
















# 12km: Beginner

All 'Tempo' & 'Threshold' sessions should start with a 10min warm-up jog, Dynamic Stretches and Running Drills and end with a 10min cool-down jog.










▶ Dynamic Stretches

▶ Beginner Running Drills



Week	Sessions	Details	Weekly Goal
1	<b>March 25th – Build Week</b>		Test your fitness
	 Day 1 – Threshold	12min run aiming for max. distance (Coopers Test)	
	 Day 2 – Endurance	30min run – between Easy & Steady zone	
	 Day 3 – Endurance	Long Run: 45min – between Easy & Steady zone. Include walk breaks if needed	
2	<b>April 1st – Build Week</b>		Establish routine
	 Day 1 – Tempo	3 x (8min Tempo/2min steady)	
	 Day 2 – Threshold	7 x (2min threshold/1min easy)	
	 Day 3 – Endurance	Long Run: 50min – between Easy & Steady zone. Include walk breaks if needed	
3	<b>April 8th – Build Week</b>		Improve your fitness
	 Day 1 – Tempo	2 x (12min Tempo/3min Steady)	
	 Day 2 – Threshold	5 x (3min Threshold/1min easy)	
	 Day 3 – Endurance	Long Run: 1h – between Easy & Steady zone. Include walk breaks if needed	
4	<b>April 15th – Recovery Week</b>		Retest your fitness
	 Day 1 – Endurance	Easy 30min run	
	 Day 2 – Threshold	12min run aiming for max. distance (Coopers Test)	
	 Day 3 – Endurance	Long Run: 45min – between Easy & Steady zone. Include walk breaks if needed	
5	<b>April 22nd – Build Week</b>		Build running volume
	 Day 1 – Tempo	3 x (10min Tempo/2min steady)	
	 Day 2 – Threshold	4 x (4min threshold/1min easy)	
	 Day 3 – Endurance	Long Run: 1h 10min – between Easy & Steady zone. Include walk breaks if needed	

# 12km: Beginner continued

Week	Sessions	Details	Weekly Goal
6	<b>April 29th – Build Week</b>		Improve your fitness
	 Day 1 – Threshold	3 x (5min threshold/2min easy)	
	 Day 2 – Endurance	Easy 45min run	
	 Day 3 – Endurance	Long Run: 1h 15min – between Easy & Steady zone. Include walk breaks if needed	
7	<b>May 6th – Recovery Week</b>		Maintain fitness
	 Day 1 – Tempo	25min tempo run surging to threshold for 1min @ 10min & 20min mark	
	 Day 2 – Endurance	Easy 30min run	
	 Day 3 – Endurance	Easy 45min run	
8	<b>May 13th – Event Week</b>		Rest up and get ready
	 Day 1 – Threshold	5 x (1min threshold/1min steady)	
	 Day 2 – Endurance	Easy 20min run	
	 Day 3 – Endurance	HBF Run for a Reason 12km	