

## Challenge Me

In this plan, we are **mixing up the pace**: Not only does it make sessions more varied and fun it also does great things for your body and fitness to help you hit that 60min goal. Remember - you decide your pace and if that includes a walk that's fine.

- 1 There will be an **EASY** pace where you should be able to run and hold a conversation with your friend that's running with you. This is for your longer runs.
- 2 **STEADY** pace will be a little faster than your easy pace and having a conversation should be trickier.
- 3 **QUICKER** pace - this will help your fitness and feel harder in comparison to your other runs. You won't want to talk on these but you shouldn't be running your fastest either!

Week	Session 1	Session 2	Session 3	Session 4
1	30min easy run	<b>Moderate/easy pace</b> <ul style="list-style-type: none"> <li>• 5min easy, 5min moderate x2</li> <li>• Then 5min easy to cool down.</li> </ul>	<b>Quicker pace</b> <ul style="list-style-type: none"> <li>• 5mins easy</li> <li>• 6x1min faster with 1min easy recovery</li> <li>• 5mins cool down</li> </ul> <i>Try this as a <a href="#">relay session</a> with a friend.</i>	40min easy run
2	30min easy run	30min <b>Moderate/easy pace</b> <ul style="list-style-type: none"> <li>• 3 min easy, 5min moderate, 2min easy,</li> <li>• 5min moderate</li> <li>• Repeat</li> </ul>	<b>Quicker pace</b> <ul style="list-style-type: none"> <li>• 5mins easy</li> <li>• 4x2min faster with 1min recovery</li> <li>• 5mins easy</li> </ul>	45min easy run
3	30min easy run	<b>Loop run Quicker pace</b> <ul style="list-style-type: none"> <li>• 5mins easy</li> <li>• 3x of your loop (roughly 1km), 2min 30sec jog/walk recovery.</li> <li>• 5mins easy</li> </ul> <i>Record your time and see if it changes next time you do this session</i>	<b>Optional hills session. Quicker</b> (if you can) <ul style="list-style-type: none"> <li>• 5min warm up</li> <li>• 5x20sec quick hill runs, run back down recovery</li> </ul>	40min easy run
4	30min easy run	<b>Moderate</b> 45min run <ul style="list-style-type: none"> <li>• 5mins easy, 10mins moderate, 5mins easy, 15mins moderate, 5mins easy to cool down</li> </ul> <i>Why not try this with a friend and do a <a href="#">meet &amp; retreat</a> session</i>	<b>Speed session</b> <ul style="list-style-type: none"> <li>• 8x1min fast with 1min recovery</li> <li>• 5mins easy</li> </ul> Optional: quicker pace or can push the pace to faster again.	50min easy run
5	30min easy run	<b>Loop run Quicker pace</b> <ul style="list-style-type: none"> <li>• 5mins easy</li> <li>• 4x of your loop (roughly 1km), 2min30s recovery s</li> <li>• 5mins easy</li> </ul>	<b>Speed session</b> <ul style="list-style-type: none"> <li>• 5mins easy 8x90sec fast with 1min easy run/walk recovery</li> <li>• 5min easy</li> </ul> <i>Try <a href="#">fixed point repetitions</a> and use landmarks to track your progress</i>	40min easy run
6	30min easy run	<b>Loop run Quicker pace</b> <ul style="list-style-type: none"> <li>• 5mins easy</li> <li>• 4x of your loop (roughly 1km),</li> <li>• 2min jog/walk recovery</li> <li>• 5mins cool down</li> </ul>	45min <b>Moderate</b> run with some quicker pace. <ul style="list-style-type: none"> <li>• 8x1min quicker with 1min recovery in the middle of your run.</li> <li>• 5min cool down</li> </ul>	55min easy run
7	30min easy run	<b>Loop run Quicker pace</b> <ul style="list-style-type: none"> <li>• 5mins easy</li> <li>• 5x half your loop (roughly 500m), 1min jog/walk recovery</li> <li>• 5mins cool down</li> </ul>	35min <b>Moderate</b> run with some <b>quicker</b> pace <ul style="list-style-type: none"> <li>• 5mins easy, 10min steady</li> <li>• 3x1min quicker with 1min recovery,</li> <li>• 10mins moderate</li> <li>• 5min cool down</li> </ul>	60min easy run
8	20min easy run	<b>Quicker session</b> <ul style="list-style-type: none"> <li>• 5min easy</li> <li>• 10x30sec fast with 1min recovery</li> <li>• 5min easy</li> </ul>	REST	<b>Sunday</b> Your goal/10km race! Good luck!