

## Keep Me Going

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
1	<b>Steady/easy</b> (27min) • 6mins steady run followed by 3min easy run Do this 3 times.	<b>Steady/Easy</b> (28min) • 4x5min steady run with 2min easy run in between	<b>Easy</b> (30min) 20-30mins continuous run at easy pace <i>Do this in two chunks if you like with a 2min walk in between</i>
2	<b>Steady/easy</b> (26mins) • 10mins steady run followed by 3min easy run Do this 2 times	<b>Steady/quicker</b> (18mins) • 4x 1min quicker with 1min easy walk/run in between • 6mins easy run to cool down <i>Try our <a href="#">relay session</a> to mix things up.</i>	<b>Easy</b> (30mins) Easy run day – 30mins continuous run at easy pace
3	<b>Steady/easy</b> (25mins) • 5mins easy • 15mins steady • 5mins easy	<b>Pick up the pace</b> (22mins) • 4 min easy run • 6x 1min quicker with 1min easy walk/run in between • 6mins easy run to cool down <i>Try <a href="#">fixed point repetitions</a> and see how far you get on each one</i>	<b>Easy</b> (35mins) Easy run day – 35mins continuous run at easy pace.
4	<b>Steady/easy</b> (23mins) • 20mins steady run followed by 3min easy run.	<b>Pick up the pace</b> (26mins) • 4min easy run • 8x 1min quicker with 1min easy walk/run in between • 6mins easy run to cool down	<b>Easy</b> (30mins) Easy run day – 40mins continuous run at easy pace.
5	<b>Steady/easy</b> (35mins) • 10mins steady run • 5mins easy run • 15mins steady • 5mins easy to cool down	<b>Pick up the pace</b> (24mins) 4min easy run 4x 2min quicker with 2min easy run in between 6mins easy run to cool down <i>Try this as a meet and retreat session with your friend?</i>	<b>Easy</b> (35mins) Easy run day – 30-35mins continuous run at easy pace.
6	<b>Steady/easy</b> (35mins) • 10mins steady, 3mins easy • 8mins steady, 3min easy • 10mins steady, 3mins easy	<b>Pick up the pace</b> (24mins) • 5min steady run • 4x 2min quicker with 1min easy run in between • 6mins easy run to cool down	<b>Easy</b> Easy run day – 40-45mins continuous run at easy pace.
7	<b>Steady/easy</b> ( 38mins) • 5mins easy, 8mins steady • 2mins easy, 10mins steady • 2min easy, 8mins steady • 3mins easy to cool down	<b>Pick up the pace</b> (25mins) • 5min steady run • 1 min quicker, 2min steady, 2min quicker, 2min steady • 1 min quicker, 2min steady, 2min quicker, 2min steady • 6min easy cool down <i>Try this in pairs, take it in turns to run and recover</i>	<b>Easy</b> (50mins) Easy run day - 50mins continuous run at easy pace.
8	<b>Steady/easy</b> (40mins) • 3mins easy, 10mins steady • 2mins easy, 10mins steady • 2min easy, 10mins steady • 3mins easy to cool down	<b>Pick up the pace</b> (27mins) • 6min steady run • 8x1min quicker with 1min easy run between • 6min easy cool down	<b>Easy</b> (55mins) Easy run day – 55mins continuous run at easy pace.

## Keep Me Going continued

Week	Session 1	Session 2	Session 3
9	<b>Steady/easy (42mins)</b> <ul style="list-style-type: none"> <li>• 10mins steady, 2mins easy</li> <li>• 15mins steady, 2min easy</li> <li>• 10mins steady, 5mins easy to cool down</li> </ul>	<b>Pick up the pace (42mins)</b> <ul style="list-style-type: none"> <li>• 4min steady run</li> <li>• 5x1min quicker with 1min easy run between</li> <li>• 2x2min quicker with 1min easy run between</li> <li>• 4min easy cool down</li> </ul> <i>Try this as <b>fixed point repetitions</b> as in week 3.</i>	<b>Easy (50mins)</b> Easy run day - 50mins continuous run at easy pace.
10	<b>Steady/easy (42mins)</b> <ul style="list-style-type: none"> <li>• 10mins steady, 2mins easy</li> <li>• 15mins steady, 2min easy</li> <li>• 10mins steady, 5mins easy to cool down</li> </ul>	<b>Pick up the pace (30mins)</b> <ul style="list-style-type: none"> <li>• 3min steady run</li> <li>• 5x2min quicker with 1min easy run between</li> <li>• 5x1min quicker with 1min easy run between</li> <li>• 3min easy cool down</li> </ul>	<b>Easy</b> Easy run day - 60mins continuous run at easy pace.
11	<b>Steady/easy (37mins)</b> <ul style="list-style-type: none"> <li>• 5mins steady, 2mins easy</li> <li>• 15mins steady, 2min easy</li> <li>• 10mins steady, 3mins easy to cool down</li> </ul>	<b>Pick up the pace (28mins)</b> <ul style="list-style-type: none"> <li>• 3min easy, 4min steady</li> <li>• 2x2min quicker, 1min easy in between</li> <li>• 3min quicker, 1min easy, 2min quicker, 1min easy</li> <li>• 2x1min quicker, 1min easy in between</li> <li>• 4min easy cool down</li> </ul>	<b>Easy (40mins)</b> Easy run day - 40mins continuous run at easy pace.
12	<b>Steady/easy (24mins)</b> <ul style="list-style-type: none"> <li>• 4min easy, 10min steady</li> <li>• 2min easy, 5min steady</li> <li>• 3min easy</li> </ul>	<b>Pick up the pace (26mins)</b> <ul style="list-style-type: none"> <li>• 4min easy run</li> <li>• 8x 1min quicker with 1min easy walk/run in between</li> <li>• 6mins easy run to cool down</li> </ul>	<b>10K race day!!! (Sunday)</b>