## SEASONED RUNNERS PLAN

| WEEK | MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 35 mins easy | 35 mins easy | Max Runner's Strength Workout | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 10 mins warm up, ProgressiveIncrease pace slightly every 2 mins for the next 20 mins. 10 mins easy | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |
| $2$ | 40 mins easy, finish with 10 mins Run | 40 mins easy, finish with 10 mins Run | Max Runner's Strength Workout | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 10 mins warm up, <br> 40 mins Tempo pyramid. (Guided link to workout here: https://www.youtube.com/watch <br> ?v=xztUEafw5PQ\&t=1771s) <br> Tempo pyramid: 2mins, <br> $4 \mathrm{mins}, 6 \mathrm{mins}, 4 \mathrm{mins}$, 2 mins . All followed by 2 mins recovery. | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |
|  | 15 mins easy, 15 mins run, 15 mins easy | 15 mins easy, 15 mins run, 15 mins easy | Max Runner's Strength Workout | REST DAY | 10 mins warm up, Tempo: Try to hold a tempo pace for 30 mins. <br> (Tempo pace should be close to $1 / 2$ marathon goal pace). | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |
| $4$ | 45 mins easy | 45 mins easy | Max Runner's Strength Workout | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 10 mins warm up, ProgressiveIncrease pace slightly every 2 mins for the next 25 mins (guided run here: https://www.youtube.com/ watch?v=DNOvUdsmwIA) 10 mins easy | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |
|  | 30 mins easy, 25 mins run | 30 mins easy, 25 mins run | Max Runner's Strength Workout | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 10 mins warm up,' 40 mins Tempo pyramid. (Guided link to workout here https://www.youtube.com/ watch?v=xztUEafw5PQ \&t=1771s) Tempo pyramid: $2 \mathrm{mins}, 4 \mathrm{mins}, 6 \mathrm{mins}$, 4 mins , 2 mins. All followed by 2 mins recovery. | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |
| $6$ | 10 mins easy, 20 mins run, 20 mins tempo | 10 mins easy, 20 mins run, 20 mins tempo | Max Runner's Strength Workout | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 10 mins warm up. Progressive session. 20 mins progressive run (see the guided run session (https://www.youtube.com/ watch? $\mathrm{v}=16 \mathrm{KF} 8 \mathrm{ZcIAmg}$ ) or every two mins slightly increase your pace). | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |
|  | 50 mins easy | 50 mins easy | Max Runner's Strength Workout | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 10 mins warm up, 10x 1 min interval into 1 min recovery, 10 mins easy, $5 x 1$ min interval into 1 min recovery. | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |
| 8 | 40 mins easy jog, 15 mins run | 40 mins easy jog, 15 mins run | Max Runner's Strength Workout | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 10 mins warm up. Progressive session. 20 mins progressive run (see the guided run session (https://www.youtube.com/ watch?v=16KF8ZclAmg) or every two mins slightly increase your pace). Finish with a slow 10 mins easy jog | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |

Here is a great guided warm up for you: https:// www.youtube.com/watch? $\mathrm{v=uHOoWI8un5Y} \mathrm{\& t=10s}$

Take this nice and easy, but make sure you have the right footwear on. Treat this like a workout and wear appropriate clothing. Part of the process is about preparing the mind as much as the body.

When fast walking really focus on breathing and using your arms to drive your body. This shouldn't FAST WALK: be a relaxed walk, you should be walking with purpose- I recommend listening to some music and focusing on maintaining
a good walking pace.

| SHOM JOC. | A slow jog is all about the manor in which it is performed rather than the speed. So focus on shortening your stride and taking more steps, move your arms in time with your feet. The pace should in reality not be too different to a fast walk but the style is different to a walking stride. |
| :---: | :---: |
| 500 | There is no wrong way to jog so if you want to take walking breaks then please do, use them to catch your breath and get back to a gentle jog again. Be purposeful with your jog, intention is important. |
| EAS\% | Easy pace should be conversational and you should find breathing is very manageable and not difficult. If you find yourself struggling to talk or breathe then slow down the pace. |
| RUN | You might have to stop the talking for this one, this isn't too fast or hard at all, but imagine you are running with a friend and still talking but only in shorter sentences as you are having to breathe harder. |
| ТЕМРО: | Tempo is the next level up from a run. You have to focus on breathing and if someone was talking to you, you might only be able to reply in one word answers. You need to focus on your breathing and running. Push the pace so it feels like its becoming a little bit more difficult. |
| PROGRESSIVE: | A run which starts slower and builds into a faster run. Here is a great guided progression run for the 10km series: https://www.youtube.com/ watch?v=16KF8ZclAmg |


