

# 1. Beginner Training Plan

## Week 1:

- **Monday:** 3km easy run
- **Wednesday:** 2km brisk walk + 1km easy run
- **Friday:** Rest or cross-training (e.g., cycling or swimming)
- **Saturday:** 4km easy run
- **Sunday:** Rest

## Week 2:

- **Monday:** 3km easy run
- **Wednesday:** 2.5km brisk walk + 1.5km easy run
- **Friday:** Rest or cross-training
- **Saturday:** 5km easy run
- **Sunday:** Rest

Continue to gradually increase distance and intensity over the course of the plan.

# 2. Intermediate Training Plan

## Week 1:

- **Monday:** 5km easy run
- **Wednesday:** 4km at a moderate pace
- **Friday:** Rest or cross-training
- **Saturday:** 7km long run at an easy pace
- **Sunday:** Rest

## Week 2:

- **Monday:** 6km easy run
- **Wednesday:** 5km with intervals (e.g., 4x400m at a fast pace with 200m recovery)
- **Friday:** Rest or cross-training

- **Saturday:** 8km long run at an easy pace
- **Sunday:** Rest

Progressively increase mileage and incorporate speed work and tempo runs.

### 3. Advanced Training Plan

#### Week 1:

- **Monday:** 8km easy run
- **Wednesday:** 6km tempo run (at a comfortably hard pace)
- **Friday:** Rest or cross-training
- **Saturday:** 12km long run at a moderate pace
- **Sunday:** Rest

#### Week 2:

- **Monday:** 8km easy run
- **Wednesday:** 7km with intervals (e.g., 6x800m at a fast pace with 400m recovery)
- **Friday:** Rest or cross-training
- **Saturday:** 14km long run at a moderate pace
- **Sunday:** Rest

Incorporate more speed work and longer runs to build endurance and stamina.