

## BEGINNER RUNNER'S 15 WEEK TRAINING PLAN

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### TRAINING OVERVIEW

This plan is designed for runners who already have a basic running routine and are looking to build consistency, endurance, and strength. This plan is structured to support individuals currently running around three times per week, covering approximately 10 miles weekly. The goal is to introduce a mix of steady runs and varied intensity sessions while ensuring a balanced progression.

This programme is a suggestion and should be adapted to suit your work and home life and the days that suit you. You should always do some gentle warm-up exercises beforehand and some stretching exercises to warm-down afterwards.

### WHAT TO EXPECT

- A structured progression through different training phases:
  - Weeks 1-4: Aerobic Base & Fartlek Focus
  - Weeks 5-9: Strength & Speed Development
  - Weeks 10-14: Race-Specific Training & Sharpening
  - Week 15: Taper & Race Week
- Gradual mileage increases to build endurance safely
- Introduction of Fartlek workouts to enhance variability in pace
- Step-back weeks incorporated for recovery and adaptation



### A GUIDE TO THE TERMS IN THE PLAN:

**Walk:** Brisk walking pace (faster than walking to the shop)

**Jog:** Gentle running (able to chat easily throughout)

**Run:** Running at a pace that varies based on effort level:

- **Easy (3/10):** Comfortable running pace, relaxed breathing, able to hold a conversation
- **Moderate (5-6/10):** Controlled effort, breathing slightly heavier, conversation is limited
- **Hard / Race Pace (6-7/10):** Challenging pace, breathing is labored, can only speak in short phrases
- **Strides (7-8/10):** Short bursts of faster running with good form, controlled speed
- **Mixed Efforts (5-8/10):** A combination of different paces within the same session, alternating between moderate, hard, and stride efforts to build endurance and speed

### WHO IS THIS PLAN FOR?

- Runners who currently run three times per week
- Those looking to increase weekly mileage and improve endurance
- Individuals preparing for 5K - 10M races

WEEKS 1 -6 BEGINNER RUNNER'S TRAINING PLAN

|   |                             | DAY 1 | DAY 2   | DAY 3 | DAY 4  | DAY 5 | DAY 6                     | DAY 7           |
|---|-----------------------------|-------|---|-------|--|-------|---------------------------|-----------------|
|  WEEK 1   | STARTING WEEK OF APRIL 7TH  | REST  | WARM UP 15 MIN EASY, SPEED 4-6 *30 SECS HARD / 2 MINS EASY ~ 3 MILES  | REST  | WARM UP 15 MIN EASY, EASY RUN 8 4-6 *20 SEC STRIDES HARD ~ 3 MILES | REST  | REST                      | EASY 4 MILE RUN |
|  WEEK 2  | STARTING WEEK OF APRIL 14TH | REST  | WARM UP 15 MIN EASY, SPEED - 3-5 *1 MIN HARD / 2 MINS EASY ~ 4 MILES  | REST  | WARM UP 15 MIN EASY, EASY RUN 8 4-6 *20 SEC STRIDES ~ 3 MILES      | REST  | REST                      | EASY 5 MILE RUN |
|  WEEK 3 | STARTING WEEK OF APRIL 21ST | REST  | WARM UP 15 MIN EASY, SPEED - 3-4 * 90 SECS MODERATE ~ 3 MILES         | REST  | WARM UP 15 MIN EASY, EASY RUN 8 4-6 *20 SEC STRIDES ~ 3 MILES      | REST  | REST                      | EASY 5 MILE RUN |
|  WEEK 4 | STARTING WEEK OF APRIL 28TH | REST  | WARM UP 15 MIN EASY, SPEED 3-5*1 MIN HARD / 1 MIN EASY ~ 4 MILES      | REST  | WARM UP 15 MIN EASY, EASY RUN 8 4-6 *30 SEC STRIDES ~ 4 MILES      | REST  | REST                      | EASY 5 MILE RUN |
|  WEEK 5 | STARTING WEEK OF MAY 5TH    | REST  | WARM UP 15 MIN EASY, SPEED 3-4*2 MIN HARD / 2 MIN EASY ~ 4 MILES      | REST  | WARM UP 15 MIN EASY, EASY RUN 8 4-6 *30 SEC STRIDES ~ 3 MILES      | REST  | REST                      | EASY 4 MILE RUN |
|  WEEK 6 | STARTING WEEK OF MAY 12TH   | REST  | WARM UP 15 MIN EASY, EASY RUN 8 3-4*60 SECS MODERATE / EASY ~ 3 MILES | REST  | WARM UP 15 MIN EASY, EASY RUN 8 4-6 *30 SEC STRIDES ~ 3 MILES      | REST  | BIOFREEZE IRISH RUNNER 5K | REST            |

WEEK 6 IS 5K RACE WEEK!



