

ZERO2HERO Training Plan - Beginners

JUNE TO AUG	FOUNDATION & CONFIDENCE PHASE I	3 - 6 MILES - COACH LED (Time on your Feet)								
		W/C	MON	TUE	WED	THU	FRI	SAT	SUN	Milestone
ABC's Running Drills & Bonding	Week 1	05/06/2017	Club Step-up	Zero2Hero Coached Session	REST	WALK 30 MINUTES or Cub Session	REST	MK Park-Run	REST	
	Week 2	12/06/2017	Club Step-up	Zero2Hero Coached Session	REST	WALK 30 MINUTES or Cub Session	REST	MK Park-Run	REST	
	Week 3	19/06/2017	Club Step-up	Zero2Hero Coached Session	REST	WALK 30 MINUTES or Cub Session	REST	MK Park-Run	REST	
	Week 4	26/06/2017	Club Step-up	REST	Track Session 6.45 Stantonbury Track, £1 members, £3 non members	WALK 30 MINUTES or Cub Session	REST	MK Park-Run	REST	
	Week 5	03/07/2017	Club Step-up	Zero2Hero Coached Session	REST	WALK 30 MINUTES or Cub Session	CORE WORKOUT 30 mins	MK Park-Run	REST	
	Week 6	10/07/2017	Club Step-up	Zero2Hero Coached Session	REST	WALK 30 MINUTES or Cub Session	CORE WORKOUT 30 mins	MK Park-Run	REST	
	Week 7	17/07/2017	Club Step-up	Zero2Hero Coached Session	REST	WALK 30 MINUTES or Cub Session	CORE WORKOUT 30 mins	MK Park-Run	REST	
Balance & Coordination (accuracy of movement)	Week 8	24/07/2017	Club Step-up	REST	Track Session 6.45 Stantonbury Track, £1 members, £3 non members	WALK 30 MINUTES or Cub Session	CORE WORKOUT 30 mins	MK Park-Run	REST	
	Week 9	31/07/2017	Club Step-up	Zero2Hero Coached Session	REST	WALK 30 MINUTES or Cub Session	CORE WORKOUT 30 mins	MK Park-Run	REST	
	Week 10	07/08/2017	Club Step-up	Zero2Hero Coached Session	REST	WALK 30 MINUTES or Cub Session	CORE WORKOUT 30 mins	MK Park-Run	REST or Sunday Club Run 1 Hour	
	Week 11	14/08/2017	Club Step-up	REST	REST	WALK 30 MINUTES or Cub Session	CORE WORKOUT 30 mins	MK Park-Run	REST or Sunday Club Run 1 Hour	
	Week 12	21/08/2017	Club Step-up	REST	REST	WALK 30 MINUTES or Cub Session	CORE WORKOUT 30 mins	MK Park-Run	REST or Sunday Club Run 1 Hour	
	Week 13	28/08/2017	Club Step-up	REST	Track Session 6.45 Stantonbury Track, £1 members, £3 non members	WALK 30 MINUTES or Cub Session	CORE WORKOUT 30 mins	MK Park-Run	REST or Sunday Club Run 1 Hour	

