


TRAINING PLAN

14KM BEGINNER

TEAM SDCH
SYDNEY  &  HOME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 & 2	20 min very easy pace jog	8 min easy pace jog - 4 min slightly picking up the pace - 8 min easy pace jog (continuous progressive run)	REST	20 min very easy pace jog	REST	8 min w/up jog - 4 x 2 min picking up the pace with 2 min jog/walk recovery between each - 5 min c/down jog	30 min easy pace continuous run
WEEK 3 & 4	20 min easy pace jog	10 min easy pace jog - slightly pick up the pace for 5 min - 10 min easy pace jog (continuous progressive run)	REST	20 min easy pace jog	REST	10 min w/up jog - 6 x 2 steady efforts with 2 min jog/walk recovery between each effort - 10 minute c/down jog	35 min easy pace continuous run.
WEEK 5	30 min run picking up the pace slightly for the last 5 min	10 min w/up jog - 4 x 3 min steady efforts with 3 min jog/walk recovery between each - 10 min c/down jog	REST	30 min continuous run at steady pace	REST	12 min easy pace - 6 min steady pace - 12 min easy pace	40 min easy pace continuous run
WEEK 6	30 min run picking up the pace slightly for the last 5 min	10 min w/up jog - 4 x 3 min steady efforts with 3 min jog/walk recovery between each - 10 min c/down jog	REST	30 min continuous run at steady pace	REST	REST	RACE DAY!

TRAINING PLAN TERMS EXPLAINED

w/up: Warm Up, should always be a very easy pace and you should be able to easily hold a conversation.

c/down: Cool Down, should always be a very easy pace and you should be able to easily hold a conversation.

Easy Runs: Faster than your warm up or cool down pace at approximately 60% - 70% effort, you should still be able to have a conversation.

Steady Pace: Breathing becomes more difficult and you'd no longer be able to hold a conversation, approximately 70 - 80% effort.

On/Off efforts: On/off efforts are when you run a solid, hard pace approximately 80 - 90% effort (On) for a set period time, this is then followed by an easy pace jog or walk which is a recovery period (Off) for the same duration.

Continuous Progressive Runs: These are continuous runs but the pace will change for a set period of time through the duration of the run.