

ideal world training programme level 2

- 1
 - 1 *Steady run:* 20 mins Effort 2
 - 2 *Hill:* 25 mins Effort 2 – with 6 x 1 min hills at Effort 3, jogging back to recover
 - 3 *Steady run:* 30 mins Effort 2
 - 4 *Long run:* 5–6 miles Effort 2 . .
- 2
 - 1 *Hills:* 25 mins Effort 2 – with 6 x 30 second hills at Effort 4, jogging back to recover
 - 2 *Easy run:* 40 mins Effort 1
 - 3 *Fartlek:* 25 mins – to include 6 x 30 second bursts at Effort 4
 - 4 *Long run:* 6–7 miles Effort 1
- 3
 - 1 *Threshold run:* 20 mins Effort 3
 - 2 *Fartlek:* 30 mins – to include 8 x 40 second bursts at Effort 4
 - 3 *Steady run:* 35 mins Effort 2
 - 4 *Long run:* 7–8 miles Effort 2
- 4
 - 1 *Cross-training:* 40 mins
 - 2 *Fartlek:* 30 mins inc. 8 x 40 seconds bursts at Effort 4
 - 3 *Long run:* 8–9 miles Effort 1 OR 10km race
- 5
 - 1 *Threshold run:* 25 mins Effort 3
 - 2 *Hilly run:* 30 mins Effort 3 up hills, Effort 2 on downhill and flat
 - 3 *Interval run:* 30 mins inc. 6 x 2 mins at Effort 4 with 2 min recovery at Effort 1
 - 4 *Easy run:* 30 mins Effort 1
 - 5 *Long run:* 10–11 miles Effort 1–2
- 6
 - 1 *Interval run:* 40 mins inc. 5 x 3 min at Effort 4 with 3 min recoveries at Effort 1
 - 2 *Threshold run:* 25 mins Effort 3
 - 3 *Easy run:* 40 mins Effort 1
 - 4 *Hilly run:* 30 mins Effort 3 up hills, Effort 2 on downhill and flat
 - 5 *Long run:* 11–12 miles Effort 2 OR 10 mile race (NB: Don't race today if you did a 10km in week 4)
- 7
 - 1 *Steady run:* 40 mins Effort 2
 - 2 *Interval run:* 50 mins inc. 4 x 5 mins at Effort 4, with 5 min recoveries at Effort 1, followed by 10 mins at Effort 3
 - 3 *Steady run:* 1 hr Effort 2
 - 4 *Threshold run:* 30 mins Effort 3
 - 5 *Long run:* 12–13 miles Effort 2

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- 1 *Easy run:* 45 mins Effort 1
- 2 *Cross-training:* 40 mins
- 3 *Steady run:* 1 hr Effort 2
- 4 *Long run:* 13-14 miles Effort 2

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- 1 *Speed session:* 30 mins inc. 5 x 60 seconds at Effort 4 with 60 second recoveries at Effort 1, followed by 5 mins at Effort 2 and then repeat
- 2 *Steady run:* 1 hr 15 mins Effort 2
- 3 *Fartlek:* 50 mins of your choice
- 4 *Interval run:* 40 mins inc. 10 x 2 mins at Effort 4, with 2 min recoveries at Effort 1
- 5 *Long run:* 14-15 miles Effort 2

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- 1 *Steady run:* 1 hr 10 Effort 2
- 2 *Threshold run:* 30 mins Effort 3
- 3 *Hilly run:* 50 mins: 10 mins at Effort 2, then 10 x 100m hills at Effort 4
- 4 *Interval run:* 35 mins, inc. 8 x 2 mins at Effort 4 with 2 min recoveries at Effort 1
- 5 *Long run:* 15-16 miles Effort 2 OR Half Marathon Race

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- 1 *Speed session:* 40 mins inc. 5 x 60 seconds at Effort 4 with 60 second recoveries at Effort 1, followed by 5 mins at Effort 2 and then repeat. Follow with 10 mins at Effort 3
- 2 *Steady run:* 30 mins Effort 2
- 3 *Fartlek run:* 40 mins to include 8 bursts of 30-60 seconds at Effort 4
- 4 *Threshold run:* 25 mins Effort 3
- 5 *Long run:* 17-18 miles Effort 1

12

- 1 *Easy run:* 1hr Effort 1
- 2 *Cross-training:* 40 mins
- 3 *Steady run:* 40 mins Effort 2
- 4 *Long run:* 19-20 miles Effort 2

13

- 1 *Threshold Run:* 25 mins Effort 3
- 2 *Steady run:* 50 mins Effort 2
- 3 *Fartlek run:* 50 mins, to include 10 x 40-60 seconds at Effort 4 and last 10 mins at Effort 3
- 4 *Long run:* 20-22 miles at Effort 2

14

- 1 *Easy run:* 30 mins Effort 1
- 2 *Interval run:* 30 mins inc. 5 x 2 mins at Effort 3 with 2 min recoveries at Effort 1
- 3 *Threshold run:* 25 mins, Effort 3
- 4 *Steady run:* 30 mins Effort 2
- 5 *Long run:* 10-11 miles Effort 2

15

- 1 *Interval run:* 30 mins inc. 5 x 1 min at Effort 3 with 1 min recoveries at Effort 1
- 2 *Easy run:* 30 mins Effort 1 with last 10 mins at Effort 3
- 3 *Steady run:* 30 mins Effort 2
- 4 *Long run:* 5 miles Effort 2

16

- 1 *Easy run:* 40 mins Effort 1 with 5 20m strides at the end
- 2 *Cross-training:* 30 mins OR Rest
- 3 *Easy run:* 20-30 mins Effort 1 with 5 20m strides at the end
- 4 *Race Day*