

Do EITHER Wed Coaching or Thursday Track, not both! If you can't attend one of these do the suggested session for that week on either Wed of Thursday and cross train on the other day. Your easy / slightly hard / hard will be individual to you, and might include a brisk walk - perceived effort is the best way to think about it.

Easy run = 4 out of 10 effort. You should still be able to have a conversation.

Hard run = 8-8.5 out of 10 effort. You could speak a couple of words if you were asked a question.

Tempo run is a sustained moderately hard run. The pace you could run for 20-60 minutes.

If you need any help with pacing, ask our coaches at a session.

Beginner							
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Recommended LFR session for this run			Regents Park Coaching - run easy on the way there and back! Work hard during the coaching! or Cross Train	Battersea Track or Cross Train		Hyde Park run - adjust route to distance!	
1 - 30th June	30 min easy run	Rest	Intervals: 5min easy warm up. 1 min hard, 2 min easy x4 5 min easy cool down	cross train	Rest	5k easy	Rest
2 - 7th July	30 min easy run	Rest	Intervals: 5 min easy warm up. 2 min hard, 2 min easy x3 5 min easy cool down	cross train	Rest	6k easy	Rest
3 -- 14th July	30 min easy run	Rest	Intervals: 5 min easy warm up. 2 min hard, 1 min easy x4 5 min easy cool down	cross train	Rest	7k easy	Rest
4 - 21st July	20 min easy run	Rest	Tempo run: 5 min easy warm up, 20 min tempo (7/10) 5 min easy cool down)	cross train	Rest	5k easy	Rest
5 - 28th July	35 min easy run	Rest	Intervals: out and backs (8/10 effort) - warm up 5 minutes easy - run for 2 minutes, stop and rest in that spot for 1 minute, turn around and run back to where you started within 2 minutes, rest for 1 minute. Repeat 4 times, try and get the same distance or further each time. cool down 5 minutes easy. (Try and find a flat place to run!)	cross train	Rest	7k (1k easy, 2k slightly hard x2, 1k easy)	Rest

6 - 4th Aug	35 min easy run	Rest	Intervals: 5 min easy warm up. Run 2 min hard, 1 min easy, 3 min hard, 1.5 min easy, 4 min hard, 2 min easy, 3 min hard, 1.5 min easy, 2 min hard, 1 min easy. 5 min easy cool down.	cross train	Rest	8k (2k easy (6/10) 2k slightly hard (7/10), 1k hard (8/10), 2k slightly hard (7/10) 1k cool down (5/10)	Rest
7 - 11th Aug	40 min easy run	Rest	Tempo run: 5 min easy warm up, 30 min tempo (7/10) 5 min easy cool down	cross train	Rest	9k easy	Rest
8 - 18th Aug	25 min easy run	Rest	Intervals: Lamp Post Fartleks - go for a 30 minute run, warm up for 5 minutes with easy running then vary the pace by going fast for 2 lampposts and easy for 1 (you can choose other markers such as trees / road crossings etc depending on where you are running) - cool down for 5 minutes with easy running.	cross train	Rest	5k race (choose a parkrun)	Rest
9 - 25th Aug	35 min easy run	Rest	Intervals: 5 min easy warm up. Run 5 min hard rest 2 min, run 4 min hard rest 2 min, run 3 min hard rest 2 min, run 2 min hard rest 2 min, run 1 min hard, rest 1 minute. 5 min easy cool down.	cross train	Rest	8k (2k easy (6/10), 2k slightly hard (7/10) 2k hard (8/10) 1k slightly hard (7/10) 1k easy (6/10)	Rest
10 - 1st Sept	40 min easy run	Rest	Tempo run: 5 min easy warm up. 30 minute tempo (7/10) run. 5 min easy cool down.	cross train	Rest	10k (2k easy (6/10), 2k slightly hard (7/10) 1k hard (8/10) x2 2k easy	Rest

11 - 8th Sept	30 min easy run	Rest	Intervals: Fartleks - 5 min easy warm up. Run for 30 minutes at different paces - you can go by lamp posts / trees / junctions or time. 5 min easy cool down (total run time 40 mins)	cross train	Rest	5k (1k easy (6/10), 2k slightly hard (7/10), 1k hard (8/10) 1k easy (6/10).	Rest
12 - 15th Sept	30 min easy run	Rest	no coaching - easy run (30 min)	Rest	Rest	Race 10k!	Rest

