GETTING STARTED TRAINING PLAN - LEVEL 2

GARMIN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Cross-Training, 40mins or Pilates	Easy Pace Run, 30mins + stretch	Rest or Cross-Training, 40mins	Steady Pace Run, 30mins + stretch	Rest	Pilates or Aerobics or Swim	Long Run, Easy 45mins at conversational pace + stretch
Week 2	Cross-Training, 40mins or Pilates	Easy Pace Run, 30 mins + 15min Body Weight Exercises	Rest or Cross-Training, 40mins	Easy Pace Run, 40mins + stretch	Rest or Yoga	Pilates or Aerobics or Swim	Long Run, Easy 60mins at conversational pace + stretch
Week 3	Cross-Training, 40mins or Pilates	Easy Pace Run, 40mins	Cross Training, 40mins or Rest	10mins Easy Run, 5 x 2mins @ 80% effort with 60 second recovery jog between efforts + 10mins Easy run	Rest or Yoga	Cross-Training or Swim, 40mins	Long Run, Easy 75mins at conversational pace + stretch
Week 4	Cross-Training, 40mins or Pilates	Easy Pace Run, 40mins	Cross Training, 40mins or Rest	Threshold: warm-up, 10mins + 6 x 2mins at 80% effort with 60 second recovery jog between efforts + cool-down, 10mins	Rest or Yoga	Cross-Training or Swim, 40mins	Long Run, Easy 75mins at conversational pace + stretch

W/C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Week 5	Cross-Training, 45mins or Pilates	Steady Pace Run, 40mins	Rest	Threshold: warm-up, 10mins + 6 x 2mins at 80% effort with 60 second recovery jog between efforts + cool-down, 10mins	Rest	Pilates or Cross-Training, 40mins	Long Run, Easy 80mins at conversational pace + stretch	
Week 6	Cross-Training, 40mins	Steady Pace Run, 40mins	Rest	Threshold: warm-up, 10mins + 6 x 2mins at 80% effort with 60 second recovery jog between efforts + cool-down, 10mins	Yoga	Cross-Training, 45mins + Stretch, 15mins	Long Run, Easy 90mins at conversational pace + stretch	
Week 7	Cross-Training, 40mins	Steady Pace Run over undulating route, 45mins	Rest	Threshold: warm-up, 10mins + 6 x 2mins at 80% effort with 60 second recovery jog between efforts + cool-down, 10mins	Yoga	Cross-Training, 45mins + Stretch, 15mins	Long Run, Easy 90mins at conversational pace + stretch	
Week 8	Rest or Yoga	Threshold: warm-up, 10mins + 6 x 2mins at 80% effort with 60 second recovery jog between efforts + cool-down, 10mins	Cross Training, 30mins or Rest	Easy Pace Run, 25mins	Rest or Yoga	5km Race	Long Run, Easy 60mins	

W/C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Week 9	Cross-Training, 45mins	Steady Pace Run, 45mins	Rest	Threshold: warm-up, 10mins + 6 x 2mins at 80% effort with 60 second recovery jog between efforts + cool-down, 10mins	Yoga	Cross-Training, 45mins + Stretch, 15mins	Long Run, Easy 90mins at conversational pace + stretch	
Week 10	Rest	Threshold: warm-up, 10mins + 6 x 2mins at 80% effort with 60 second recovery jog between efforts + cool-down, 10mins	Pilates or Yoga	Easy Pace run, 30mins + Stretch, 20mins	Rest or Swim	Threshold: warm-up, 10mins + 6 x 2mins at 80% effort with 60 second recovery jog between efforts + cool-down, 10mins	Long Run, Easy 60mins	
Week 11	Cross-Training, 30mins	Steady Run, 45mins and stretch	Rest + Sports Massage	Threshold: warm-up, 10mins + 6 x 2mins at 80% effort with 60 second recovery jog between efforts + cool-down, 10mins	Rest	Pilates or Swim	Long Run, 60mins	
Week 12	Rest	Easy Pace Run, 30mins+ Stretch	Rest + Sports Massage	Easy Run, 25mins	Rest	Easy Pace Run, 15mins	5km OR 10km Race	