

Types of runs

This plan includes three types of runs each week. All three are equally important and each with their own purpose.

The weekly schedule includes 2 x Recovery runs, 2 x Speed runs and 1 x Distance run. So if you need to skip some (we all do), then we suggest to skip a Recovery run (Monday) and/or a Speed run (Friday).

Recovery Run

Easy running for your body to recover, while getting used to the hits. Usually time based (as we all run different paces), and meant to build base miles.

Distance Run

Building endurance by increasing the distance week by week. Run in your *Recovery pace*, and try to start at your slow *Recovery pace* and finishing at your fast *Recovery pace*.

Speed Run

Building strength through speed. And vice versa. Intervals, tempo runs, *Fartlek* runs etc. We've got 'em all. We'll introduce them as we go along.

Pace Chart

To follow the program, you'll need to know your different pace levels. See the table below and follow these steps.

1. Identify your ideal goal time in the far left column
2. See your recommended pace levels across the corresponding row
3. Look inwards to check if it's realistic, or if you need to start at a different level

Goal time	Recovery pace	HM pace	10K pace	5K pace	Speed pace
01:25:00	4:45 - 5:15	4:01	3:50 - 4:00	3:40 - 3:45	3:25 - 3:30
01:30:00	5:00 - 5:30	4:15	4:00 - 4:10	3:50 - 3:55	3:30 - 3:40
01:35:00	5:15 - 5:45	4:30	4:10 - 4:20	4:00 - 4:05	3:40 - 3:50
01:45:00	5:25 - 5:55	4:58	4:40 - 4:50	4:30 - 4:35	4:05 - 4:15
02:00:00	6:10 - 6:40	5:41	5:20 - 5:30	5:10 - 5:15	4:45 - 4:55
02:15:00	6:45 - 7:15	6:23	6:00 - 6:10	5:45 - 5:50	5:20 - 5:30
02:30:00	7:30 - 8:00	7:06	6:45 - 6:55	6:20 - 6:30	6:00 - 6:10

Week 1

12.06 - 18.06

<p>● Recovery</p> <p>🕒 14 Weeks To Go</p> <p>15:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 First Speed Run</p> <p>5:00 Recovery pace 8 x 1:00 5K Pace</p> <p>1:00 Recovery pace between intervals</p>	<p style="text-align: center; font-size: 2em;">Rest Day</p>	<p>● Recovery</p> <p>🕒 Easy Run</p> <p>25:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 One Hard Two Easy</p> <p>5:00 Recovery pace 21:00 Intervals*</p> <p>*Alternate between 1:00 Speed pace and 2:00 Recovery Pace for 21 minutes total</p>	<p style="text-align: center; font-size: 2em;">Rest Day</p>	<p>● Distance</p> <p>🕒 5K Run</p> <p>5K Recovery pace</p>
Mon	Tue		Thu	Fri		Sat

Week 2

19.06 - 25.06

<p>● Recovery</p> <p>🕒 13 Weeks To Go</p> <p>15:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 No Time Go Time</p> <p>5:00 Recovery pace 1:00 Speed pace 2:00 5K Pace 3:00 10K Pace 2:00 5K Pace 1:00 Speed pace</p> <p>1:00 Recovery pace between intervals</p>	<p style="text-align: center; font-size: 2em;">Rest Day</p>	<p>● Recovery</p> <p>🕒 Recovery Run With Headspace</p> <p>35:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 Run Strong. Repeat</p> <p>5:00 Recovery pace 4 x 1:30 5K Pace 1 x 1:30 Speed pace 4 x 1:30 5K Pace 1 x 1:30 Speed pace</p> <p>45 seconds recovery pace after 5K Pace Intervals 1:00 recovery pace after speed pace Interval</p>	<p style="text-align: center; font-size: 2em;">Rest Day</p>	<p>● Distance</p> <p>🕒 Four Mile Run</p> <p>6,4K Recovery pace</p>
Mon	Tue		Thu	Fri		Sat

