



OBSTACLE RACE - BEGINNER PLAN

This plan

- Note please do a 15 minute warm up and cool down before Threshold, Continuous Hills, Circuit or Interval sessions.
- If your are feeling ok you may wish to consider a 20-30 minute recovery run in the morning before any of the quality sessions above.
- Always substitute cross training for running if you are injured, very sore or it is not safe to run.
- Please add a Core conditioning, Pilates or Yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 mins.
- Always eat within 20-30 mins of finishing a run.
- Always train at your target pace, don't compromise or run too hard. Tiredness always catches up and take extra rest if required.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Rest	30 minute easy run remaining fully conversational throughout	Core	30 minute easy run	Rest	Rest or easy 30 minute run cross training + Core	40 minute easy run with 2 minute walk breaks every 10 mins if needed
2.	Rest	30 minute easy run remaining fully conversational throughout	Core	5 x 3 minutes at threshold effort, 3 minute walk within a 30 minute run	Rest	Rest or easy 30 minute run cross training + Core	40 minute easy run with 2 minute walk breaks every 20 mins if needed
3.	Rest	30 minute easy run remaining fully conversational throughout	Core	4 x 4 minutes at threshold effort, 3 minute walk built into a 30 - 40 minute run	Rest	Circuits	50 minutes easy run with walk break after 35 minute if needed
4.	Rest	40 minute easy run remaining fully conversational throughout	Core	3 x 5 minutes at threshold effort, 2 minute walk built into a 40 minute run	Rest	Circuits	60 minute easy run as (3 x 18 mins with a 2 min walk recovery)
5.	Rest	30 - 40 minutes easy run	Core	40 minute easy run	Rest	5km race or time trial	30 minutes easy run
6.	Rest or 30 minutes easy run cross training	40 minute easy run remaining fully conversational throughout	Core	4 x 5 minutes at threshold effort, 2 minute walk built into a 40 minute run	Rest	Circuits	60 minutes easy run off road



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.	Rest or 30 minutes easy run cross training	Circuits	Core	5 x 5 minutes at threshold effort, 2 minute walk built into a 45 minute run	Rest	Circuits	70 mins easy run off road (walk for 3 - 4 mins every 20 - 25 minutes if needed)
8.	Rest or 30 minutes easy run cross training	Progression run of 10/10/10 - 10 minutes easy run, 10 minutes steady, 10 minutes threshold	Core	40 - 45 minutes to include 5 x 5 minutes @ threshold with 90s walk/jog recovery	Rest	Circuits	1hr 20 minutes (walk for 3 - 4 mins every 20 - 25 minutes if needed)
9.	Rest or 30 minutes easy run cross training	Circuits	Core	40 - 45 minutes to include 6 x 5 minutes @ threshold with 2 minute walk/jog recovery	Rest	Circuits	1hr 20 minutes, easy run pace, continuous off road
10.	Rest or 30 minutes easy run cross training	Progression run of 15/15/15 - 15 minutes easy run, 15 minutes steady, 15 minutes threshold	Core	40 minute 'out and back' run - 20 minutes out steady, turn and get back 2 - 3 mins faster	Rest	Circuits	1hr 30 minutes all easy run, off road
11.	Rest or 30 minutes easy run cross training	Circuits	Core	40 minute 'out and back' run - 20 minutes out steady, turn and get back 2 - 3 minutes faster	Rest	5k park run or session with 5 x 3 mins @ fast with 90 sec recovery	45 - 60 minutes run relaxed
12.	Rest	30 minutes run including 3 x 5 mins @ threshold pace with 3 minute jog recovery	Rest	20 - 25 minute easy run	Rest	Obstacle Race Good Luck!!	Obstacle Race Good Luck!!