

TRAIL Running MAGAZINE

It involves three elements: establishing a routine and therefore endurance; it works on speeding you up; and finally it allows time to recover from training. Always construct a running programme with this in mind.

Weeks 1-3 are all about establishing a routine and trying to make your running week a natural part of your life. Work out exactly what works for you best, but always allow at least two rest days in your seven. If you go to the gym try to restrict that to once a week while training for the half and don't worry too much about aerobic work when you're there.

WEEK 1

- Monday 20-30min easy run
- Tuesday Rest
- Wednesday 20-30 min easy run
- Thursday 20-30min easy run
- Friday Rest
- Saturday 45min easy run
- Sunday Rest

WEEK 2

- Monday 20-30min easy run
- Tuesday Rest
- Wednesday 20-30 min easy run
- Thursday 20-30min easy run
- Friday Rest
- Saturday 45min easy run
- Sunday Rest

WEEK 3

- Monday 20-30min easy run
- Tuesday Rest
- Wednesday 20-30 min easy run
- Thursday 20-30min easy run

- Friday Rest
- Saturday 45min easy run
- Sunday Rest

Weeks 4-7 add some faster pace work. To work out how fast you should run your Monday faster work, imagine you had to maintain that speed for 10miles and that would be roughly how fast you should run (or imagine someone asked you to repeat it all again 10min later).

WEEK 4

- Monday 20-30min with 10min surge
- Tuesday Rest
- Wednesday 20-30min followed by 6x100m relaxed runs, walk recovery. Work on form rather than trying to be an Olympic sprinter. Simply roll in to the 100m and open your stride up
- Thursday 40min very easy run
- Friday Rest
- Saturday 1hr easy
- Sunday Rest

WEEK 5

- Monday 30min with 10min surge
- Tuesday Rest
- Wednesday 20-30min followed by 6x100
- Thursday 45min very easy run
- Friday Rest
- Saturday 65-75min easy
- Sunday Rest

WEEK 6

- Monday 30min with 15min surge
- Tuesday Rest

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- Wednesday 20-30min followed by 6x100
- Thursday 50min very easy run
- Friday Rest
- Saturday 75-85min easy
- Sunday Rest

WEEK 7

- Monday 30min with 20min surge
- Tuesday Rest
- Wednesday 20-30min followed by 6x100
- Thursday 50min very easy run
- Friday Rest
- Saturday 90min easy
- Sunday Rest

Weeks 8-10 are the key weeks in terms of maximum mileage and intensity, although to kick things off there is an easy week – on no account miss this relaxed seven days. It plays a massive role in the programme.

WEEK 8

- Monday 30min jog
- Tuesday Rest
- Wednesday 30min jog
- Thursday 30min jog
- Friday Rest
- Saturday 45min easy run
- Sunday Rest

WEEK 9

- Monday 40min with 20min surge

- Tuesday Rest
- Wednesday 30-40min followed by 8x100m
- Thursday 1hr steady run
- Friday Rest
- Saturday 90min-1hr 45min
- Sunday Rest

WEEK 10

- Monday 40min with 20min surge
- Tuesday Rest
- Wednesday 30-40min followed by 8x100
- Thursday 1hr steady run
- Friday Rest
- Saturday 1hr 45min
- Sunday Rest

WEEK 11

- Monday 30min with 10min at race pace
- Tuesday Rest
- Wednesday 45min easy run
- Thursday 30min easy run
- Friday Rest
- Saturday 1hr very easy
- Sunday Rest

WEEK 12

- Monday 20min jog
- Tuesday Rest
- Wednesday Rest
- Thursday 15min jog
- Friday Rest
- Saturday 10min jog
- Sunday Race!