



ADVANCED PLAN– STARTING 16/01/2017

Week	Date/Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Phase 1: Base Conditioning/Aerobic Training
week 1	16 Jan	7 Mile	Rest	7 Mile	Rest	7 Mile	Rest	10 Mile	
week 2	23 Jan	8 Mile	Rest	8 Mile	Rest	8 Mile	Rest	11 Mile	
week 3	30 Jan	8 Mile	7 Mile	8 Mile	Rest	8 Mile	Rest	11 Mile	
week 4	06 Feb	8 Mile	Rest	10 Mile	Rest	8 Mile	Rest	12 Mile	
week 5	13 Feb	9 Mile	Rest	9 Mile	Rest	8 Mile	Rest	12 Mile	
week 6	20 Feb	8 Mile	6 Mile	10 Mile	6 Mile	Rest	5 Mile	13 Mile	
week 7	27 Feb	8 Mile	6 Mile	10 Mile	6 Mile	5 Mile	Rest	13 Mile	

week 8	06 Mar	20min W/u 6x90sec hills (jog recovery) 20 min C/D	7 Mile Jog	20min W/u 5 x 1km (90 sec Rec) 20min c/d	6 Mile	6 Mile	Rest	14 Mile	Phase 2: Hill Training/Speed Development
week 9	13 Mar	20min W/u 8x90sec hills (jog recovery) 20 min C/D	7 Mile Jog	20min W/u 5 x 1km (80 sec Rec) 20min c/d	7 Mile	7 Mile	Rest	15 Mile	
week 10	20 Mar	20min W/u 8x90sec hills (jog recovery) 20 min C/D	7 Mile Jog	20min W/u 20 Min Tempo @ HM Pace, 20min c/d	7 Mile	7 Mile	Rest	16 Mile	
week 11	27 Mar	20min W/u 10x90sec hills (jog recovery) 20 min C/D	7 Mile Jog	20min W/u 25 Min Tempo @ HM Pace, 25min c/d	7 Mile	7 Mile	Rest	17 Mile	
week 12	03 April	20min W/u 10x90sec hills (jog recovery) 20 min C/D	7 Mile Jog	20min W/u 20 Min Tempo @ HM Pace, 20min c/d	7 Mile	7 Mile	Rest	18 Mile	

week 13	10 April	20min W/u 12x90sec hills (jog recovery) 20 min C/D	7 Mile Jog	20min W/u 30 Min Tempo @ HM Pace, 20min c/d	7 Mile	7 Mile	Rest	19 Mile	
week 14	17 April	20min W/u 12x90sec hills (jog recovery) 20 min C/D	7 Mile Jog	20min W/u 35 Min Tempo @ HM Pace, 20min c/d	7 Mile	7 Mile	Rest	20 Mile	
week 15	24 April	20min W/u 6 x 800m (90 sec Rec) 20min c/d	7 Mile Jog	20min W/u 40 Min Tempo @ HM Pace, 20min c/d	7 Mile	3 Mile	Rest	21 Mile	
week 16	01 May	20min W/u 8 x 800m (80 sec Rec) 20min c/d	8 Mile Jog	20min W/u 40 Min Tempo @ HM Pace, 20min c/d	8 Mile	4 Mile	Rest	22 Mile	Phase 3: Sharpening
week 17	08 May	20min W/u 8 x 800m (70 sec Rec) 20min c/d	9 Mile Jog	20min W/u 40 Min Tempo @ HM Pace, 20min c/d	7 Mile	5 Mile	Rest	20 Mile	
week 18	15 May	Rest	10 mile jog	20min w/u 25 min tempo @ Marathon Pace, 20min c/d	6 Mile jog	5 mile	Rest	16 Mile	

week 19	22 May	20min W/u 6 x 400m (70 sec Rec) 20min c/d	8 Mile run	20min w/u 30 min tempo @ Marathon Pace, 20min c/d	7 Mile jog	Rest	Rest	13 Mile	Phase 4: Tapering and Rest
week 20	29 May	20min W/u 6 x 400m (70 sec Rec) 20min c/d	Rest	5 mile Jog	Rest	2 Mile	Rest	Walled City Marathon	