

TRAINING PLAN

BEGINNER

	MON	TUE	WED	THU	FRI	SAT	SUN	
1	Rest Day	20 mins	Easy walk/cycle Strength Work	30 mins	Rest/ Strength	20 mins easy (optional)	35 Mins	JUST STARTING OUT
2	Rest Day	25 mins	Easy walk/cycle Strength Work	35 mins	Rest/ Strength	20 mins easy (optional)	42 Mins	
3	Rest Day	30 mins	Easy walk/cycle Strength Work	40 mins	Rest/ Strength	20 mins easy	50 Mins	
4	Rest Day	25 mins	Easy walk/cycle Strength Work	33 mins	Rest/ Strength	20 mins easy (optional)	40 Mins	
5	Rest Day	30 mins	Easy walk/cycle Strength Work	40 mins	Rest/ Strength	20 mins easy (optional)	48 Mins	
6	Rest Day	35 mins	Easy walk/cycle Strength Work	45 mins	Rest/ Strength	20 mins easy	60 Mins	
7	Rest Day	3 miles	Easy walk/cycle Strength Work	3 miles	Rest/ Strength	20 mins easy (optional)	5 miles	LEARNING THE MILEAGE
8	Rest Day	4 miles	Easy walk/cycle Strength Work	3 miles	Rest/ Strength	20 mins easy (optional)	6 miles	
9	Rest Day	5 miles	Easy walk/cycle Strength Work	4 miles	Rest/ Strength	20 mins easy	7 miles	
10	Rest Day	4 miles	Easy walk/cycle Strength Work	3 miles	Rest/ Strength	20 mins easy (optional)	6 miles	
11	Rest Day	5 miles	Easy walk/cycle Strength Work	3 miles	Rest/ Strength	20 mins easy (optional)	7 miles	
12	Rest Day	4 miles	Easy walk/cycle Strength Work	4 miles	Rest/ Strength	20 mins easy	10 miles	
13	Rest Day	4 miles	Easy walk/cycle Strength Work	3 miles	Rest/ Strength	20 mins easy (optional)	8 miles	FINE TUNING
14	Rest Day	5 miles	Easy walk/cycle Strength Work	4 miles	Rest/ Strength	20 mins easy (optional)	9 miles	
15	Rest Day	5 miles	Easy walk/cycle Strength Work	4 miles	Rest/ Strength	20 mins easy	11 miles	
16	Rest Day	4 miles	Easy walk/cycle Strength Work	3 miles	Rest/ Strength	20 mins easy (optional)	5 miles	TAPER
17	Rest Day	3 miles	Easy walk/cycle Strength Work	Rest	Rest	20 mins very easy	13.1 miles	



ANTHONY FLETCHER
HEAD OF PRECISION RUN AND RUNNING COACH

EQUINOX