace)
5	Rest day	Rest day	Rest day	
6	Rest day/ cross train	10min w-up/ 10 x 60s hard effort uphill with jog down recovery / 10min w-down	5min w-up/ 10 x 60s hard effort uphill with jog down recovery/ 15min w-down	The idea with this type of hill session is to run up HARD as if you are sprinting on a track which will build your cardiovascular fitness and muscular power. Choose a hill (ideally off road) with a gradient that is challenging but you can still run up.
7	30 mins easy	45 mins easy	60 mins easy	



Week 2

Day	Short (TARGET RACE 8KM)	Middle (TARGET RACE 17KM)	Long (TARGET RACE 22KM)	Notes
1	Rest day	Rest day	30 mins easy + 4 x 100 strides	
2	5mins w-up / 10 x 90s steady with 60s jog recovery / 5mins w-down	10mins w-up + 4 x 100m strides / 10 x 90s hard with 90s jog recovery/ 10mins w-down	15mins w-up + 4 x 100m strides / 10 x 90s hard with 90s jog recovery/ 15mins w-down	Tuesday sessions are about building speed and they will make you stronger and faster. Choose either a flat stretch of road or an athletics track.
3	Rest day	Optional 30 minutes easy	45 minutes easy	
4	5 min w-up/ 15mins hard running/ 5mins w-down	10mins w-up / 4 x 5mins tempo with 2mins recovery / 10mins w-down	15mins w-up / 3 x 2km tempo with 2mins recovery/ 15mins w-down	
5	Rest day	Rest day	Rest day	
6	Optional 20mins easy or cross train	10mins w-up + 4 x 100m strides / 3 x 5min Kenyan hills with 2 mins recovery between sets/ 10mins w-down	15mins w-up + 4 x 100m strides / 4 x 5min Kenyan hills with 2 mins recovery between sets/ 15mins w-down	Kenyan hill sessions build strength and uphill endurance. Run up and down with no recovery at a consistently hard - but manageable effort. This is a challenging session but it will reap rewards on those race days.
7	35mins easy	45 mins easy	75 mins easy	



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Week 3

Day	Short (TARGET RACE 8KM)	Middle (TARGET RACE 17KM)	Long (TARGET RACE 22KM)	Notes
1	Rest day	Rest day	30 mins easy + 6 x 100m strides	
2	5min w-up/10 x 2min steady with 1min jog recovery/ 5min w-down	10mins w-up + 4 x 100m strides / 5 x 2min hard + 5 x 1min hard with 90s jog recovery/ 10mins w-down	15mins w-up + 4 x 100m strides / 5 x 2mins hard + 5 x 1min hard + 5 x 30s hard with 90s jog recovery/ 15mins w-down	
3	Rest day	Optional 40 minutes easy	60 mins easy	
4	5 min w-up / 2 x 10mins hard running with 2mins recovery/ 5mins w-down	10mins w-up / 2 x 10mins tempo with 2mins recovery / 10mins w-down	15mins w-up / 3 x 3km tempo with 2mins recovery/ 15mins w-down	
5	Rest day	Rest day	Rest day	
6	Optional 20mins easy or cross train	10 mins w-up / 12 x 60s hard effort uphill with jog down recovery/ 10 mins w-down	15 mins w-up / 10 x 60s + 10 x 30s hard effort uphill with jog down recovery/ 15 mins w-down	
7	40 mins easy	60 mins steady	90 minutes steady	Sundays are for long runs! If you can - its best to get these done on trails for better race practice, strength and skill building, - and its more fun!



Week 4

Day	Short (TARGET RACE 8KM)	Middle (TARGET RACE 17KM)	Long (TARGET RACE 22KM)	Notes
1	Rest day	Rest day	30 mins easy + 6 x 100m strides	
2	5mins w-up / 10 x 1min very hard effort with 1min jog recovery / 5mins w-down	10mins w-up + 4x100m strides / 5 x 3mins hard off 75s recovery / 10min w-down	15mins w-up + 6x100m strides / 5x3min + 5x1min hard off 75s recovery / 15mins w-down	
3	Rest day	Optional 40 minutes easy	60 mins easy	
4	10mins w-up / 2 x 10mins hard running with 2mins recovery / 5min w-down	10mins w-up / 2 x 12mins tempo with 2mins recovery / 10mins w-down	15mins w-up / 4 x 3km tempo with 2mins recovery / 15mins w-down	
5	Rest day	Rest day	Rest day	
6	10mins w-up / 10x30s hard effort uphill with walk down recovery / 5mins w-down	10mins w-up / 2 x 10mins Kenyan hills with 2mins recovery / 10mins w-down	15mins w-up / 3 x 10mins Kenyan hills with 2mins recovery / 15mins w-down	
7	40 mins easy	60 mins easy	90 mins easy	



