

BEGINNER 12-WEEK TRAINING PLAN

Specsavers 12 km

Notes:

- Keep all easy runs at a relaxed, conversational pace.
- Walk breaks are always allowed.
- Prioritise sleep, hydration, and recovery.
- Adjust paces based on how your body feels.
- Tick the box as you go along to show you're one step closer to the finish line!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Active Recovery	Light Speed 4×1min on / 1min off	Easy Run Easy 2–3 km	Tempo or Hills 20min easy + 4×20s strides	Cross-train	Long Run 3–4 km	Rest
WEEK 2	Active Recovery	Light Speed 5×90s on / 90s off	Easy Run Easy 2–3 km	Tempo 2×4min tempo	Cross-train	Long Run 4–5 km	Rest
WEEK 3	Active Recovery	Light Speed 6×400m at steady pace	Easy Run Easy 3 km	Hills 4×30s hill repeats	Cross-train	Long Run 5–6 km	Rest
WEEK 4	Active Recovery	Light Speed 6×400m at steady pace	Easy Run Easy 3–4 km	Tempo or Hills Easy 25–30 min	Cross-train	Long Run 6 km	Rest
WEEK 5	Active Recovery	Light Speed 3×600m at steady pace	Easy Run Easy 3–4 km	Tempo 8 min tempo	Cross-train	Long Run 6–7 km	Rest Optional 20–30 min gentle walk
WEEK 6	Active Recovery	Light Speed 4×500m at steady pace	Easy Run Easy 4 km	Hills 6×45s hills	Cross-train	Long Run 7–8 km	Rest Optional 20–30 min gentle walk

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 7	Active Recovery	Light Speed 4×800m at steady pace	Easy Run Easy 4–5 km	Tempo 2×6min tempo	Cross-train	Long Run 8–9 km	Rest Optional 30 min gentle walk
WEEK 8	Active Recovery	Light Speed 6×400m at steady pace	Easy Run Easy 4 km	Hills 30 min easy + 6×20s strides	Cross-train	Long Run 9 km	Rest Optional 20–30 min gentle walk
WEEK 9	Active Recovery	Light Speed 3×1 km at steady pace	Easy Run Easy 4–5 km	Tempo 2×8min tempo	Cross-train	Long Run 9–10 km	Rest Optional 30–40 min gentle walk
WEEK 10	Active Recovery	Light Speed 6×500m at steady pace	Easy Run Easy 4–5 km	Tempo or Hills 20 min steady	Cross-train	Long Run 8 km	Rest Optional 20–30 min gentle walk
WEEK 11	Active Recovery	Light Speed 8×200m at steady pace	Easy Run Easy 4 km	Hills 4×30s hills repeat	Cross-train	Long Run 7–8 km	Rest Optional 20 min gentle walk
WEEK 12	Active Recovery	Light Speed 4×400m at steady pace	Rest	Tempo or Hills Easy 3 km	Cross-train Easy 20 min	Rest	Race day!