SEPT - NOV	STRENGTH & MOTIVATION PHASE II	6 - 10 MILES COACH LED (Confidence)								
		W/C	MON	TUE	WED	THU	FRI	SAT	SUN	Milestone
W1	Week 14	04/09/2017	Club Session	Z2H Coached Session	Walk 30 mins	Club Run	CORE WORKOUT 30 mins	MK Park-Run	REST or Sunday Club Run 1 Hour	
W2	Week 15	11/09/2017	Club Session	Z2H Coached Session	Walk 30 mins	Club Run	CORE WORKOUT 30 mins	MK Park-Run	REST or Sunday Club Run 1 Hour	
W3	Week 16	18/09/2017	Club Session	Z2H Coached Session	Walk 30 mins	Club Run	CORE WORKOUT 30 mins	MK Park-Run	REST or Sunday Club Run 1 Hour	RACE NSPCC 10K or Half 24/9/20017
W4	Week 17	25/09/2017	Club Session	Z2H Coached Session	Track Session 6.45 Stantonbury Track, £1 members, £3 non members	Club Run	CORE WORKOUT 30 mins	MK Park-Run	REST or Sunday Club Run 1 Hour	
W5	Week 18	02/10/2017	Club Session	Z2H Coached Session	Walk 30 mins	Club Run	CORE WORKOUT 30 mins	MK Park-Run	REST or Sunday Club Run 1 Hour	
W6	Week 19	09/10/2017	Club Session	Z2H Coached Session	Walk 30 mins	Club Run	CORE WORKOUT 30 mins	MK Park-Run	REST or Sunday Club Run 1 Hour	
W7	Week 20	16/10/2017	Club Session	Z2H Coached Session	Walk 30 mins	Club Run	CORE WORKOUT 30 mins	REST	10 Mile Z2H Run Mile Challenge	
W8	Week 21	23/10/2017	Recovery or Walk 30min	Z2H Coached Session	REST	REST	CORE WORKOUT 30 mins	REST	Club Long Run	
W9	Week 22	30/10/2017	Recovery or Walk 30min	Z2H Coached Session	REST	Club Run - Intervals	CORE WORKOUT 30 mins	REST	Club Long Run	
W10	Week 23	06/11/2017	Recovery or Walk 30min	Z2H Coached Session	REST	Club Run - Intervals	CORE WORKOUT 30 mins	REST	Club Long Run	
W11	Week 24	13/11/2017	Recovery or Walk 30min	Z2H Coached Session	REST	Club Run - Intervals	CORE WORKOUT 30 mins	REST	Club Long Run	RACE Dirt Half 18/11/17
W12	Week 25	20/11/2017	Recovery or Walk 30min	Z2H Coached Session	REST	Club Run - Intervals	CORE WORKOUT 30 mins	REST	Club Long Run	
W13	Week 26	27/11/2017	Recovery or Walk 30min	REST	Track Session 6.45 Stantonbury Track, £1 members, £3 non members	Club Run - Intervals	CORE WORKOUT 30 mins	REST	Club Long Run	Can comfortably run 10 miles

DEC - FEB	ENDURANCE, STRENGTH AND CONTROL PHASE III	10 - 15 MILES - MARATHON TRAINING WITH MENTORS								
		W/C	MON	TUE	WED	THU	FRI	SAT	SUN	Milestone
W1	Week 27	04/12/2017	Recovery or Walk 30min	Z2H Coached Session with Mentors	Strength-Training	Club Run - Intervals	REST or WALK 30 Min	REST or 15 min Weights (Dumbell fly)	Club Long Run	RACE MK Winter Half 10/12/17
W2	Week 28	11/12/2017	Recovery or Walk 30min	Z2H Coached Session with Mentors	Strength-Training	Club Run - Intervals	REST or WALK 30 Min	REST	Club Long Run	
W3	Week 29	18/12/2017	Recovery or Walk 30min	Z2H Coached Session with Mentors	Strength-Training	Club Run - Intervals	REST or WALK 30 Min	REST	Club Long Run	
W4	Week 30	25/12/2017	Recovery or Walk 30min	Z2H Coached Session with Mentors	Track Session 6.45 Stantonbury Track, £1 members, £3 non members	Club Run - Intervals	REST or WALK 30 Min	REST or 15 min Floor work (push-ups)	Club Long Run	
W5	Week 31	01/01/2018	Recovery or Walk 30min	Z2H Coached Session with Mentors	Strength-Training	Club Run - Intervals	REST or WALK 30 Min	REST	13 Mile Z2H Run Mile Challenge	
W6	Week 32	08/01/2018	Recovery or Walk 30min	Z2H Coached Session with Mentors	Strength-Training	Club Run - Intervals	REST or WALK 30 Min	CORE Workout 30 min	Club Long Run	
W7	Week 33	15/01/2018	Recovery or Walk 30min	Z2H Coached Session with Mentors	Strength-Training	Club Run - Intervals	REST or WALK 30 Min	CORE Workout 30 min	Club Long Run	
W8	Week 34	22/01/2018	Recovery or Walk 30min	Z2H Coached Session with Mentors	Strength-Training	Club Run - Intervals	REST or WALK 30 Min	CORE Workout 30 min	Club Long Run	
W9	Week 35	29/01/2018	Recovery or Walk 30min	Z2H Coached Session with Mentors	Track Session 6.45 Stantonbury Track, £1 members, £3 non members	Club Run - Intervals	REST or WALK 30 Min	CORE Workout 30 min	Club Long Run	
W10	Week 36	05/02/2018	Recovery or Walk 30min	Z2H Coached Session with Mentors	Strength-Training	Club Run - Intervals	REST or WALK 30 Min	CORE Workout 30 min	Club Long Run	
W11	Week 37	12/02/2018	Recovery or Walk 30min	REST	Strength-Training	Club Run Threshold-intervals	REST or WALK 30 Min	CORE Workout 30 min	Club Long Run	
W12	Week 38	19/02/2018	Recovery or Walk 30min	REST	Strength-Training	Club Run Threshold-intervals	REST or WALK 30 Min	CORE Workout 30 min	Club Long Run	
W13	Week 39	26/02/2018	Recovery or Walk 30min	REST	Strength-Training	Club Run Threshold-intervals	REST or WALK 30 Min	CORE Workout 30 min	Club Long Run	Can comfortably run 15 miles

