

AVR Wiltshire HM Generic Training Plan 2022

Wk	Wk/Comm.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	05/09/2022 Green	Run 40 Mins Easy pace	Rest Day	10 Mins Warm Up / 10 x 1 Min Intervals (1 Min recoveries) / 5 Mins Cool Down	Rest Day	Rest Day/X Train	Long Run Easy pace 5 Miles	Rest Day
1	05/09/2022 Yellow	Run 50 Mins Easy pace	Rest Day	10 Mins Warm Up / 12 x 1 Min Intervals (1 Min recoveries) / 5 Mins Cool Down	Rest Day	Rest Day/X Train	10 Mins Warm Up / 20 Mins Tempo effort / 10 Mins Cool Down	Long Run Easy pace 7 Miles
1	05/09/2022 Blue	Rest Day/X Train	10 Mins Warm Up / 15 x 1 Min Intervals (1 Min recoveries) / 5 Mins Cool Down	Run 50 Mins Easy pace	10 Mins Warm Up / 3 x 10 Mins Intervals (2 Mins Recoveries) / 5 Mins Cool Down	Rest Day	20 Mins Easy run / 10 Mins Tempo effort	Long Run Easy pace 9 Miles
2	12/09/2022 Green	Rest Day	10 Mins Warm Up / 4 x 3 Mins Intervals (1 Min recoveries) / 5 Mins Cool Down	Rest Day	Run 40 Mins Easy pace	Rest Day/X Train	Long Run Easy pace 6 Miles	Rest Day
2	12/09/2022 Yellow	Rest Day	10 Mins Warm Up / 6 x 3 Mins Intervals (1 Min recoveries) / 5 Mins Cool Down	Rest Day	Run 50 Mins Easy pace	Rest Day/X Train	Progressive Run (Continuous) - 10 Mins Easy / 10 Mins Steady / 10 Mins Tempo	Long Run Easy pace 8 Miles
2	12/09/2022 Blue	Rest Day/X Train	10 Mins Warm Up / 10 x 3 Mins Intervals (1 Min recoveries) / 5 Mins Cool Down	Run 60 Mins Easy pace	10 Mins Warm Up / 3 x 8 Mins Tempo (2 Mins recoveries) / 5 Mins Cool Down	Rest Day	Progressive Run (Continuous) - 15 Mins Easy / 10 Mins Steady / 5 Mins Tempo	Long Run Easy pace 10 Miles (last 2 miles slightly faster/Steady Pace)

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3	19/09/2022 Green	Run 40 Mins Easy pace	Rest Day	10 Mins Warm Up / 3 x 5 Mins Tempo (90 secs recoveries) / 5 Mins Cool Down	Rest Day	Rest Day/X Train	Long Run Easy pace 7 Miles	Rest Day
3	19/09/2022 Yellow	Rest Day	10 Mins Warm Up / 4 x 5 Mins Tempo (90 secs recoveries) / 5 Mins Cool Down	Rest Day	Run 50 Mins Easy pace	Rest Day/X Train	10 Mins Warm Up / 2 x 10 Mins Intervals (2 Mins Recoveries) / 10 Mins Cool Down	Long Run Easy pace 9 Miles (last 2 miles slightly faster/Steady Pace)
3	19/09/2022 Blue	Rest Day/X Train	10 Mins Warm Up / 5 x 5 Mins Tempo (90 secs Recoveries) / 5 Mins Cool Down	Run 50 Mins Easy pace	Run 40 Mins Easy pace	Rest Day	10 Mins Warm Up / 6 x 75 secs Intervals (60 secs Recoveries) / 5 Min Cool Down	Long Run Easy pace 11 Miles
4	26/09/2022 Green	Rest Day	Progressive Run (Continuous) - 10 Mins Easy / 10 Mins Steady / 10 Mins Tempo	Rest Day	Run 35 Mins Easy pace	Rest Day/X Train	Long Run Easy pace 6 Miles	Rest Day
4	26/09/2022 Yellow	Rest Day	10 Mins Warm Up / 5/4/3/2/1 Mins Intervals (1 Min Recoveries) / 5 Mins Cool Down	Rest Day	Out and Back Challenge - 20 mins easy run Run Out, Back in 18 Mins or faster	Rest Day/X Train	10 Mins Warm Up / 20 Mins Tempo effort / 10 Mins Cool Down	Long Run Easy pace 10 Miles
4	26/09/2022 Blue	Rest Day/X Train	10 Mins Warm Up / 10 x 90 secs Mins Intervals (60 secs Recoveries) / 5 Mins Cool Down	Run 60 Mins Easy pace	Out and Back Challenge - 30 mins Easy run Run Out, Back in 28 Mins or faster	Rest Day	Run 40 Mins Easy pace	Long Run Easy pace 12 Miles (last 2 miles slightly faster/Steady Pace)