Week 5

Day	Short (TARGET RACE 8KM)	Middle (TARGET RACE 17KM)	Long (TARGET RACE 22KM)	Notes
1	Rest day	Rest day	30 mins easy + 6 x 100m strides	
2	5min w-up / 10 x 1mins very hard effort with 1min jog recovery / 5min w-down	10mins w-up + 4 x 100m strides / 10 x 1min hard with 60s jog recovery/ 10mins w-down	15mins w-up + 6 x 100m strides / 10 x 1min hard with 60s jog recovery/ 15mins w-down	
3	Rest day	Optional 30 minutes easy	45 minutes easy	
4	20mins easy	Rest day	Rest day	
5	Rest day	20mins easy + 4x100m strides	20-30mins easy + 6 x 100m strides	
6	inov-8 Maverick Original Race or 8km run	inov-8 Maverick Original Race or 17km run	inov-8 Maverick Original Race or 22km run	Race weekend! Or a long run.
7	Rest day	Optional 45 minutes easy	60 mins easy	



Week 6

Day	Short (TARGET RACE 8KM)	Middle (TARGET RACE 17KM)	Long (TARGET RACE 22KM)	Notes
1	Rest day	Rest day	30 mins easy + 8 x 100m strides	
2	5min w-up / 15 x 1mins very hard effort with 1min jog recovery / 5 min w-down	10mins w-up + 4 x 100m strides / 10 x 90s hard with 75s jog recovery/ 10 mins w-down	15mins w-up + 4 x 100m strides / 10 x 90s hard with 75s jog recovery/ 15 mins w-down	
3	Rest day	Optional 45 minutes easy	60 mins easy	
4	10 mins w-up / 2 x 15 mins hard running with 2mins recovery / 5 min w-down	10 mins w-up / 2 x 15 mins tempo with 2 mins recovery / 10 min w-down	15mins w-up / 3 x 4km tempo with 2 mins recovery / 15 min w-down	
5	Rest day	Rest day	Rest day	
6	10mins w-up / 10x45s hard effort uphill with jog down recovery / 5mins w-down	10 mins w-up / 10 x 90s hard effort uphill with jog down recovery/ 10 mins w-down	15 mins w-up / 15 x 90s hard effort uphill with jog down recovery/ 15 mins w-down	
7	45 mins easy	75 mins easy	2 hrs easy	



Week 7

Day	Short (TARGET RACE 8KM)	Middle (TARGET RACE 17KM)	Long (TARGET RACE 22KM)	Notes
1	Rest day	Rest day	30 mins easy + 8 x 100m strides	
2	5min w-up / 12 x 1mins very hard effort with 1min jog recovery / 5min w-down	10min w-up + 4 x 100m / 12 x 1mins hard effort with 1min jog recovery / 10min w-down	15min w-up + 4 x 100m / 12 x 1mins hard effort with 1min jog recovery / 15min w-down	
3	Rest day	Optional 30 minutes easy	45 minutes easy	
4	25mins easy	Rest day	Rest day	
5	Rest day	20mins easy + 4x100m strides	20-30mins easy + 6 x 100m strides	
6	inov-8 Maverick Original Race or 8km run	inov-8 Maverick Original Race or 17km run	inov-8 Maverick Original Race or 22km run	Race weekend! Or a long run.
7	Rest day	Optional 45 minutes easy	60 mins easy	



Week 8

Day	Short (TARGET RACE 8KM)	Middle (TARGET RACE 17KM)	Long (TARGET RACE 22KM)	Notes
1	Rest day	Rest day	30 mins easy + 8 x 100m strides	
2	5min w-up / 10 x 90s very hard effort with 1min jog recovery / 5min w-down	10mins w-up + 4 x 100m strides / 5 x 4min hard with 90s jog recovery + 10x30s with 60s jog recovery / 10mins w-down	15mins w-up + 4 x 100m strides / 5 x 4min hard with 90s jog recovery + 10x60s with 60s jog recovery / 15mins w-down	
3	Rest day	Optional 45 minutes easy	60 mins easy	
4	5 min w-up / 5 mins hard running + 15 minutes hard running + 5 minutes hard running with 2 minutes recovery / 5mins w-down	10 min w-up / 5mins / 15 mins / 5 mins tempo with 2 mins recovery / 10mins w-down	15mins w-up / 2 x 5km tempo with 2mins recovery / 15mins w-down	
5	Rest day	Rest day	Rest day	
6	5 min w-up / 3 x 5mins Kenyan hills with 2mins recovery / 5mins w-down	10mins w-up / 2 x 12mins Kenyan hills with 2mins recovery / 10mins w-down	15mins w-up / 3 x 12mins Kenyan hills with 2mins recovery / 15mins w-down	
7	45 mins easy	75 mins steady	2 hrs steady	



