

































YOUR PERSONAL CHART

Week	MON	TUE	WED	THU	FRI	SAT	SUN
1	 Cross train (30-45 mins)	 Run/walk 5km	 3 repeats 400m	 Tempo run (30 mins)	REST	 Medium pace 4km	 Long slow run 6km
2	 Cross train (30-45 mins)	 Run/walk 5km	 4 repeats 400m	 Tempo run (30 mins)	REST	 Medium pace 4km	 Long slow run 6km
3	 Cross train (30-45 mins)	 Run/walk 5km	 5 repeats 400m	 Tempo run (45 mins)	REST	 Medium pace 5km	 Long slow run 8km
4	 Cross train (30-45 mins)	 Run/walk 5km	 4 repeats 400m	 Tempo run (40 mins)	REST	 Medium pace 4km	 Long slow run 7km
5	 Cross train (30-45 mins)	 Run/walk 5km	 5 repeats 400m	 Tempo run (45 mins)	REST	 Medium pace 4km	 Long slow run 8km
6	 Cross train (30-45 mins)	 Run/walk 5km	 6 repeats 400m	 Tempo run (50 mins)	REST	 Medium pace 4km	 Long slow run 9km
7	 Cross train (30-45 mins)	 Run/walk 5km	 4 repeats 400m	 Tempo run (30 mins)	REST	 Medium pace 6km	 Long slow run 10km

Some terms explained

Cross train: This means doing some cardio exercise other than running. These could include swimming, tennis, badminton or cycling, etc.

Run/walk: Run for 3 minutes and walk for another minute. Gradually, increase this to running for 6 minutes, and walking for one. Approximations are fine. It is all a matter of getting your heart rate up a bit, and then relaxing. Remember, when you are walking, keep it brisk and not a leisurely stroll.

3 repeats of 400m: Jog for about 2km as a warm-up. Then, on a measured track, may be in a garden or on a road that is approximately 400m, run at a pace at which you think you would be able to "race" in a 5km run. Walk or do a slow jog as you finish, and get your breathing and heart rate back to normal and get back to the starting point of the measured track and repeat. After the three repeats, do another 1km jog and cool down. I have done repeats with my running partners and asked them in the 400m to push themselves to run totally flat out at the finish line. Most do this once a week and are getting better.

Tempo run 30 minutes: Start with a jog for the first 10 minutes and then in the next 10 minutes pick up your pace to a speed which would equal or exceed your pace in a 5km "race", and then slow down for the last 10 minutes again.

Long slow run: Run at a conversational pace, a pace at which you can run and chat with a running partner comfortably. This is something I try to inculcate into all my running partners. I tell them all to lighten up, slow down, relax, enjoy the run, and chat.

Medium pace: Slightly faster than a long slow run.