

## 1. The Level I Schedule

This schedule is designed for anyone who isn't too fussed about how quickly they get round in, just as long as they get round. Before starting this schedule, runners should have been doing some running or walking for a few weeks. If you think that you need more conditioning before starting the program use the 'Get me started' schedule above.

Each of the runs can be carried out as a run / walk. Start off by running as far as you comfortably can and then walking for a minute or two, then repeating for the duration of the training session. As your fitness improves try to increase the length of time you spend running and reduce the length of 'walk' time.

On one of your days off you can do some cross training if you want (such as easy walking, swimming or cycling).

### Letter code:

L = long run

O = off day

SL = semi-long run

C = cross-training

R = recovery run

H = hilly run

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Phase	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
<b>Endurance</b>		<i>C/O</i>	<b>R</b>	<b>R/C/O</b>	<b>SL</b>	<b>R/C</b>	<b>O</b>	<b>L</b>	
	<b>Week 1</b>	Off	2-3	2-3	2-4	2-3	Off	4	8-17
	<b>Week 2</b>	Off / Cross	2-3	2-3	2-4	2-3	Off	6	10-19
<b>Recovery</b>	<b>Week 3</b>	Off	2-3	Off	2-3	2-3	Off	6	10-15
	<b>Week 4</b>	Off / Cross	2-4	2-3	2-4	2-3	Off	8	12-22
	<b>Week 5</b>	Off / Cross	2-4	2-3	3-5	2-3	Off	9	14-24
	<b>Week 6</b>	Off / Cross	2-4	2-3	3-5	2-3	Off	8	13-23
<b>Recovery</b>	<b>Week 7</b>	Off	2-3	Off / Cross	2-4	2-3	Off	10	14-20
	<b>Week 8</b>	Off / Cross	2-4	2-3	3-5	2-3	Off	12	17-27
	<b>Week 9</b>	Off	3-5	2-3	2-4	8	Off	5k Event	15-26
	<b>Week 10</b>	Off	2-3	2-3	4-6	2-4	Off	14	21-31
<b>Recovery</b>	<b>Week 11</b>	Off	2-4	Off / Cross	3-5	8	Off	5k Event	13-20
<b>Strength</b>		<i>C/O</i>	<b>R</b>	<b>R/C/O</b>	<b>H</b>	<b>R +/-or C</b>	<b>O</b>	<b>L</b>	
	<b>Week 12</b>	Off	2-4	2-3	4-6	2-4	Off	16	25-32
	<b>Week 13</b>	Off / Cross	3-5	2-3	5-7	2-4	Off	10	20-29
<b>Recovery</b>	<b>Week 14</b>	Off	3-5	2-3	5-7	2-3	Off	1/2 Marathon	10-18
	<b>Week 15</b>	Off	2-3	3-5	4-6	2-4	Off	18.5	37-45
	<b>Week 16</b>	Off	3-6	2-3	6-8	3-5	0	10	22-32
	<b>Week 17</b>	Off / Cross	4-6	2-3	6-8	3-5	Off	20	33-42
<b>Taper</b>			<b>R</b>	<b>R/O</b>	<b>R</b>	<b>R/O</b>	<b>O</b>	<b>SL</b>	
	<b>Week 18</b>	Off	3-6	2-3	4-6	2-4	Off	10	17-29
	<b>Week 19</b>	Off	3-5	2-3	3-5	2-3	Off	7	13-23
	<b>Week 20</b>	Off	3-4	2-3	2-3	0-2	0	<b>Marathon</b>	