

TRAINING PLAN by Adam Walton

This plan takes you from nothing to comfortably completing 3 miles in 14 weeks (NB At an *easy pace* you should be able to hold a conversation with a running partner)

Stage 1: From Walking to Running 30 mins

W/C	Tuesday	Thursday	Sunday
7 th Feb	Run 1 min, walk 90secs x 8	Run 1 min, walk 90secs x 8	Run 1 min, walk 90secs x 8
14 th Feb	Run 2 mins, walk 1 min x 7	Run 2 mins, walk 1 min x 7	Run 2 mins, walk 1 min x 7
21 st Feb	Run 3 mins, walk 1 min x 6	Run 3 mins, walk 1 min x 6	Run 3 mins, walk 1 min x 6
28 th Feb	Run 5 mins, walk 1 min x 4	Run 5 mins, walk 1 min x 4	Run 5 mins, walk 1 min x 4
7 th Mar	Run 8 mins, walk 2 mins x 3	Run 8 mins, walk 2 mins x 3	Run 8 mins, walk 2 mins x 3
14 th Mar	Run 12 mins, walk 1 min x 3	Run 12 mins, walk 1 min x 3	Run 12 mins, walk 1 min x 3
21 st Mar	Run 15 mins, walk 1 min x 2	Run 15 mins, walk 1 min x 2	Run 15 mins, walk 1 min x 2
28 th Mar	Run 30 mins easy pace	Run 30 mins easy pace	Run 30 mins easy pace

Stage 2: From Running 30 mins to 50 mins

4 th Apr	Run 30 mins easy pace	10 mins easy, 4x1min brisk with 2min jogs, 10 mins easy	Run 30 mins easy pace
11 th Apr	Run 35 mins easy pace	As above with 4 x 90 secs brisk with 2 min jogs	Run 35 mins easy pace
18 th Apr	Run 35 mins easy pace	10 mins easy, then 20 minutes alternating brisk and slow	Run 40 mins easy pace
25 th Apr	Run 40 mins easy pace	10 mins easy, then 20 minutes alternating, 10 mins easy	Run 45 mins easy pace
2 nd May	Run 45 mins easy pace	10 mins easy, 3x3min brisk with 3min jogs, 10 mins easy	Run 45 mins easy pace
9 th May	Run 50 mins easy pace	10 mins easy, then 30 minutes alternating, 10 mins easy	Run 50 mins easy pace