

















12km: Intermediate-Advanced

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

► Intermediate Running Drills



Week	Sessions	Details	Weekly Goal
1	March 25th – Build Week		Test your fitness
	 Day 1 – Endurance	Easy 30min run	
	 Day 2 – Threshold	12min run aiming for max. distance (Coopers Test)	
	 Day 3 – Endurance	30min run – between Easy & Steady zone	
	 Day 4 – Endurance	Long Run: 1h – between Easy & Steady zone. Include some hills and vary surfaces through the run where possible	
2	April 1st – Build Week		Establish routine
	 Day 1 – Endurance	Easy 45min run	
	 Day 2 – Tempo	3 x (8min Tempo/2min steady)	
	 Day 3 – Threshold	7 x (2min threshold/1min steady)	
	 Day 4 – Endurance	Long Run: 1h 10min – between Easy & Steady zone. Include some hills and vary surfaces through the run where possible	
3	April 8th – Build Week		Improve your fitness
	 Day 1 – Endurance	Easy 45min run	
	 Day 2 – Tempo	2 x (12min Tempo/3min Steady)	
	 Day 3 – Threshold	5 x (3min Threshold/1min steady)	
	 Day 4 – Endurance	Long Run: 1h 20min – between Easy & Steady zone. Include some hills and vary surfaces through the run where possible	
4	April 15th – Recovery Week		Retest your fitness
	 Day 1 – Recovery	Rest Day	
	 Day 2 – Endurance	Easy 30min run	
	 Day 3 – Threshold	12min run aiming for max. distance (Coopers Test)	
	 Day 4 – Endurance	Long Run: 1h – between Easy & Steady zone. Include some hills and vary surfaces through the run where possible	

12km: Intermediate-Advanced continued

Week	Sessions	Details	Weekly Goal
5	April 22nd – Build Week		Build running volume
	 Day 1 – Endurance	Easy 45min run	
	 Day 2 – Tempo	3 x (10min Tempo/2min steady)	
	 Day 3 – Threshold	4 x (4min threshold/1min steady)	
	 Day 4 – Endurance	Long Run: 1h 30min – between Easy & Steady zone. Include some hills and vary surfaces through the run where possible	
6	April 29th – Build Week		Improve your fitness
	 Day 1 – Endurance	Easy 45min run	
	 Day 2 – Threshold	3 x (5min threshold/2min steady)	
	 Day 3 – Endurance	Easy 45min run	
	 Day 4 – Tempo	Progressive 8km: 4km steady, 4km tempo. Flat path ideal	
7	May 6th – Recovery Week		Maintain fitness
	 Day 1 – Endurance	Easy 30min run	
	 Day 2 – Tempo	30min tempo run surging to threshold for 1min @ 10min & 20min mark	
	 Day 3 – Endurance	Easy 30min run	
	 Day 4 – Endurance	Easy 45min run	
8	May 13th – Event Week		Rest up and get ready
	 Day 1 – Recovery	Rest Day	
	 Day 2 – Threshold	5 x (1min threshold/1min steady)	
	 Day 3 – Endurance	Easy 30min run	
	 Day 4 – Tempo	HBF Run for a Reason 12km	