Intermediate							
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Recommended LFR session for this run	Runners very comfortable with 10k distance could attend Elephant and Castle run (shortest option is 8k / 5 miles)		Regents Park Coaching or cross train - run easy on the way there and back! Work hard during the coaching!	Battersea Track or Cross Train		Hyde Park run - adjust route to distance!	Rest
1 - 30th June	30 min easy run	Rest or cross train	Intervals: 5min easy warm up. 1 min hard, 2 min easy x4 5 min easy cool down	cross train	Rest or cross train	45 min easy run	Rest
2 - 7th July	30 min easy run	Rest or cross train	Intervals: 5 min easy warm up. 2 min hard, 2 min easy x3 5 min easy cool down	cross train	Rest or cross train	7k run 1k easy, 4k race pace, 2k easy	Rest
3 -- 14th July	35 min easy run	Rest or cross train	Intervals: 5 min easy warm up. 2 min hard, 1 min easy x4 5 min easy cool down	cross train	Rest or cross train	8k easy run	Rest
4 - 21st July	30 min easy run	Rest or cross train	Tempo run: 5 min easy warm up, 20 min tempo (7/10) 5 min easy cool down)	cross train	Rest or cross train	Do a parkrun	Rest
5 - 28th July	35 min easy run	Rest or cross train	Intervals: out and backs (8/10 effort) - warm up 5 minutes easy - run for 2 minutes, stop and rest in that spot for 1 minute, turn around and run back to where you started within 2 minutes, rest for 1 minute. Repeat 4 times, try and get the same distance or further each time. cool down 5 minutes easy. (Try and find a flat place to run!)	cross train	Rest or cross train	Run 50 min easy	Rest
6 - 4th Aug	40 min easy run	Rest or cross train	Intervals: 5 min easy warm up. Run 2 min hard, 1 min easy, 3 min hard, 1.5 min easy, 4 min hard, 2 min easy, 3 min hard, 1.5 min easy, 2 min hard, 1 min easy. 5 min easy cool down.	cross train	Rest or cross train	8k run: 1k easy, 5k race pace, 2k easy	Rest

7 - 11th Aug	45 min easy run	Rest or cross train	Tempo run: 5 min easy warm up, 30 min tempo (7/10) 5 min easy cool down	cross train	Rest or cross train	10k easy	Rest
8 - 18th Aug	35 min easy run	Rest or cross train	Intervals: Lamp Post Fartleks - go for a 30 minute run, warm up for 5 minutes with easy running then vary the pace by going fast for 2 lampposts and easy for 1 (you can choose other markers such as trees / road crossings etc depending on where you are running) - cool down for 5 minutes with easy running.	cross train	Rest or cross train	8k easy	Rest
9 - 25th Aug	45 min easy run	Rest or cross train	Intervals: 5 min easy warm up. Run 5 min hard rest 2 min, run 4 min hard rest 2 min, run 3 min hard rest 2 min, run 2 min hard rest 2 min, run 1 min hard, rest 1 minute. 5 min easy cool down.	cross train	Rest or cross train	Run 9k: 1k easy, 6k race pace, 2k easy	Rest
10 - 1st Sept	45 min easy run	Rest or cross train	Tempo run: 5 min easy warm up. 30 minute tempo (7/10) run. 5 min easy cool down.	cross train	Rest or cross train	11k easy	Rest
11 - 8th Sept	45 min easy run	Rest or cross train	Intervals: Fartleks - 5 min easy warm up. Run for 30 minutes at different paces - you can go by lamp posts / trees / junctions or time. 5 min easy cool down (total run time 40 mins)	cross train	Rest or cross train	8k easy	Rest
12 - 15th Sept	30 min easy run	Rest or cross train	no coaching - easy run (30 min)	rest	rest	Race 10k	Rest

Advanced							
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Recommended LFR session for this run	Runners very comfortable with 10k distance could attend Elephant and Castle run (shortest option is 8k / 5 miles)		Regents Park Coaching or cross train - run easy on the way there and back! Work hard during the coaching!	Battersea Track or Cross Train		Hyde Park run - adjust route to distance!	Feel free to swap Sat and Sun runs if you prefer to do the longer distance with us at the Hyde Park Run
1 - 30th June	45 min easy run	Rest or cross train	Intervals: 5min easy warm up. 4 x (1 min hard, 2 min easy). 5 min easy cool down	cross train	Rest or cross train	30 min tempo run run	60 min easy run
2 - 7th July	30 min easy run	Rest or cross train	Intervals: 10 min easy warm up. 5 x (5 min hard, 90 sec jog recovery). 10 min easy cool down	cross train	Rest or cross train	7k run as 1k easy, 4k race pace, 2k easy	70 min easy run
3 -- 14th July	35 min easy run	Rest or cross train	Intervals: 10 min warm up. 10 x (1 min very hard (9/10), 1 min easy jog). 10 min easy cool down	cross train	Rest or cross train	10 min warm up. 4 x (6 min threshold, 90 sec easy jog). 10 min easy cool down	75 min easy run
4 - 21st July	40 min easy run	Rest or cross train	Intervals: 10 min warm up. 10 x (90 sec very hard (9/10), 1 min easy jog). 10 min easy cool down	cross train	Rest or cross train	10 min warm up. 3 x (8 min threshold, 90 sec easy jog). 10 min easy cool down	75 min easy run

