

# Week 1 Runner

## Notes

- Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.
- Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.
- Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

<b>Monday:</b>	<b>Jog for 20mins</b>
<b>Tuesday:</b>	<b>Rest</b>
<b>Wednesday:</b>	<b>Jog for 20mins</b>
<b>Thursday:</b>	<b>Rest</b>
<b>Friday:</b>	<b>30min Cross Training</b>
<b>Saturday:</b>	<b>Jog for 20mins</b>
<b>Sunday:</b>	<b>Rest</b>

# Week 2 Runner

## Notes

- Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.
- Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.
- Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

<b>Monday:</b>	<b>Jog for 22mins</b>
<b>Tuesday:</b>	<b>Rest</b>
<b>Wednesday:</b>	<b>Jog for 22mins</b>
<b>Thursday:</b>	<b>Rest</b>
<b>Friday:</b>	<b>30min Cross Training</b>
<b>Saturday:</b>	<b>Jog for 22mins</b>
<b>Sunday:</b>	<b>Rest</b>

# Week 3 Runner

## Notes

- Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.
- Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.
- Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

<b>Monday:</b>	<b>Jog for 25mins</b>
<b>Tuesday:</b>	<b>Rest</b>
<b>Wednesday:</b>	<b>Jog for 25mins</b>
<b>Thursday:</b>	<b>Rest</b>
<b>Friday:</b>	<b>30min Cross Training</b>
<b>Saturday:</b>	<b>Jog for 25mins</b>
<b>Sunday:</b>	<b>Rest</b>

# Week 4 Runner

## Notes

- Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.
- Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.
- Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

<b>Monday:</b>	<b>Jog for 26mins</b>
<b>Tuesday:</b>	<b>Rest</b>
<b>Wednesday:</b>	<b>Jog for 26mins</b>
<b>Thursday:</b>	<b>Rest</b>
<b>Friday:</b>	<b>30min Cross Training</b>
<b>Saturday:</b>	<b>Jog for 26mins</b>
<b>Sunday:</b>	<b>Rest</b>

# Week 5 Runner

## Notes

- Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.
- Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.
- Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

<b>Monday:</b>	<b>Jog for 30mins</b>
<b>Tuesday:</b>	<b>Rest</b>
<b>Wednesday:</b>	<b>Jog for 30mins</b>
<b>Thursday:</b>	<b>Rest</b>
<b>Friday:</b>	<b>40min Cross Training</b>
<b>Saturday:</b>	<b>Jog for 35mins</b>
<b>Sunday:</b>	<b>Rest</b>

# Week 6 Runner

## Notes

- Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.
- Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.
- Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

<b>Monday:</b>	<b>Jog for 35mins</b>
<b>Tuesday:</b>	<b>Rest</b>
<b>Wednesday:</b>	<b>Jog for 35mins</b>
<b>Thursday:</b>	<b>Rest</b>
<b>Friday:</b>	<b>40min Cross Training</b>
<b>Saturday:</b>	<b>Jog for 40mins</b>
<b>Sunday:</b>	<b>Rest</b>

# Week 7 Runner

## Notes

- Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.
- This week we will take the long run up to 50mins to build mileage.
- Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

<b>Monday:</b>	<b>Jog for 40mins</b>
<b>Tuesday:</b>	<b>Rest</b>
<b>Wednesday:</b>	<b>Jog for 40mins</b>
<b>Thursday:</b>	<b>Rest</b>
<b>Friday:</b>	<b>45min Cross Training</b>
<b>Saturday:</b>	<b>Jog for 50mins</b>
<b>Sunday:</b>	<b>Rest</b>

# Week 8 Runner

## Notes

- Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.
- This week we will take the long run up to 50mins to build mileage.
- Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

<b>Monday:</b>	<b>Jog for 50mins</b>
<b>Tuesday:</b>	<b>Rest</b>
<b>Wednesday:</b>	<b>Jog for 50mins</b>
<b>Thursday:</b>	<b>Rest</b>
<b>Friday:</b>	<b>40min Tempo Run</b>
<b>Saturday:</b>	<b>Jog for 70mins</b>
<b>Sunday:</b>	<b>Rest</b>