

## Half /Full Marathon

Week	Beginner	Intermediate	Experienced
<b>1 (5.22 or 5.29)</b>	4 x 400	4 x 400 2 x 200	6 x 400 2 x 200
<b>2 (6.5)</b>	4 x 400 2 x 200	6 x 400 2 x 200	8 x 400 4 x 200
<b>3 (6.12)</b>	6 x 400 2 x 200	8 x 400 4 x 400	8 x 400 4 x 200
<b>4 (6.19)</b>	8 x 400 2 x 200	8 x 400 4 x 200	10 x 400
<b>5 (6.26)</b>	8 x 400 4 x 200	10 x 400	6 x 400
<b>6 (7.3)</b>	4 x 400	6 x 400	4 x 800 4 x 200
<b>7 (7.10)</b>	4 x 800	4 x 800 2 x 200	6 x 800 2 x 200
<b>8 (7.17)</b>	4 x 800 2 x 200	6 x 800 2 x 200	8 x 800
<b>9 (7.24)</b>	4 x 800 4 x 200	8 x 800	3 x 1200 2 x 200
<b>10 (7.31)</b>	6 x 800	3 x 1200 2 x 200	4 x 1200 2 x 200
<b>11 (8.7)</b>	8 x 800	4 x 1200 2 x 200	4 x 1200 4 x 200
<b>12 (8.14)</b>	4 x 800 2 x 200	4 x 1200 4 x 200	4 x 800 2 x 200
<b>13 (8.21)</b>	3 x 1200 2 x 200	2 x 400 1 x 800 1 x 1200 1 x 800 2 x 400	2 x 400 2 x 800 1 x 1200 2 x 800 2 x 400
<b>14 (8.28)</b>	4 x 1200 2 x 200	2 x 400 2 x 800 1 x 1200 2 x 800 2 x 400	2 x 400 2 x 800 2 x 1200 2 x 800 2 x 400

<b>15 (9.4)</b>	2 x 400 1 x 800 1 x 1200 1 x 800 2 x 400	2 x 1 mi 2 x 800 2 x 400	2 x 1 mi 4 x 800
<b>16 (9.11)</b>	2 x 1 mi 2 x 800	2 x 1 mi 4 x 800	2 x 1 mi 4 x 800 2 x 400
<b>17 (9.18)</b>	2 x 1 mi 2 x 800 2 x 400	2 x 1 mi 4 x 800 2 x 400	3 x 1 mi 4 x 800 2 x 400
<b>18 (9.25)</b>	4 x 800	4 x 800 2 x 200	4 x 800 2 x 400
<b>19 (10.2)</b>	3 x 1 mi	3 x 1 mi	4 x 1 mi
<b>20 (10.9)</b>	2 x 1 mi @ GP	3 x 1 @ GP	4 x 1 @ GP

**With adjusted volumes no need for Full Marathon runners to repeat the workout.**

**200 & 400 = 110% 800 = 105% 1200 = 105%, 1600/1 mi = 103% of HALF MARATHON pace. This is regardless if they are training for full or half. If % is taken from full pace then the workouts won't be challenging enough.**

**Red = "taper" workout.**

**To be ran as "written". So only a few "ladder" workouts.**

## 5K/10K

Week	Beginner	Intermediate	Experienced
1	4 x 400	4 x 400 2 x 200	4 x 400 4 x 200
2	4 x 400 2 x 200	4 x 400 4 x 200	6 x 400 2 x 200
3	6 x 400	6 x 400 2 x 200	6 x 400 4 x 200
4	6 x 400 2 x 200	6 x 400 4 x 200	8 x 400 2 x 200
5	8 x 400	8 x 400 2 x 200	8 x 400 4 x 200
6	4 x 800	4 x 800 2 x 200	4 x 800 4 x 200
7	4 x 800 2 x 200	4 x 800 4 x 200	6 x 800 2 x 200
8	4 x 800	6 x 800 2 x 200	6 x 800 4 x 200
9	6 x 800	6 x 800 4 x 200	2 x 200 2 x 400 1 x 800 2 x 400 2 x 200
10	2 x 200 1 x 400 1 x 800 1 x 400 2 x 200	2 x 200 2 x 400 1 x 800 2 x 400 2 x 200	2 x 200 2 x 400 2 x 800 2 x 400 2 x 200

With adjusted volumes no need for 10k runners to repeat the workout. This one will be repeated at the 10 week mark.

200 = 110%, 400 = 105%, 800 = 103% of 5k pace. This is regardless if they are training for full or half. If % is taken from 10k pace then the workouts won't be challenging enough.

To be ran as "written". So only a few "ladder" workouts