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5	19/09/2022 Green	Run 40 Mins Easy pace	Rest Day	10 Mins Warm Up / 6 x 2 Mins Intervals (1 Min Recoveries) / 5 Mins Cool Down	Rest Day	Rest Day/X Train	Long Run Easy pace 8 Miles	Rest Day
5	19/09/2022 Yellow	Rest Day	10 Mins Warm Up / 8 x 2 Mins Intervals (1 Min Recoveries) / 5 Mins Cool Down	Rest Day	Run 40 Mins Easy pace	Rest Day/X Train	Run 30 Mins Easy pace	Long Run Easy pace 8 Miles
5	19/09/2022 Blue	Rest Day/X Train	10 Mins Warm Up / 6 x 90 secs Intervals (60 secs Recoveries) / 6 x 45 secs Intervals (60 secs Recoveries) / 5 Mins Cool Down	Run 40 Mins Easy pace	10 Mins Warm Up / 6 x 4 Mins Intervals (1 Min Recoveries) / 5 Mins Cool Down	Rest Day	Run 35 Mins Easy pace	Long Run Easy pace 10 Miles
6	26/09/2022 Green	Rest Day	20 Mins Easy run / 10 Mins Tempo effort	Rest Day	Run 30 Mins Easy pace	Rest Day/X Train	Benchmark Test - 1 Mile warm up / 5k hard as possible (could be a parkrun) / 1 Mile Cool Down	Rest Day
6	26/09/2022 Yellow	Rest Day	10 Mins Warm Up / 4 x 2 Mins Intervals / 4 x 60 secs Intervals / 4 x 30 secs Intervals (All with 60 secs recoveries) / 5 Mins Cool Down	Rest Day	Run 40 Mins Easy pace	Rest Day/X Train	Benchmark Test - 1 Mile warm up / 5k hard as possible (could be a parkrun) / 1 Mile Cool Down	Long Run Easy pace 10 Miles
6	26/09/2022 Blue	Rest Day/X Train	10 Mins Warm Up / 4 x 2 Mins Intervals / 4 x 90 secs Intervals / 4 x 60 secs Intervals / 4 x 30 secs Intervals (All with 60 secs recoveries) / 5 Mins Cool Down	Run 40 Mins Easy pace	Run 30 Mins Easy pace	Rest Day	Benchmark Test - 1 Mile warm up / 5k hard as possible (could be a parkrun) / 1 Mile Cool Down	Long Run Easy pace 13 Miles (last 2 miles slightly faster/Steady Pace)

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Wk	Wk/Comm.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	19/09/2022 Green	Run 40 Mins Easy pace	Rest Day	10 Mins Warm Up / 5/4/3/2/1 Mins Intervals (1 Min Recoveries) / 5 Mins Cool Down	Rest Day	Rest Day/X Train	Long Run Easy pace 9 Miles	Rest Day
7	19/09/2022 Yellow	Rest Day	10 Mins Warm Up / 6 x 90 secs Intervals / 3 x 45 secs Intervals (All with 60 secs Recoveries) / 5 Mins Cool Down	Rest Day	Run 60 Mins Easy pace	Rest Day/X Train	10 Mins Warm Up / 15 Mins Tempo effort / 10 Mins Cool Down	Long Run Easy pace 11 Miles (last 2 miles slightly faster/Steady Pace)
7	19/09/2022 Blue	Rest Day/X Train	10 Mins Warm Up / 8 x 75 secs Intervals / 4 x 45 secs Intervals (All with 60 secs Recoveries) / 5 Mins Cool Down	Run 50 Mins Easy pace	Run 30 Mins Easy pace	Rest Day	10 Mins Warm Up / 15 Mins Tempo effort / 10 Mins Cool Down	Long Run Easy pace 13 Miles
8	26/09/2022 Green	Rest Day	Out and Back Challenge - 15 mins easy run Run Out, Back in 13 Mins or faster	Rest Day	Run 30 Mins Easy pace	Rest Day/X Train	Long Run Easy pace 10 Miles	Rest Day
8	26/09/2022 Yellow	Rest Day	10 Mins Warm Up / 8 x 75 secs Intervals (60 secs Recoveries) / 5 Mins Cool Down	Rest Day	Run 60 Mins Easy pace	Rest Day/X Train	20 Mins Easy run / 10 Mins Tempo effort	Long Run Easy pace 11 Miles
8	26/09/2022 Blue	Rest Day/X Train	10 Mins Warm Up / 1/2/3/4/5/4/3/2/1 Mins Intervals (1 Min Recoveries) / 5 Mins Cool Down	Run 60 Mins Easy pace	Run 40 Mins Easy pace	Rest Day	10 Mins Warm Up / 20 Mins Tempo effort / 10 Mins Cool Down	Long Run Easy pace 11 Miles (last 2 miles slightly faster/Steady Pace)

