

16-Week Mixed-Ability Running Club Plan

This plan provides two options for each workout: Option A for more experienced runners, and Option B for those seeking a gentler progression. Sessions are on Monday (Track), Tuesday (Hilly Steady), and Thursday (Reps/Strength Endurance).

Monday – Track Session (Speed & Form)

Weeks	Option A (Experienced)	Option B (Easier)
1–2	12 × 400m @ 5k pace, 200m jog	8 × 400m @ 5k pace, 200m walk/jog
3–4	6 × 800m @ 10k pace, 200m jog	4 × 800m @ 10k pace, 200m walk/jog
5–6	16 × 300m @ 3k pace, 100m jog	10 × 300m @ 5k pace, 100m walk
7–8	5 × 1k @ 10k pace, 200m jog	3 × 1k @ 10k pace, 200m walk/jog
9–10	20 × 200m @ mile pace, 100m jog	12 × 200m @ 3k pace, 100m walk
11–12	Pyramid: 200–400–600–800–600–400–200 @ 5k pace	Shorter pyramid: 200–400–600–400–200
13–14	10 × 500m @ 3k pace, 200m jog	6 × 500m @ 5k pace, 200m walk
15–16	12 × 400m sharp @ faster than 5k pace	8 × 400m steady @ 5k pace

Tuesday – Hilly Steady Run

Weeks	Option A (Experienced)	Option B (Easier)
1–4	6–7 miles hilly, steady pace	4–5 miles hilly, easy-steady
5–8	7–8 miles hilly, steady pace	5–6 miles hilly, easy-steady
9–12	8–9 miles hilly, steady pace	6–7 miles hilly, steady
13–16	7–8 miles brisk steady	5–6 miles steady

Thursday – Reps / Strength Endurance

Weeks	Option A (Experienced)	Option B (Easier)
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1-2	6 × 3 mins hard / 90s jog	4 × 3 mins / 90s walk/jog
3-4	8 × 2 mins hard / 1 min jog	5 × 2 mins / 1 min walk/jog
5-6	Hill reps: 10 × 45s, jog back	Hill reps: 6 × 45s, walk back
7-8	5 × 5 mins @ 10k pace / 2 min jog	3 × 5 mins / 2 min walk/jog
9-10	Hill reps: 8 × 1 min, jog back	Hill reps: 5 × 1 min, walk back
11-12	Fartlek: 8 × 90s hard / 90s easy	5 × 90s / 90s easy
13-14	6 × 4 mins hard / 2 min jog	4 × 4 mins / 2 min walk/jog
15-16	Hill pyramid: 30s-45s-60s-90s-60s-45s-30s	Shorter pyramid: 30s-45s-60s-45s-30s

Pace Guide

Easy pace: Conversational effort, roughly 65–75% of your maximum heart rate. Breathing should be comfortable, and you should be able to talk in full sentences.

Steady pace: Controlled but strong effort, around 75–85% of maximum heart rate. You can speak in short phrases but not hold a full conversation.

10k pace: Effort you could sustain for a 10k race; challenging but even. Around 85–90% of maximum heart rate.

5k pace: Effort you could sustain for a 5k race; hard running, around 90–95% of maximum heart rate.

3k/Mile pace: Very hard running, close to maximum sustainable speed for 4–7 minutes.

Fartlek: Varying pace between faster bursts and easier running for recovery. The 'hard' should feel like 5k pace, and the 'easy' like an easy jog.