5 - 28th July	40 min easy run	Rest or cross train	Intervals: out and backs (8/10 effort). 10 minute warm up. Run for 2 minutes, stop and rest in that spot for 1 minute, turn around and run back to where you started within 2 minutes, rest for 1 minute. Repeat 6 times, try and get the same distance or further each time. 10 min cool down. (Try and find a flat place to run!)	cross train	Rest or cross train	10 min warm up. 6 x (3 min threshold, 90 sec easy jog). 10 min easy cool down	60 min easy run
6 - 4th Aug	40 min easy run	Rest or cross train	Intervals: 10 min warm up. Run 2 min hard, 1 min easy, 3 min hard, 1.5 min easy, 4 min hard, 2 min easy, 3 min hard, 1.5 min easy, 2 min hard, 1 min easy. 10 min easy cool down.	cross train	Rest or cross train	8k run: 1k easy, 5k race pace, 2k easy	75 min easy run

7 - 11th Aug	15 min easy, 15 min	Rest or cross train	10 min warm up. 4 x (8 min threshold, 90 sec easy jog). 10 min easy cool down	cross train	Rest or cross train	10 min warm up. 8 x (3 min very hard (9/10), 90 sec easy jog). 10 min easy cool down	60 min easy run
8 - 18th Aug	35 min easy run	Rest or cross train	Intervals: Lamp Post Fartleks - go for a 30 minute run, warm up for 5 minutes with easy running then vary the pace by going fast for 2 lampposts and easy for 1 (you can choose other markers such as trees / road crossings etc depending on where you are running) - cool down for 5 minutes with easy running.	cross train	Rest or cross train	Park run race simulation	75 min easy run
9 - 25th Aug	45 min easy run	Rest or cross train	Intervals: 10 min warm up. Run 5 min hard rest 2 min, run 4 min hard rest 2 min, run 3 min hard rest 2 min, run 2 min hard rest 2 min, run 1 min hard, rest 1 minute. 5 min cool down.	cross train	Rest or cross train	10 min warm up. 4 x (2 min at 5km pace, 60 sec easy jog). 3 min rest then REPEAT. 10 min easy cool down	75 min easy run

10 - 1st Sept	50 min easy run	Rest or cross train	Threshold run: 10 min easy warm up. 4 x (8 min threshold with 60 seconds jog recovery). 5 min cool down.	cross train	Rest or cross train	10 min easy warm up. 6 x (4 min 10km pace with 60 seconds jog recovery). 5 min cool down.	90 min easy run
11 - 8th Sept	35 min easy run	Rest or cross train	Threshold run: 10 min easy warm up. 4 x (10 min threshold with 60 seconds jog recovery). 5 min cool down.	cross train	Rest or cross train	10 min easy warm up. 6 x (4 min 10km pace with 75 seconds jog recover). 5 min cool down.	50 min easy run
12 - 15th Sept	30 min easy run	Rest or cross train	no coaching - easy run (30 min)	rest	20 min easy run	Race 10k	Rest

Pace Guidance	Note - walking / jogging / running / sprinting are all valid forms of movement to get you forwards to complete the distance - pace according to how you feel on the given day!
Easy	A pace that you can sustain a conversation. 4-5 out of 10 effort.
Slightly hard	A bit faster than easy - you can still talk but to convey information / answer questions not continuous chat
Tempo	A pace you could sustain for around an hour, you can give very short answers, but talking isn't easy
Hard	This should feel effortful and you should only be able to give one or two word answers. Tailor to the distance (1 min rep of hard will be faster than running hard for 5km!). 8-8.5 out of 10 effort.
	If you need any help with pacing, ask our coaches at a session.
Missing sessions	Things are likely to happen that mean you need to miss a session - that's just life. The plan is a suggestion if you need to move things around in a particular week, or for all weeks then do so. Don't put 2 hard sessions back to back though - leave a day inbetween. If you can only fit in 2 runs a week prioritise the weekend 'long' run and mid week 'interval / coaching' session. If you need to miss a week for any reason don't try and make this up, just pick up the next week. If you have to miss several weeks talk to a coach about the best approach to getting back on track - the plan builds up over the 12 weeks, so it may not be advisable to just pick up with the next week but plan a way to build back into it instead.