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9	19/09/2022 Green	Run 30 Mins Easy pace	Rest Day	10 Mins Warm Up / 4 x 90 secs Intervals (60 secs Recoveries) / 5 Mins Cool Down	Rest Day	Rest Day/X Train	Longest Run 11 Miles	Rest Day
9	19/09/2022 Yellow	Rest Day	10 Mins Warm Up / 4 x 4 Mins Intervals (1 Min Recoveries) / 5 Mins Cool Down	Rest Day	Run 60 Mins Easy pace	Rest Day/X Train	Progressive Run (Continuous) - 10 Mins / 10 Mins / 10 Mins	Longest Run 12 Miles
9	19/09/2022 Blue	Rest Day/X Train	10 Mins Warm Up / 3 Sets of 3/2/1 Mins Intervals (1 Min Recoveries between Reps and 2 Mins Recoveries between Sets) / 5 Mins Cool Down	Run 50 Mins Easy pace	Run 40 Mins Easy pace	Rest Day	10 Mins Warm Up / 15 Mins Tempo effort / 10 Mins Cool Down	Longest Run 14 Miles
10	26/09/2022 Green	Rest Day	10 Mins Warm Up / 2 x 8 Mins Tempo (2 Mins Recoveries) / 5 Mins Cool Down	Rest Day	Run 40 Mins Easy pace	Rest Day/X Train	Long Run Easy pace 8 Miles	Rest Day
10	26/09/2022 Yellow	Rest Day	10 Mins Warm Up / 6 x 1 Mins Intervals / 6 x 30 secs Intervals (All with 1 Min Recoveries) / 5 Mins Cool Down	Rest Day	Run 40 Mins Easy pace	Rest Day/X Train	Run 30 Mins Easy pace	Long Run Easy pace 10 Miles (last 2 miles slightly faster/Steady Pace)
10	26/09/2022 Blue	Rest Day/X Train	Run 50 Mins Easy pace	Run 40 Mins Easy pace	10 Mins Warm Up / 8 x 75 secs Intervals (60 secs Recoveries) / 5 Mins Cool Down	Rest Day	10 Mins Warm Up / 3 x 6 Mins Intervals (90 secs Recoveries) / 5 Mins Cool Down	Long Run Easy pace 11 Miles

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11	19/09/2022 Green	Run 30 Mins Easy pace	Rest Day	10 Mins Warm Up / 8 x 2 Mins Intervals (60 secs Recoveries) / 5 Mins Cool Down	Rest Day	Rest Day/X Train	Long Run Easy pace 7 Miles	Rest Day
11	19/09/2022 Yellow	Rest Day	10 Mins Warm Up / 8 x 45 secs Intervals (60 secs Recoveries) / 5 Mins Cool Down	Rest Day	Run 50 Mins Easy pace	Rest Day/X Train	Run 30 Mins Easy pace	Long Run Easy pace 8 Miles
11	19/09/2022 Blue	Rest Day/X Train	10 Mins Warm Up / 12 x 45 secs Intervals (60 secs Recoveries) / 5 Mins Cool Down	Run 50 Mins Easy pace	Run 30 Mins Easy pace	Rest Day	10 Mins Warm Up / 20 Mins Tempo effort / 10 Mins Cool Down	Long Run Easy pace 9 Miles
12	26/09/2022 Green	TAPER WEEK - Rest Day	Run 20 mins Easy pace	Rest Day	Run 20 mins Easy pace	Rest Day	Rest Day	RACE DAY - Good Luck!
12	26/09/2022 Yellow	TAPER WEEK - Rest Day	10 Mins Warm Up / 4 x 2 Mins Intervals (60 secs Recoveries) / 5 Mins Cool Down	Rest Day	10 Mins Warm Up / 4 x 30 secs Intervals (60 secs Recoveries) / 5 Mins Cool Down	Rest Day	Rest Day	RACE DAY - Good Luck!
12	26/09/2022 Blue	TAPER WEEK - Rest Day	10 Mins Warm Up / 8 X 1 Mins Intervals (60 secs Recoveries) / 5 Mins Cool Down	Rest Day	Rest Day	10 Mins Warm Up / 4 x 30 secs Intervals (60 secs Recoveries) / 5 Mins Cool Down	Rest Day	RACE DAY - Good Luck!

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		<u>Running Pace</u>	<u>Guidelines</u>			<u>X Training Suggestions</u>		
		Easy/Warm Up/Cool Down	Running to the pace of chat			Swimming, Cycling, Climbing, yoga, Pilates, Gym, Paddle Boarding, Canoeing, Circuits.		
		Steady	Running to a fluid rhythm that permits speaking short sentences					
		Tempo	Moderate to hard pace you can maintain for 40-60 mins or to the pace where you can comfortably speak two or three words together.					
		Intervals	Brief period of high intensity, a Hard pace you are able to maintain for all reps.					