Week 3

26.06 - 02.07

<p>● Recovery</p> <p>🕒 12 Weeks To Go</p> <p>15:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 Runner Up</p> <p>5:00 Recovery pace 45 seconds 10K Effort 15 seconds All out</p> <p>Interval series should be done 5 times. Do the run on a hill to gain extra strength.</p> <p>1:15 Recovery pace after 10k effort and 45 seconds after All out</p>	<p style="text-align: center; font-size: 2em;">Rest Day</p>	<p>● Recovery</p> <p>🕒 Just A Run</p> <p>30:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 Triple 7's</p> <p>5:00 Recovery pace 3 x 7:00 5K Pace</p> <p>Recovery is 2:30 between intervals</p>	<p style="text-align: center; font-size: 2em;">Rest Day</p>	<p>● Distance</p> <p>🕒 Five Mile Run</p> <p>8K Recovery pace</p>
Mon	Tue		Thu	Fri		Sat

Week 4

03.07 - 09.07

<p>● Recovery</p> <p>🔊 11 Weeks To Go</p> <p>15:00 Recovery pace</p>	<p>● Speed</p> <p>🔊 The Rundown</p> <p>5:00 Recovery pace 3 x 1:00 Speed pace 3 x 2:00 5K Pace 2 x 1:00 Speed pace 2 x 2:00 5k Pace 1 x 1:00 Speed pace 1 x 2:00 5k Pace</p> <p>1:00 Recovery pace after Speed pace and 1:30 after 5K Pace</p>	<p style="text-align: center; font-size: 2em;">Rest Day</p>	<p>● Recovery</p> <p>🔊 Running Towards Your Goal With Headspace</p> <p>40:00 Recovery pace</p>	<p>● Speed</p> <p>🔊 Tempo Run With Emily Infeld</p> <p>5:00 Recovery pace 25:00 Tempo Run</p>	<p style="text-align: center; font-size: 2em;">Rest Day</p>	<p>● Distance</p> <p>🔊 10K Run</p> <p>5K Recovery pace</p>
Mon	Tue		Thu	Fri		Sat

Week 5

10.07 - 16.07

<p>● Recovery</p> <p>🔊 10 Weeks To Go</p> <p>15:00 Recovery pace</p>	<p>● Speed</p> <p>🔊 Sneaky Speed</p> <p>5:00 Recovery pace 1 x 1:30 5K Pace 3 x 45 seconds Speed pace 1 x 1:30 5K Pace 3 x 45 seconds Speed pace 1 x 1:30 5K Pace 3 x 45 seconds Speed pace</p> <p>1:00 Recovery pace between intervals</p>	<p style="text-align: center; font-size: 2em;">Rest Day</p>	<p>● Recovery</p> <p>🔊 30 Minute Head Starts</p> <p>30:00 Recovery pace</p>	<p>● Speed</p> <p>🔊 Out Strong Back Fast</p> <p>5:00 Recovery pace 23:00 Progression Tempo Run</p>	<p style="text-align: center; font-size: 2em;">Rest Day</p>	<p>● Distance</p> <p>🔊 Another 10K Run</p> <p>10K Recovery pace</p>
Mon	Tue		Thu	Fri		Sat

Week 6

17.07 - 23.07

<p>● Recovery</p> <p>🔊 9 Weeks To Go</p> <p>15:00 Recovery pace</p>	<p>● Speed</p> <p>🔊 Run Fast. Repeat.</p> <p>5:00 Recovery pace 20 x 0:30 Speed pace</p> <p>Except #1 and #11 to be run 5K pace</p> <p>1:00 Recovery pace between intervals</p>	<p style="text-align: center; font-size: 2em;">Rest Day</p>	<p>● Recovery</p> <p>🔊 Run With Shalane Flanagan</p> <p>45:00 Recovery pace</p>	<p>● Speed</p> <p>🔊 Hill Hillier Hilliest</p> <p>5:00 Recovery pace 1:00 10K pace 0:45 5K pace 0:30 Speed pace</p> <p>Series is to be run a total of 3 times</p> <p>2:00 recovery pace after 10K pace, 1:30 after 5K pace & 1:00 after Speed pace</p>	<p style="text-align: center; font-size: 2em;">Rest Day</p>	<p>● Distance</p> <p>🔊 Eight Mile Run</p> <p>12,5K Recovery pace</p>
Mon	Tue		Thu	Fri		Sat

