

CoNAC's training plan - improvers

	Mon	Tue	Wed	Thu	Fri	Sat or Sun
Week 1	2 x 20mins	rest	2 x 20mins	rest	rest	30mins
Week 2	2 x 20mins	rest	2 x 20mins	rest	rest	30mins
Week 3	2 x 20mins	rest	30mins	rest	rest	35mins
Week 4	30mins	rest	30mins	rest	rest	40mins
Week 5	CoNAC	rest	20mins	rest	40mins	20mins
Week 6	CoNAC	rest	45mins	rest	30mins	30mins

Notes

a - If the session is "2 x something" then take a three minute walk between the two runs

b - Consistency is the key if you are serious about becoming a proper runner. This plan builds gradually from three to four runs per week

c - If a particular week turns out to be a bit too hard, you should repeat the previous week one more time before you move on to the next

d - A sensible diet is essential. Less dairy products, less bread, less alcohol; more vegetables, more fruit, more fish than red meat

e - Coming to CoNAC once a week and doing very little else in the meantime will not turn you into a proper runner. But this plan will help

f - Stick a copy of this plan on the fridge so that the whole family can see it - and then proudly tick off the sessions as you complete them one by one

g - Once you have completed this plan, then increasing the length of your weekend run and starting Thursday night effort sessions is next

Good luck!!