| Goal Marathon Time | 3h00 | 3h15 | 3h30 | 3h45 | 4h00 | 4h15 | 4h30 | 4h45 | 5h00 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Easy/ recovery runs | $\begin{gathered} 7: 35- \\ 8: 10 \end{gathered}$ | $\begin{gathered} 8: 15- \\ 8: 50 \end{gathered}$ | $\begin{gathered} \text { 8:50 - } \\ 9: 30 \end{gathered}$ | $\begin{aligned} & 9: 30- \\ & 10: 10 \end{aligned}$ | $\begin{gathered} 10: 10- \\ 10: 50 \end{gathered}$ | $\begin{gathered} 10: 50- \\ 11: 35 \end{gathered}$ | $\begin{gathered} 11: 20- \\ 12: 00 \end{gathered}$ | $\begin{gathered} \text { 12:00 } \\ \text { 12:50 } \end{gathered}$ | $\begin{gathered} \text { 12:50 } \\ \text { 13:30 } \end{gathered}$ |
| Steady runs | $\begin{gathered} 7: 15- \\ 7: 35 \end{gathered}$ | $\begin{gathered} \text { 7:50 } \\ \text { 8:10 } \end{gathered}$ | $\begin{gathered} 8: 30- \\ 8: 50 \end{gathered}$ | $\begin{aligned} & \text { 9:05- } \\ & 9: 30 \end{aligned}$ | $\begin{aligned} & 9: 45- \\ & \text { 10:05 } \end{aligned}$ | $\begin{gathered} 10: 20- \\ 10: 45 \end{gathered}$ | $\begin{gathered} 10: 55- \\ 11: 20 \end{gathered}$ | $\begin{gathered} 11: 30- \\ 12: 00 \end{gathered}$ | $\begin{gathered} 12: 10- \\ 12: 40 \end{gathered}$ |
| Marathon pace | $\begin{gathered} \text { 6:50 } \\ \text { 7:00 } \end{gathered}$ | $\begin{gathered} 7: 25- \\ 7: 35 \end{gathered}$ | $\begin{gathered} 7: 55- \\ 8: 10 \end{gathered}$ | $\begin{aligned} & 8: 30- \\ & 8: 45 \end{aligned}$ | $\begin{gathered} 9: 05- \\ 9: 20 \end{gathered}$ | $\begin{gathered} 9: 35- \\ 9: 55 \end{gathered}$ | $\begin{gathered} 10: 10- \\ 10: 30 \end{gathered}$ | $\begin{gathered} 10: 45- \\ 11: 05 \end{gathered}$ | $\begin{gathered} 11: 20- \\ 11: 40 \end{gathered}$ |
| HM pace | $\begin{gathered} \text { 6:30 - } \\ \text { 6:45 } \end{gathered}$ | $\begin{gathered} 7: 00- \\ 7: 15 \end{gathered}$ | $\begin{gathered} 7: 30- \\ 7: 50 \end{gathered}$ | $\begin{gathered} 8: 05- \\ 8: 25 \end{gathered}$ | $\begin{gathered} 8: 35- \\ 9: 00 \end{gathered}$ | $\begin{gathered} \text { 9:05- } \\ \text { 9:30 } \end{gathered}$ | $\begin{aligned} & 9: 40- \\ & \text { 10:00 } \end{aligned}$ | $\begin{gathered} 10: 10- \\ 10: 40 \end{gathered}$ | $\begin{gathered} 10: 40- \\ 11: 10 \end{gathered}$ |
| 10k pace | $\begin{gathered} 6: 10- \\ 6: 25 \end{gathered}$ | $\begin{gathered} 6: 40- \\ 6: 55 \end{gathered}$ | $\begin{gathered} 7: 10 \\ 7: 30 \end{gathered}$ | $\begin{gathered} \text { 7:40- } \\ 8: 00 \end{gathered}$ | $\begin{gathered} 8: 10- \\ 8: 30 \end{gathered}$ | $\begin{gathered} 8: 40- \\ 9: 00 \end{gathered}$ | $\begin{gathered} 9: 15- \\ 9: 35 \end{gathered}$ | $\begin{aligned} & 9: 40- \\ & \text { 10:00 } \end{aligned}$ | $\begin{gathered} 10: 15- \\ 10: 35 \end{gathered}$ |
| 5k pace | $\begin{gathered} 5: 55- \\ \text { 6:05 } \end{gathered}$ | $\begin{gathered} \text { 6:20 } \\ \text { 6:30 } \end{gathered}$ | $\begin{gathered} \text { 6:50 } \\ \text { 7:00 } \end{gathered}$ | $\begin{gathered} 7: 20- \\ \text { 7:30 } \end{gathered}$ | $\begin{gathered} \text { 7:50 - } \\ \text { 8:00 } \end{gathered}$ | $\begin{gathered} 8: 20- \\ 8: 30 \end{gathered}$ | $\begin{gathered} \text { 8:50- } \\ \text { 9:00 } \end{gathered}$ | $\begin{gathered} 9: 20- \\ 9: 30 \end{gathered}$ | $\begin{aligned} & 9: 50- \\ & 10: 00 \end{aligned}$ |

