

12 WEEKS TO 12K - Beginning Wednesday June 4th								
Week	Hard/Easy	M	Tu	W	Th	F	Sa	Su
		Speed	Rest	Hills/ Stairs	Tempo	Rest	Trail	Recovery
1	E			Orientation			6	3
2	E	4		30mins			6	3
3	E	4		30mins	5		6	3
4	E	4		30mins			8	3
5	E	4		30mins	6		6	3
6	H	5		30mins	8		8	5
7	E	5		30mins	6		6	3
8	H	5		30mins	8		10	5
9	E	5		30mins	6		6	3
10	H	6.5		45mins	8		10	5
11	H	6.5		30mins	8		10	5
12	E	6.5		45mins	6		8	5
13	R	5 Easy			RACE			

Speed: Fartlek/Interval work-out on track or road
Week 3-5, 200m moderate/200m easy x 10
Week 6-9: 400m moderate/200m easy x 8
Week 10-12: 400m hard/400m easy x 8

Hills/Stairs Find a steep 250m+ hill or a set of 80+ stairs and do as many repeats as you can in 30-45mins not including warm up/cool down
Tempo Moderate to Hard effort on flat trails or road.
Trail 6-10km on hilly trail medium effort. Try to attack hills and recover on the decent
Recovery: 3-5km at easy effort. Walk all hills.
Rest: No work-out

Notes:

- 1) Each workout should include 10-15min of warm-up cardio. Stretching "cold" muscles and ligaments can lead to injury.
- 2) M/W/Th/Sa workouts should be followed up with dynamic stretches, foam rolling or light yoga.
- 3) Remember to focus on effort(HR) not pace. Being tired and sore after a workout is normal. Watch for signs of fatigue or sharp pains in joints and ligaments.
- 4) A good pair of running shoes, preferably "trail" running shoes, is the only essential gear you need.
- 5) If training for 6K reduce the distances by 50% on Thursday and Saturday

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