Week 7

24.07 - 30.07

<p>● Recovery</p> <p>🕒 8 Weeks To Go</p> <p>15:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 The Shifter</p> <p>5:00 Recovery pace 4:00 Recovery Pace straight into 1:00 Speed pace 3:00 10k Pace straight into 1:00 Speed pace 2:00 5k Pace straight into 1:00 Speed pace 1:00 Speed pace straight into 1:00 All out</p> <p>1:00 Recovery pace after first interval, 1:30 Recovery pace after 10K Pace interval, 2:00 Recovery pace after 5K Pace interval</p>	<p>Rest Day</p>	<p>● Recovery</p> <p>🕒 Breaking Through Barriers With Headspace</p> <p>31:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 Power Pyramid</p> <p>5:00 Recovery pace 1:00 Speed pace 5:00 5K Pace 10:00 10k Pace 5:00 5K Pace 1:00 Speed pace</p> <p>30 seconds recovery pace after Speed pace, 2:30 after 5K pace, 3:00 after 10K pace</p>	<p>Rest Day</p>	<p>● Distance</p> <p>🕒 15K Run</p> <p>15K Recovery pace</p>
Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 8

31.07 - 06.08

<p>● Recovery</p> <p>🕒 7 Weeks To Go</p> <p>15:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 Deuces</p> <p>5:00 Recovery pace 10 x 2:00 5K Pace</p> <p>1:00 Recovery pace after all intervals except #4 and #8.</p> <p>2:00 Recovery pace after intervals #4 and #8.</p>	<p>Rest Day</p>	<p>● Recovery</p> <p>🕒 Just Another Run</p> <p>35:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 One Hard. One Easy.</p> <p>5:00 Recovery pace 15:00 Intervals*</p> <p>*Alternate between 1:00 Speed pace and 1:00 Recovery Pace for 15 minutes</p>	<p>Rest Day</p>	<p>● Distance</p> <p>🕒 Ten Mile Run</p> <p>16K Recovery pace</p>
Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 9

07.08 - 13.08

<p>● Recovery</p> <p>🕒 6 Weeks To Go</p> <p>15:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 Rock N Roller</p> <p>5:00 Recovery pace 5:00 10K Pace 2:30 5K Pace 1:00 Speed pace 0:30 All out 0:30 All out 1:00 Speed pace 2:30 5K Pace 5:00 10K Pace</p> <p>1:30 Recovery pace after 10K Pace and 5K Pace 1:00 Recovery pace after Speed pace and All out</p>	<p>Rest Day</p>	<p>● Recovery</p> <p>🕒 Suckcess Run</p> <p>35:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 8K Tempo Run</p> <p>5:00 Recovery pace 8K Tempo Run (10K pace) 2K Cool Down</p>	<p>Rest Day</p>	<p>● Distance</p> <p>🕒 Another Ten Mile Run</p> <p>16K Recovery pace</p>
Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 10

14.08 - 20.08

<p>● Recovery</p> <p>🕒 5 Weeks To Go</p> <p>15:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 90's</p> <p>5:00 Recovery pace 1:30 5K Pace 1:30 10K Pace 1:30 Speed pace</p> <p>Interval series should be done 3 x's</p> <p>1:30 Recovery pace between each interval</p>	<p>Rest Day</p>	<p>● Recovery</p> <p>🕒 Thank You Run</p> <p>45:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 Speedurance</p> <p>5:00 Recovery pace 3 x 2:00 5K Pace 10:00 Tempo Run (10K pace) 3 x 2:00 5K Pace</p> <p>1:00 recovery pace after 5K Pace intervals and 2:00 after Tempo Run</p>	<p>Rest Day</p>	<p>● Distance</p> <p>🕒 13.1K Dress Rehearsal</p> <p>13,1K Recovery pace</p> <p>GHC Tip: Try to include 5k in HM pace</p>
Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 11

21.08 - 27.08

<p>● Recovery</p> <p>🕒 4 Weeks To Go</p> <p>15:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 5 X 5 X 10k Pace</p> <p>5:00 Recovery pace 5 x 5:00 10K Pace</p> <p>2:00 Recovery pace between intervals</p>	<p>Rest Day</p>	<p>● Recovery</p> <p>🕒 Whole Run With Headspace</p> <p>45:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 Two Hard, One Easy.</p> <p>5:00 Recovery pace 21:00 Intervals*</p> <p>*Alternate between 2:00 Speed pace and 1:00 Recovery Pace for 21 minutes total</p>	<p>Rest Day</p>	<p>● Distance</p> <p>🕒 20K Run</p> <p>20K Run</p> <p>GHC Tip: 5K Recovery pace 5K HM pace 5K Recovery pace 5K HM pace</p>
Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 12

