



*Cattle Creep Events x The Running Hub*



# Cattle Creep A Little Further

Hello and welcome to your training plan. Thank you for making the investment to becoming a #StrongerFitterFaster runner. This document will detail everything you need to know to help you get ready for the cattle creep a little further in 10 weeks

Before starting this plan you should be running regularly 3 - 4 times a week already.

You will be completing 4 - 5 runs per week. There are some optional runs, feel free to add in additional cross training to gain the training benefits but without placing too impact and stress on the body.

The plan is structured to allow for enough recovery time between sessions, if you need to change the plan slightly to fit with your lifestyle then ensure you are resting as much as possible between training days. If you miss a few runs, please do not try to chase the plan. Doing too much, too close together can sometimes have a negative impact rather than positive and this is when injuries can occur.

The plan involves a variety of different types of runs to keep the plan varied but also maximise the training benefits. I'm so excited for you to get faster, have some fun and enjoy the training process.

Be prepared to put in the hard work and see the results!

For any further information or support follow @therunninghubcommunity on Instagram

Coach Katie and James x

@Jamesdown1986

@run\_with\_coachkatie

# GLOSSARY

<b>EASY PACE</b>	Easy pace should be exactly that, you should be able to hold conversation at this pace. It should feel relaxed and comfortable and be slower than your goal half marathon pace. These runs help to build your aerobic base.
<b>TEMPO PACE</b>	These sessions are to increase your Aerobic Capacity so should be running at around 70-80% effort level or around your target half marathon pace. These are tough workouts but help to build speed and confidence. Ensure you complete a 10 - 15 minute warm up and cool down either side of the tempo workout/effort.
<b>YOGA/STRETCHING</b>	Please make sure you incorporate stretching, foam rolling and yoga into your week. With the increased intensity of this plan, your body will love you for it and it will help you to remain injury free.
<b>INTERVALS</b>	This is where the fun begins. We will be using intervals to work on faster paces, so that on the day the half marathon pace feels easier. These sessions include shorter bursts of running at a target pace with recovery breaks of walking. Always complete a 10 - 15 minute warm up and cool down either side of the interval session.
<b>CROSS TRAINING</b>	This can be a swim, bike ride, walk or gym session. This allows us to build more training into our week but without increasing the intensity load too much. It allows our running legs to recover but also gain some benefits in other areas.

## REST DAY

Rest days are just as important as training days. This will allow your body to recover, reap the adaptations from the previous training and allow you to get ready for the next session ahead.

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	5K Easy or Cross Training	8 x 400m 90 Seconds Recovery	Yoga / Stretching	10, 20, 10	Rest	30 Minutes Easy or Rest	60 - 75 Minutes Easy 'Long Run'
Comments	Swim, bike or walk. Around 30 - 45 minutes.	Aim for around 5k target pace. Make sure to include a warm up and cool down too.	Core Work	Easy first and last 10 minutes. Make the middle 20 mins around HMP or faster.	Stretch	Optional additional run	Stretch
2	5K Easy or Cross Training	3 x 1 Mile 2 Minutes Recovery	Yoga / Stretching	40 Minutes - 3 Easy, 2 Steady x 8	Rest	30 Minutes Easy or Rest	75 - 80 Minutes Easy 'Long Run'
Comments	Swim, bike or walk. Around 30 - 45 minutes.	Aiming for slightly faster than your target half marathon pace.	Core Work	A mix of easy and steady pace today to mix things up. The run should flow well.	Stretch	Optional additional run	Stretch
3	5K Easy or Cross Training	2 x 2 Mile 3 Minutes Recovery	Yoga / Stretching	1, 3, 1	Rest	30 Minutes Easy + Strides or Rest	90 Minutes Easy 'Long Run'
Comments	Swim, bike or walk. Around 30 - 45 minutes.	Aiming for slightly faster than your target half marathon pace.	Core Work	1 Mile Easy, 3 @ HMP, 1 Mile Easy	Stretch	Optional additional run	Stretch
4	5K Easy or Cross Training	6 x 4 Minutes 2 Minutes Recovery	Yoga / Stretching	1, 4, 1	Rest	30 Minutes Easy or Rest	90 Minutes Easy 'Long Run'
Comments	Swim, bike or walk. Around 30 - 45 minutes.	Aim for 5 - 10k pace.	Core Work	1 Mile Easy, 4 @ HMP, 1 Mile Easy	Stretch	1 Mile Easy, 1 Mile Fast, 1 Mile Easy	Stretch
5	5K Easy or Cross Training	10 x 1 Minute 60 Seconds Recovery	Yoga / Stretching	5 Miles Easy	Rest	5K Steady	60 Minutes Easy 'Long Run'
Comments	Swim, bike or walk. Around 30 - 45 minutes.	Recovery week so the intensity is dropped slightly for this session.	Core Work	Recovery week this week.	Stretch	Optional additional run	Stretch
6	5K Easy or Cross Training	5 x 1KM 90 Seconds Recovery	Yoga / Stretching	10km Progressive	Rest	30 - 40 Minutes Easy or Rest	90 - 100 Minutes Easy 'Long Run'
Comments	Swim, bike or walk. Around 30 - 45 minutes.	Aiming for as close to 5km pace as possible.	Core Work	Start off easy and aim to make each mile quicker than the last.	Stretch	Optional additional run	Stretch
7	Rest or Cross Training	1, 2, 3, 4, 3, 2, 1 60 Seconds Recovery	30 Minutes Easy	1, 4, 1	Rest	2 - 3 Mile Easy or Rest	100 Minutes Easy 'Long Run'
Comments	Swim, bike or walk. Around 30 - 45 minutes.	All minute based intervals. Take 1 minute between each rep.	Core Work	1 Mile Easy, 4 @ HMP, 1 Mile Easy	Stretch	Optional additional run	Stretch
8	Rest or Cross Training	6 x 800m 2 Minutes Recovery	30 Minutes Easy	1, 5, 1	Rest	30 - 40 Minutes Easy	2 Hours Easy 'Long Run'
Comments	Swim, bike or walk. Around 30 - 45 minutes.	Aim for 5 - 10k pace.	Core Work	1 Mile Easy, 5 @ HMP, 1 Mile Easy	Stretch	Optional additional run	
9	Rest or Cross Training	10 - 12 x 400m 60 Seconds Recovery	Yoga / Stretching	4 Miles Easy	Rest	Fast 5K	60 Minutes Easy 'Long Run'
Comments	Swim, bike or walk. Around 30 - 45 minutes.	Aim for around 5k target pace.	Core Work		Stretch	Put your training to the test and see how much progress you've made.	
10	Rest	4 x 400, 200, 200 60s Recovery between each rep 120s Recovery per set	5K Easy	Rest	Rest	5K Easy	RACE DAY
Comments	Take advantage of the rest today and prepare for Sunday	Aiming for slightly faster than your target half marathon pace.	Core Work			Optional additional run	You can do it!