## KILOMETER PACE CHART SEASONED RUNNERS PLAN

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| Goal Marathon Time | 3h00 | 3h15 | 3h30 | 3h45 | 4h00 | 4h15 | 4h30 | 4h45 | 5h00 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Easy/ recovery runs | $\begin{gathered} \text { 4:43 } \\ 5: 05 \end{gathered}$ | $\begin{gathered} \text { 5:08 } \\ \text { 5:29 } \end{gathered}$ | $\begin{gathered} \text { 5:29 - } \\ 5: 54 \end{gathered}$ | $\begin{gathered} 5: 54- \\ 6: 19 \end{gathered}$ | $\begin{gathered} 6: 19- \\ 6: 44 \end{gathered}$ | $\begin{gathered} \text { 6:44 } \\ 7: 12 \end{gathered}$ | $\begin{gathered} 7: 03- \\ 7: 27 \end{gathered}$ | $\begin{aligned} & 7: 27- \\ & 7: 58 \end{aligned}$ | $\begin{gathered} 7: 58- \\ 8: 23 \end{gathered}$ |
| Steady runs | $\begin{gathered} 4: 30- \\ 4: 43 \end{gathered}$ | $\begin{gathered} 4: 53- \\ 5: 05 \end{gathered}$ | $\begin{gathered} \text { 5:17 } \\ 5: 29 \end{gathered}$ | $\begin{gathered} 5: 39- \\ 5: 54 \end{gathered}$ | $\begin{gathered} 6: 04- \\ 6: 15 \end{gathered}$ | $\begin{gathered} 6: 25- \\ 6: 40 \end{gathered}$ | $\begin{gathered} \text { 6:47- } \\ 7: 03 \end{gathered}$ | $\begin{gathered} 7: 08- \\ 7: 27 \end{gathered}$ | $\begin{gathered} \text { 7:33 - } \\ \text { 7:52 } \end{gathered}$ |
| Marathon pace | $\begin{gathered} 4: 16- \\ 4: 29 \end{gathered}$ | $\begin{gathered} 4: 37- \\ 4: 43 \end{gathered}$ | $\begin{gathered} \text { 4:55 - } \\ 5: 05 \end{gathered}$ | $\begin{gathered} 5: 17 \\ 5: 26 \end{gathered}$ | $\begin{gathered} 5: 39 \\ 5: 48 \end{gathered}$ | $\begin{gathered} 5: 56 \\ \text { 6:10 } \end{gathered}$ | $\begin{gathered} 6: 19- \\ \text { 6:31 } \end{gathered}$ | $\begin{gathered} 6: 40- \\ \text { 6:54 } \end{gathered}$ | $\begin{gathered} 7: 03 \\ \text { 7:15 } \end{gathered}$ |
| HM pace | $\begin{gathered} 4: 03-1 \\ 4: 12 \end{gathered}$ | $\begin{gathered} 4: 21- \\ 4: 31 \end{gathered}$ | $\begin{gathered} 4: 39- \\ 4: 53 \end{gathered}$ | $\begin{gathered} 5: 01- \\ 5: 13 \end{gathered}$ | $\begin{gathered} \text { 5:20 } \\ 5: 37 \end{gathered}$ | $\begin{gathered} 5: 39- \\ 5: 54 \end{gathered}$ | $\begin{gathered} \text { 6:00 } \\ \text { 6:13 } \end{gathered}$ | $\begin{gathered} 6: 19- \\ 6: 37 \end{gathered}$ | $\begin{gathered} 6: 37- \\ 6: 57 \end{gathered}$ |
| 10k pace | $\begin{gathered} 3: 50- \\ 4: 00 \end{gathered}$ | $\begin{gathered} 4: 08- \\ 4: 17 \end{gathered}$ | $\begin{gathered} 4: 26- \\ 4: 39 \end{gathered}$ | $\begin{gathered} 4: 46- \\ 4: 58 \end{gathered}$ | $\begin{gathered} 5: 05- \\ 5: 17 \end{gathered}$ | $\begin{gathered} 5: 23- \\ 5: 37 \end{gathered}$ | $\begin{gathered} 5: 45- \\ 5: 56 \end{gathered}$ | $\begin{gathered} \text { 6:00 } \\ \text { 6:13 } \end{gathered}$ | $\begin{gathered} \text { 6:23 } \\ \text { 6:34 } \end{gathered}$ |
| 5k pace | $\begin{gathered} 3: 41 \\ 3: 46 \end{gathered}$ | $\begin{gathered} 3: 56- \\ 4: 03 \end{gathered}$ | $\begin{gathered} 4: 16- \\ 4: 21 \end{gathered}$ | $\begin{gathered} 4: 33- \\ 4: 39 \end{gathered}$ | $\begin{gathered} 4: 53- \\ 4: 58 \end{gathered}$ | $\begin{gathered} 5: 10 \\ 5: 17 \end{gathered}$ | $\begin{gathered} 5: 29- \\ 5: 37 \end{gathered}$ | $\begin{gathered} 5: 48- \\ 5: 54 \end{gathered}$ | $\begin{gathered} 6: 07 \\ 6: 13 \end{gathered}$ |