MAR - MAY	MAINTENANCE & CONTROL PHASE IV	15 - 20 MILES - MARATHON TRAINING WITH MENTORS								
		W/C	MON	TUE	WED	THU	FRI	SAT	SUN	Milestone
W1	Week 40	05/03/2018	Recovery or Walk 30min	Z2H Coached Session with Mentors	REST	Club Run Threshold-intervals	CORE Workout 60 mins	REST	15 mile Z2H Run Mile Challenge	RACE MK Festival of Running 11/3/18
W2	Week 41	12/03/2018	Recovery or Walk 30min	Z2H Coached Session with Mentors	REST	Club Run Threshold-intervals	CORE Workout 60 mins	REST	Club Long Run	RACE Oakley 20 18/03/18
W3	Week 42	19/03/2018	Recovery or Walk 30min	Z2H Coached Session with Mentors	REST	Club Run Threshold-intervals	CORE Workout 60 mins	REST	Club Long Run	
W4	Week 43	26/03/2018	Recovery or Walk 30min	REST	Track Session 6.45 Stantonbury Track, £1 members, £3 non members	Club Run Threshold-intervals	CORE Workout 60 mins	REST	Club Long Run	
W5	Week 44	02/04/2018	Recovery or Walk 30min	Z2H Coached Session with Mentors	REST	Club Run Threshold-intervals	CORE Workout 60 mins	REST	Club Long Run	
W6	Week 45	09/04/2018	Recovery or Walk 30min	Z2H Coached Session with Mentors	REST	Club Run Threshold-intervals	CORE Workout 60 mins	REST	Easy Run 30 mins	Distance Goal fo 18 to 20 Miles
W7	Week 46	16/04/2018	Recovery or Walk 30min	Z2H Coached Session with Mentors	REST	Easy Run 40 min	CORE Workout 60 mins	REST	Run 1HR 30min	
W8	Week 47	23/04/2018	Recovery or Walk 30min	Z2H Coached Session with Mentors	REST	Easy Run 30min	CORE Workout 60 mins	REST	Run 70 Mins	
W9	Week 48	30/04/2018 Taper	Easy Run 30 Mins	Z2H Coached Session with Mentors	REST and SLEEP	Run 50 Minutes	REST and SLEEP	REST and SLEEP	Walk 30mins SLEEP	
W10	RACE DAY	07/05/2018	MK Marathon Race Day	Recover	Recover	Recover	Recover	Recover	Recover	