28.08 - 03.09

<p>● Recovery</p> <p>🕒 3 Weeks To Go</p> <p>15:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 Long And Strong And Fast</p> <p>5:00 Recovery pace 8:00 10K Pace 4:00 5K Pace 2:00 Speed pace</p> <p>Interval series should be done 3 x's</p> <p>3:00 Recovery pace after 10K Pace and 2:00 Recovery pace after 5K and Speed pace intervals</p>	<p>Rest Day</p>	<p>● Recovery</p> <p>🕒 Run With Eliud Kipchoge</p> <p>60:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 Bring It Down</p> <p>10:00 Recovery pace 4:00 10K Pace 3:00 5K Pace 2:00 Speed pace 1:00 All out</p> <p>This is to be run as a 20:00 Progression Tempo Run</p>	<p>Rest Day</p>	<p>● Distance</p> <p>🕒 One Hour Run</p> <p>60:00 Recovery pace</p>
Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 13

04.09 - 10.09

<p>● Recovery</p> <p>🕒 2 Weeks To Go</p> <p>15:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 Stronger Faster</p> <p>5:00 Recovery pace 3:00 5K Pace 4 x 0:30 Speed pace</p> <p>Interval series should be done 3 x's</p> <p>2:00 Recovery after 5k Pace 1:00 Recovery after Speed pace</p>	<p>Rest Day</p>	<p>● Recovery</p> <p>🕒 5K Head Starts</p> <p>25:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 In Control</p> <p>6:00 Recovery pace 1:00 Speed pace 3:00 5K Pace 5:00 10K Pace 7:00 Recovery pace</p> <p>1-2 minutes recovery after each interval</p>	<p>Rest Day</p>	<p>● Distance</p> <p>🕒 Seven Mile Run</p> <p>5K Recovery pace</p>
Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 14 (Race week)

25 km total // 11.09 - 17.09

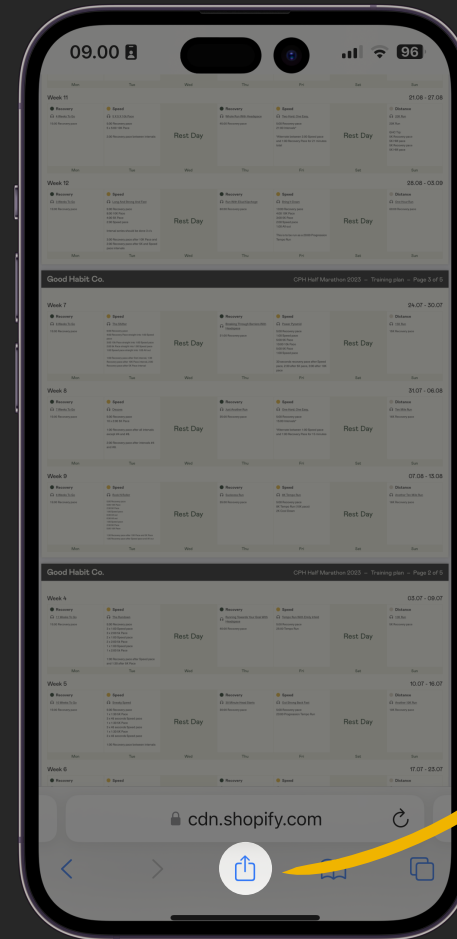
<p>● Recovery</p> <p>🕒 1 Week To Go</p> <p>15:00 Recovery pace</p>	<p>● Speed</p> <p>🕒 The Speed Run Before...</p> <p>5:00 Recovery pace 1:00 5K Pace 2:00 10K Pace 5:00 Half Marathon Pace 2:00 10K Pace 1:00 5K Pace</p> <p>1:00 recovery between all intervals</p>	<p>Rest Day</p>	<p>● Recovery</p> <p>🕒 Big Day Run With Headspace</p> <p>25:00 Recovery pace</p>	<p>● Recovery</p> <p>🕒 Two Mile Run</p> <p>3,2K Run</p>	<p>Rest Day</p>	<p>🏁 Race Day</p> <p>🕒 Half Marathon Race</p> <p>21,1K Run</p> <p>Go get it.</p> <p>Sunday the 17th</p>
Mon	Tue	Wed	Thu	Fri	Sat	Sunday the 17th

Good luck!

Good Habit Co.

Save to your home screen

Make a direct link from your home screen to always have the program in handy.



Add to home screen 