



Training plan for September

This one month training plan will get you to the Run26 start line.

Prep week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	15 min walk session Let's get the legs moving.	Rest	14 min run or walk session 1 min easy run, 1 min walk x7.	Rest	Optional brisk walk (20 to 30 min) Try to include some hills on the walk.	15 min run or walk session 2 min easy run, 1 min walk x5.
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Prep week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	16 min run or walk session 1 min easy run, 1 min walk x8. Keep running effort relaxed.	Rest	20 min run or walk session 1 min easy run, 1 min walk x10. Try to keep walk recovery pace brisk.	Rest	Optional brisk walk (20 to 30 min) Include hills on the walk if you can.	21 min run or walk session 5 min continuous easy run then add 8 x 1 min easy run, with 1 min walk between each effort.
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Prep week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	15 min run or walk session 2 x 5 min easy run with 1 min walk in between. Finish with a 3 to 5 min brisk walk recovery. Still aim to keep your running efforts really easy and relaxed.	Rest	15 min brisk run session 5 min very easy jog then add 10 x 1 min brisk run, with 1 min full rest between each effort.	Rest	Optional brisk walk (20 to 30 min) Include hills on the walk if you can.	20 min run or walk session 4 min easy run, 1 min easy walk x 4. The goal here is still 'time on feet' so focus on maintaining your easy, controlled pace.
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Prep week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	21 min run to walk session 3 x 5 min easy run with 1 min walk between each effort. Finish with a 3 min brisk walk recovery. Try to push yourself for the last 5 min.	Rest	18 min brisk run session 6 min very easy jog then add 8 x 90 second brisk run with 1 min full rest between each effort.	Rest	Optional brisk walk (20 to 30 min)	20 min run or walk session 10 min easy run, then 2 x 5 min easy run each with 2 to 3 min rest.
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