WEEKS 7 - 12 BEGINNER RUNNER'S TRAINING PLAN

WEEK 7 IS  
RECOVERY WEEK!

|         |                            |
|---------|----------------------------|
| WEEK 7  | STARTING WEEK OF MAY 19TH  |
| WEEK 8  | STARTING WEEK OF MAY 26TH  |
| WEEK 9  | STARTING WEEK OF JUNE 2ND  |
| WEEK 10 | STARTING WEEK OF JUNE 9TH  |
| WEEK 11 | STARTING WEEK OF JUNE 16TH |
| WEEK 12 | STARTING WEEK OF JUNE 23RD |

WEEK 12 IS 5  
MILE RACE  
WEEK!

| DAY 1 | DAY 2  | DAY 3 | DAY 4  | DAY 5 | DAY 6 | DAY 7                            |
|-------|--|-------|--|-------|-------|----------------------------------|
| REST  | WARM UP 15 MIN EASY,<br>EASY RUN 8 4 - 6 *30 SECS<br>~ 4 MILES   | REST  | WARM UP 15 MIN EASY,<br>SPEED 3-4 *2 MIN<br>MODERATE / 2 MIN EASY<br>~ 5 MILES | REST  | REST  | EASY 6 MILE RUN                  |
| REST  | WARM UP 15 MIN EASY,<br>SPEED 3-5 *3 MIN<br>HARD / 2 MIN EASY<br>~ 5 MILES                             | REST  | WARM UP 15 MIN EASY,<br>EASY RUN 8 4-6 *30<br>SEC STRIDES<br>~ 4 MILES         | REST  | REST  | EASY 7 MILE RUN                  |
| REST  | WARM UP 15 MIN EASY,<br>SPEED 2-3 *4 MIN MODERATE / 2 MIN<br>EASY 8 4*30 SECS HARD / EASY<br>~ 5 MILES | REST  | WARM UP 15 MIN EASY,<br>EASY RUN 8 4-6 *30<br>SEC STRIDES<br>~ 4 MILES         | REST  | REST  | EASY 8 MILE RUN                  |
| REST  | WARM UP 15 MIN EASY,<br>SPEED 4-6*1 MIN MODERATE<br>/ 2 MIN EASY<br>~ 5 MILES                          | REST  | WARM UP 15 MIN EASY,<br>EASY RUN 8 4-6 *30<br>SEC STRIDES<br>~ 4 MILES         | REST  | REST  | EASY 9 MILE RUN                  |
| REST  | WARM UP 15 MIN EASY,<br>SPEED 3-4*4 MIN MODERATE / 2<br>MIN EASY 8 4*30 SECS HARD / EASY<br>~ 5 MILES  | REST  | WARM UP 15 MIN EASY,<br>EASY RUN 8 4-6 *30<br>SEC STRIDES<br>~ 4 MILES         | REST  | REST  | EASY 6 MILE RUN                  |
| REST  | WARM UP 15 MIN EASY,<br>SPEED 4*90 SECS RACE<br>PACE / 2 MINS EASY<br>~ 3 MILES                        | REST  | WARM UP 15 MIN EASY,<br>EASY RUN 8 4-6 *30<br>SEC STRIDES<br>~ 3 MILES         | REST  | REST  | BIOFREEZE<br>IRISH RUNNER 5 MILE |





WEEKS 13 - 15 BEGINNER RUNNER’S TRAINING PLAN

WEEK 14 IS TAPER WEEK (REDUCING TRAINING VOLUME & INTENSITY)

WEEK 13

STARTING WEEK OF JUNE 30TH

WEEK 14

STARTING WEEK OF JULY 7TH

WEEK 15

STARTING WEEK OF JULY 14TH

WEEK 15 IS 10 MILE RACE WEEK!

| DAY 1 | DAY 2  | DAY 3 | DAY 4  | DAY 5 | DAY 6 | DAY 7                          |
|-------|--|-------|--|-------|-------|--------------------------------|
| REST  | WARM UP 15 MIN EASY, SPEED 3-4*2 MIN MODERATE / 2 MIN EASY ~ 5 MILES | REST  | WARM UP 15 MIN EASY, EASY RUN 8 4-6*30 SEC STRIDES ~ 5 MILES | REST  | REST  | EASY 10 MILE RUN               |
| REST  | WARM UP 15 MIN EASY, SPEED 2-3*5 MINS HARD / 3 MINS EASY ~ 3 MILES   | REST  | WARM UP 15 MIN EASY, EASY RUN 8 4-6*30 SEC STRIDES ~ 4 MILES | REST  | REST  | EASY 7 MILE RUN                |
| REST  | WARM UP 15 MIN EASY, SPEED 4*30 SECS HARD / EASY ~ 3 MILES           | REST  | WARM UP 15 MIN EASY, EASY RUN 8 4-6*30 SEC STRIDES ~ 3 MILES | REST  | REST  | BIOFREEZE IRISH RUNNER 10 MILE |

