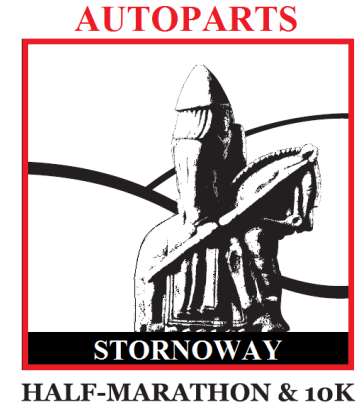




Stornoway Running & Athletics Club

Stornoway Half Marathon & 10k 2019 training plan



This plan has been developed by SRAC to guide club members and non-members training for the Stornoway Half marathon or 10k on 25th May. See here for more details about the races <https://srac.org.uk/half/>

The plan will be run at the regular SRAC senior training sessions. There are two training options 'intermediate' or 'advanced' if you are unsure which one to follow please speak to one of the leaders at training.

Notes about training sessions:

Monday session – meet 6pm at the Stornoway running track, £2 for members, £3 for non-members. Everyone should jog at least 1 mile (4 laps of the track) when they arrive and be ready for drills and strides before the session starts.

Thursday session – meet 6pm at the Golf Club car park, no fee.

Note: Wacky Race 5k will be on Thurs 28 March instead of the session see sign up details here <https://srac.org.uk/wacky Races/>

Sunday long run – meet at 10am in the Lews Castle car park, then meet up for coffee and (optional) bun in the Castle café afterwards. This should be run at a comfortable pace at least a minute per mile slower than your half marathon goal pace, you should be able to talk!

Wednesday, Friday and Saturday (optional) runs – there will be no formal meet ups for these runs but we would encourage you to arrange to meet with others that run at a similar pace. Why not post on the SRAC Run@lesisure facebook group if you are heading out!

If you have any questions or need any advice please email seniortraining@srac.org.uk

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (optional)	Sunday long run
Week beginning 25 th March	Intermediate 1 min – 1 rec 2 min – 2 rec 3 min – 3 rec X 3 sets	Rest	20-30 minute easy run + circuit/core training	Wacky Race 6 5km (Sty parkrun route)	Short easy banter run or rest	30 min steady-hardish paced run	90 min run (10k – 45 min run)
	Advanced 1 min - 1 rec 2 min - 2 rec 3 min - 3 rec X 4 sets	Rest	20-30 minute easy run + circuit/core training	Wacky Race 6 5km (Sty Parkrun route)	Short easy banter run or rest	7 miles steady/hilly run	90 min run
Week beginning 1 st April	Intermediate 7 x 2 minutes with 2 min rec	Rest	20-30 minute easy run + circuit/core training	Cearns hill, 2 sets of 5 x 45 sec jog down rec. (6 min between sets)	Short easy banter run or rest	30 min steady-hardish paced run	1h 40 min run (10k – 50 min run)
	Advanced 10 x 2 min with 2 min active rec	Rest	20-30 minute easy run + circuit/core training	Cearns hill, 2 sets of 6 x 45 sec jog down rec. (5 min between sets)	Short easy banter run or rest	7 miles steady/hilly run	1h 40 min run
Week beginning 8 th April	Intermediate 5 x 3 min with 2 min rec	Rest	20-30 minute easy run + circuit/core training	Rest	Pentland 10k or 5k	Easy 30 min run	1h 40 min run (10k – 50 min run)
	Advanced 7 x 3 min with 2 min active rec	Rest	20-30 minute easy run + circuit/core training	Rest	Pentland 10k or 5k	Easy 40 min run	1h 40min run
Week beginning 15 th April	Intermediate 1 min – 1 rec 2 min – 2 rec 3 min – 3 rec X 3 sets	Rest	20-30 minute easy run + circuit/core training	Strawberry hill, 2 sets of 4 x 1 min, jog dwn rec. (6 min between sets)	Short easy banter run or rest	SRAC OGM, 3000m (track race)	1h 50 min run (10k – 55 min run)

	Advanced 1 min - 1 rec 2 min - 2 rec 3 min - 3 rec X 4 sets	Rest	20-30 minute easy run + circuit/core training	Tempo 10 min out and back	Short easy banter run or rest	SRAC OGM, 3000m (track race)	1h 50 min run
Week beginning 22nd April	Intermediate 7 x 2 minutes with 2 min rec	Rest	20-30 minute easy run + circuit/core training	Gallows hill, 4 x 90sec up, jog down rec	Short easy banter run or rest	30 min steady-hardish paced run	1h 50 min run (10k – 55 min run)
	Advanced 10 x 2 min with 2 min active rec	Rest	20-30 minute easy run + circuit/core training	Gallows hill, 5 x 90 sec up, jog down rec	Short easy banter run or rest	7.5 miles steady/hilly run	1h 50 min run
Week beginning 29th April	Intermediate 5 x 3 min with 2 min rec	Rest	20-30 minute easy run + circuit/core training	Cearns hill, 2 sets of 5 x 45 sec jog down rec. (6 min between sets)	Short easy banter run or rest	30 min steady-hardish paced run	2 hour run (10k – 60 min run)
	Advanced 7 x 3 min with 2 min active rec	Rest	20-30 minute easy run + circuit/core training	Cearns hill, 2 sets of 6 x 45 sec jog down rec. (5 min between sets)	Short easy banter run or rest	8 miles steady/hilly run	2 hour run
Week beginning 6th May	Intermediate 1 min – 1 rec 2 min – 2 rec 3 min – 3 rec X 3 sets	Rest	20-30 minute easy run + circuit/core training	Strawberry hill, 2 sets of 4 x 1 min, jog dwn rec. (6 min between sets)	Short easy banter run or rest	30 min steady-hardish paced run	2 hour run, easy pace (10k – 60 min run)
	Advanced 1 min - 1 rec 2 min - 2 rec 3 min - 3 rec X 4 sets	Rest	20-30 minute easy run + circuit/core training	Tempo 10 min out and back	Short easy banter run or rest	8 miles steady pace	2 hour run, easy pace

Week beginning 13th May	Intermediate 8 x 2 minutes with 2 min rec	Rest	20-30 minute easy run + circuit/core training	Gallows hill, 4 x 90sec up, jog down rec	Short easy banter run or rest	Rest	70 min run
	Advanced 12 x 2 min with 2 min active rec	Rest	20-30 minute easy run + circuit/core training	Gallows hill, 5 x 90 sec up, jog down rec	Short easy banter run or rest	8 miles steady pace	70 min run
Week beginning 20th May	Intermediate 5 x 3 min with 2 min rec	Rest	20-30 min easy run	Easy run including 4 x 2 min busts	Rest	STORNOWAY HALF MARATHON OR 10k	Ceilidh recovery run? 😊
	Advanced 8 x 3 min with 2 min active rec	Rest	20-30 min easy run	Easy run including 4 x 2 min busts	Rest	STORNOWAY HALF MARATHON OR 10k	Ceilidh recovery run? 😊