## Week 1

| 6:30 am |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MON | TUE | WED | THU | FRI | SAT | SUN |  |
| 35 mins easy | 35 mins easy | Max Runner's <br> Strength <br> Workout | REST <br> DAY | 10 mins warm up, <br> Progressive Increase <br> pace slightly every <br> 2 mins for the next <br> 20 mins. 10 mins easy | REST <br> DAY | Virtual Run |  |

## Week 2

| 6:30 am |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MON | TUE | WED | THU | FRI | SAT | SUN |
| 40 mins easy, finish with 10 mins Run | 40 mins easy, finish with 10 mins Run | Max Runner's Strength Workout | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 10 mins warm up, 40 mins Tempo pyramid. (Guided link to workout here: https://www.youtube.com/ watch?v=xztUEafw5 PQ\&t=1771s) <br> Tempo pyramid: 2mins, $4 \mathrm{mins}, 6 \mathrm{mins}, 4 \mathrm{mins}$, 2 mins . All followed by 2 mins recovery. | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |
|  |  |  |  |  |  |  |

## Week 3

| 6:30 am |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MON | TUE | WED | THU | FRI | SAT | SUN |  |
| 15 mins <br> easy, <br> 15 mins run, <br> 15 mins easy | 15 mins <br> easy, <br> 15 mins run, <br> 15 mins easy | Max Runner's <br> Strength <br> Workout | REST <br> DAY <br> Tempo: Try to hold a <br> Tempo pace for 30 mins. <br> (Tempo pace should be <br> close to $1 / 2$ marathon <br> goal pace). | REST <br> DAY | Virtual Run |  |  |

## Week 4

| 6:30 am |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MON | TUE | WED | THU | FRI | SAT | SUN |  |
| 45 mins easy | 45 mins easy | Max Runner's <br> Strength <br> Workout | REST <br> RAY <br> Drogressive Increase <br> Dace slightly every <br> mins for the next 25 mins <br> (guided run here: https:// <br> www.youtube.com/ <br> watch?v=DNOvUdsm- <br> wIA) 10 mins easy | REST <br> DAY | Virtual Run |  |  |

## Week 5



## Week 6

| $6: 30$ 8! |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MON | TUE | WED | THU | FRI | SAT | SUN |
| 10 mins easy, 20 mins run, 20 mins tempo | 10 mins easy, 20 mins run, 20 mins tempo | Max Runner's Strength Workout | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 10 mins warm up. <br> Progressive session. 20 mins progressive run (see the guided run session (https:// www.youtube.com/ watch?v=16KF8ZclAmg) or every two mins slightly increase your pace). | REST DAY | Virtual Run |
|  |  |  |  | $\square$ |  |  |

## Week 7

| 6.30 am |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MON | TUE | WED | THU | FRI | SAT | SUN |
| 50 mins easy | 50 mins easy | Max Runner's Strength Workout | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 10 mins warm up, 10x 1 min interval into 1 min recovery, 10 mins easy, $5 \times 1$ min interval into 1 min recovery. | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |
|  |  |  |  |  |  |  |

## Week 8

| 6:30 am |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MON | TUE | WED | THU | FRI | SAT | SUN |
| 40 mins easy jog, 15 mins run | 40 mins easy jog, 15 mins run | Max Runner's Strength Workout | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 10 mins warm up. <br> Progressive session. 20 mins progressive run (see the quided run session (https://www.youtube.com/ watch?v=16KF8ZclAmg) or every two mins slightly increase your pace). Finish with a slow 10 mins easy jog | REST DAY | Virtual Run |
|  |  |  |  |  |  |  |

## Week 9

Run your target distance on one of the days you wish.
Note: Max will still perform a virtual run on Sunday so that you can join, or if you have a marathon for this week, choose your specific day.

## 6:30 am

| MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |


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