

14 - WEEK TRAINING SCHEDULE 1 (from Monday 16^h June 2008)
(Those who have had 2 weeks of brisk walking/jogging, start at week three below)

This is a progressive build up to a specific race. Some of you may be running more than a mile already, if so, start your schedule at week 1 but at distances indicated from week 5.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	1m	0	1m	0	1m	0	1m
2	1m	0	1m	0	1m	0	1m
3	1m	0	1m	0	1m	0	2m
4	1m	0	2m	0	1m	0	2m
5	1m	0	2m	0	2m	0	2m
6	2m	0	2m	0	2m	0	3m
7	2m	0	2m	0	2m	0	3m
8	2m	0	3m	0	3m	0	3m
9	3m	0	3m	0	3m	0	4m
10	3m	0	4m	0	3m	0	4m
11	3m	0	4m	0	4m	0	5m
12	4m	0	5m	0	5m	0	5m
13	4m	0	5m	0	5m	0	6m
14	4m	0	3m	0	2m	0	10K Race

In the early stages please don't be afraid to take walking breaks during your training sessions.

14 - WEEK TRAINING SCHEDULE 2 (from Monday 16th June 2008)
(For those who have been jogging for a period of time)

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	2m	0	2m	0	2m	0	2m
2	2m	0	2m	0	2m	0	2m
3	2m	0	3m	0	2m	0	3m
4	2m	0	3m	0	3m	0	3m
5	3m	0	3m	0	3m	0	3m
6	3m	0	3m	0	3m	0	4m
7	3m	0	4m	0	3m	0	4m
8	3m	0	4m	0	4m	0	4m
9	4m	0	4m	0	4m	0	5m
10	4m	0	5m	0	4m	0	5m
11	5m	0	5m	0	5m	0	5m
12	5m	0	5m	0	5m	0	6m
13	5m	0	6m	0	7m	0	6m
14	4m	0	3m	0	2m	0	10K Race

That one 7-mile run will allow your body to experience the reality of running a little over your intended race distance, it will also give you an indication of how you will expect to feel on the Race Day. **Remember**, speed does not have a part to play in the above schedules, just go out and run at a pace you feel comfortable with, if in doubt, slow down.

PACE CHART

Time/Mile	5k	5m	10k	Time/Mile	5k	5m	10k
5:00	15:32	25:00	31:04	5:10	16:03	25:50	32:06
5:20	16:34	26:40	33:08	5:30	17:05	27:30	34:10
5:40	17:36	28:20	35:12	5:50	18:07	29:10	36:14
6:00	18:39	30:00	37:17	6:10	19:10	30:50	38:19
6:20	19:41	31:40	39:22	6:30	20:12	32:30	40:24
6:40	20:43	33:20	41:26	6:50	21:14	34:10	42:28
7:00	21:45	35:00	43:30	7:10	22:16	35:50	44:32
7:20	22:47	36:40	45:34	7:30	23:18	37:30	46:36
7:40	23:49	38:20	47:38	7:50	24:20	39:10	48:40
8:00	24:51	40:00	49:42	8:10	25:22	40:50	50:44
8:20	25:53	41:40	51:46	8:30	26:24	42:30	52:48
8:40	26:55	43:20	53:50	8:50	27:26	44:10	54:52
9:00	27:57	45:00	55:54	9:10	28:28	45:50	56:56
9:20	28:59	46:40	57:58	9:30	29:30	47:30	59:00
9:40	30:01	48:20	60:02	9:50	30:32	49:10	61:04

The above Pace Chart gives split times working on the premise that the individual is running at a constant speed. It does not take into account natural fatigue, which affects most runners in the latter stages of a race. The reality is that to achieve the above times you need to be running well within your own capabilities through out.

- Next time Pre – Run Stretching