

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 Codes:

O	Off day	Complete rest. No cross-training. Active recovery such as self massage recommended.
C	Cross-training	Non-weight-bearing aerobic activities such as aqua-jogging, swimming, or cycling. Perform at a conversation effort for 20-40 minutes.
R	Recovery run	Very relaxed effort over flat terrain for short duration followed by extensive stretching routine to loosen up tight spots. Have fun with this one!
SL	Semi-long run	After 2 mile warm-up (very relaxed effort), settle into conversation effort.
L	Long run	After 2 mile warm-tip (very relaxed effort), settle into conversation effort.
H	Hilly run	After 2 mile warm up, do a hillier than average route at conversation effort.
/	Or	C/O means to either cross-train or take the day off.

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Phase	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Endurance		<i>O</i>	<i>C/O</i>	<i>SL</i>	<i>C/O</i>	<i>R</i>	<i>O</i>	<i>L</i>	
	Week 1			1		1		2	4
	Week 2			1		1		2	4
	Week 3			2		1		3	6
Recovery	Week 4			1		1		4	6
	Week 5			2		1		4	7
	Week 6			2		2		5	9
	Week 7			3		2		5	10
Recovery	Week 8			2		2		6	10
	Week 9			4		2		6	12
	Week 10			4		3		8	15
Strength		<i>O</i>	<i>R/C</i>	<i>SL</i>	<i>C/O</i>	<i>H</i>	<i>C/O</i>	<i>L</i>	
	Week 11		2	5		3		8	16-18
	Week 12		2	5		3	0	10	18-20
Recovery			<i>C/O</i>	3		3	0	8	14
	Week 13		3/0	6		4		5K Event	10-22
	Week 14		3/0	6		4	0	12.5	22-35
Taper		<i>O</i>	<i>O</i>	<i>R</i>	<i>O</i>	<i>R</i>	<i>O</i>	<i>SL</i>	
	Week 15			4		3		10	17
	Week 16			3		3		8	14-17
	Week 17			3		1		1/2 Marathon	5