



HURSTBOURNE 5 - BEGINNERS TRAINING PLAN

Week	WC	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	27th Jan						Parkrun	30 minute walk
2	3rd Feb	Strength & Stretch	2 mile run	Rest	2 mile tempo run	Rest	30 mins cross train/stationary bike	3 mile steady run
3	10th Feb	Strength & Stretch	2 mile run	Rest	2 mile tempo run	Rest	30 mins cross train/stationary bike	3 mile steady run
4	17th Feb	Strength & Stretch	2.5 mile run	Rest	3 mile tempo run	Rest	30 mins cross train/stationary bike	3 mile steady run
5	24th Feb	Strength & Stretch	2.5 mile run	Rest	3 mile run with hills	Rest	30 mins cross train/stationary bike	3.5 mile steady run
6	3rd Mar	Strength & Stretch	2.5 mile run	Rest	3 mile tempo run	Rest	Parkrun	3.5 mile steady run
7	10th Mar	Strength & Stretch	3 mile run	Rest	3.5 mile tempo run	Rest	40 mins cross train/stationary bike	4 mile steady run
8	17th Mar	Strength & Stretch	3 mile run	Rest	3.5 mile tempo run	Rest	40 mins cross train/stationary bike	4 mile steady run
9	24th Mar	Strength & Stretch	3 mile run	Rest	4 mile run with hills	Rest	Parkrun	4.5 mile steady run
10	31st Mar	Strength & Stretch	3.5 mile run	Rest	4 mile tempo run	Rest	50 mins cross train/stationary bike	5 mile steady run
11	7th Apr	Strength & Stretch	3.5 mile run	Rest	4 mile run with fast and slows	Rest	50 mins cross train/stationary bike	5 mile steady run
12	14th Apr	Strength & Stretch	4 mile run	Rest	4 miles run with hills	Rest	Parkrun	5.5 mile steady run
13	21st Apr	Strength & Stretch	4 mile run	Rest	4.5 mile tempo run	Rest	60 mins cross train/stationary bike	6 mile steady run
14	28th Apr	Strength & Stretch	3 mile run	Rest	2 mile run	Rest or gentle walk	RACE DAY	AND REST

Notes:

Use the first Parkrun to set a benchmark to measure your improvements against other Parkruns as you continue along the plan

Strength and Stretch: whilst it's good to stretch after each run, why not have a dedicated day where you can do a strength building routine aimed at your core followed by a stretching routine

Restdays: these are always good, but if you feel like it, throw in some cross training or a swim

Tuesday runs : should be at a comfortable pace, you should have a little left in the tank at the end

Thursday runs: this is a working day, push yourself a little.

Sunday runs: these should be nice and steady, this is all about getting the miles in.