Week 9

Day	Short (TARGET RACE 8KM)	Middle (TARGET RACE 17KM)	Long (TARGET RACE 22KM)	Notes
1	Rest day	Rest day	45 minutes easy + 10 x 100m strides	
2	5min w-up / 12 x 90s very hard effort with 1min jog recovery / 5min w-down	10min w-up + 4 x 100m / 6 x 4mins hard effort with 75s jog recovery / 10min w-down	15min w-up + 4 x 100m / 6 x 4mins hard effort with 75s jog recovery / 15min w-down	
3	Rest day	Optional 45 minutes easy	75 mins easy	
4	10 min w-up / 25min tempo / 5min w-down	10 min w-up / 25min tempo / 10min w-down	15 min w-up / 8km tempo / 15min w-down	
5	Rest day	Rest day	Rest day	
6	10 mins w-up / 10 x 60s hard effort uphill with jog down recovery/ 10 mins w-down	10 mins w-up / 10 x 90s + 5 x 60s hard effort uphill with jog down recovery/ 10 mins w-down	15 mins w-up / 15 x 90s + 10 x 60s hard effort uphill with jog down recovery/ 15 mins w-down	
7	55 mins easy	90 mins easy	90 mins easy + 30 mins at race effort	



Week 10

Day	Short (TARGET RACE 8KM)	Middle (TARGET RACE 17KM)	Long (TARGET RACE 22KM)	Notes
1	Rest day	Rest day	45 minutes easy + 10 x 100m strides	
2	10min w-up / 5 x 2mins very hard effort with 1min jog recovery / 5min w-down	10min w-up + 4 x 100m / 5 x 30s hard effort with 60s jog recovery / 10min w-down	15min w-up + 4 x 100m / 20 x 30s hard effort with 60s jog recovery / 15min w-down	
3	Rest day	Optional 50 minutes easy	75 mins easy	
4	10 min w-up / 30min tempo / 5min w-down	10 min w-up / 30min tempo / 10min w-down	15 min w-up / 2x6km tempo with 2 minutes recovery / 15min w-down	
5	Rest day	Rest day	Rest day	
6	5 min w-up / 4x 5mins Kenyan hills with 2mins recovery/ 5mins w-down	10 min w-up / 2 x 15mins Kenyan hills with 2mins recovery/ 10mins w-down	15 min w-up / 3 x 15mins Kenyan hills with 2mins recovery/ 15mins w-down	
7	60 mins easy	60 mins easy + 30 mins race effort	60 mins easy + 30 minutes pushing + 30 minutes race effort	



Week 11

Day	Short (TARGET RACE 8KM)	Middle (TARGET RACE 17KM)	Long (TARGET RACE 22KM)	Notes
1	Rest day	Rest day	45 minutes easy + 10 x 100m strides	
2	10min w-up / 5 x 2mins + 5 x 30s very hard effort with 1min jog recovery / 10min w-down	10min w-up + 4 x 100m / 10 x 60s + 5 x 30s hard effort with 60s jog recovery / 10min w-down	15min w-up + 4 x 100m / 10 x 60s + 5 x 30s hard effort with 60s jog recovery / 15min w-down	
3	Rest day	Optional 40 minutes easy	60 mins easy	
4	10 min w-up / 20min tempo / 3 mins rest / 5 x 1min hard/1min easy/ 10min w-down	10 min w-up / 20min tempo/ 3 minutes rest / 10 x 1min hard/1min easy/ 10min w-down	10 min w-up / 12km tempo / 10min w-down	
5	Rest day	Rest day	Rest day	
6	10 mins w-up / 10 x 90s hard effort uphill with jog down recovery/ 10 mins w-down	10 mins w-up / 10 x 2mins hard effort uphill with jog down recovery/ 10 mins w-down	15 mins w-up / 10 x 2mins + 10 x 30s hard effort uphill with jog down recovery/ 15 mins w-down	
7	45 mins easy	60 mins easy	75 mins easy	



Week 12

Day	Short (TARGET RACE 8KM)	Middle (TARGET RACE 17KM)	Long (TARGET RACE 22KM)	Notes
1	Rest day	Rest day	Rest day	
2	30 mins easy. Pick up the pace for last 10minutes	15 mins easy - 10minutes pushing - 5 minutes race pace effort	15 mins easy - 15minutes pushing - 10 minutes race pace effort	
3	20mins easy	45 mins easy	45 minutes easy + 10 x 100m strides	
4	Rest day	Rest day	Rest day	
5	20mins easy	20mins easy + 4x100m strides	20-30mins easy + 6 x 100m strides	
6	inov-8 Maverick Original Race or 8km run	inov-8 Maverick Original Race or 17km run	inov-8 Maverick Original Race or 22km run	Race weekend! Or a long run.
7	Rest day	Rest day	Rest day	