LCL10K & LLHM 2023 TRAINING PLAN

BROUGHT TO YOU BY MARA YAMAUCHI, THE UK'S SECOND-FASTEST FEMALE MARATHON RUNNER OF ALL TIME AND A TWO-TIME OLYMPIAN.
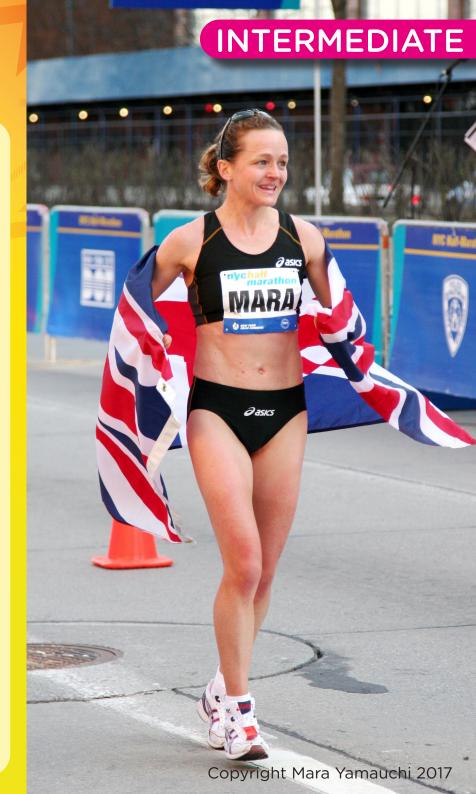
Training tips to remember

- Consistency in training is key, but be sensible and flexible when approaching training. Sometimes training plans can be adjusted.
- Always perform a good warm-up and warm-down before and after training to maximise performance and help prevent injury.
- Listen to your body and be aware of injuries developing. Training through injury could make it worse. If in doubt, seek professional help.
- The LLHM is a road race but try to do at least some training on soft surfaces eg on grass or trails to help prevent injury.

Explaining the Training Plan

- This plan is designed for intermediate runners, so it assumes you are already running regularly, including some high intensity running.
- This plan only includes running training. If you can, try to also include 1-2 short (eg 15 mins) sessions of strength & conditioning training per week such as pilates, yoga or body weight exercises at home.
- You will run five days per week with this plan. Tuesdays are for speed work. Fridays are for building speed endurance. Sundays are a long run or race to build endurance over the half marathon distance. Mondays and Thursdays are rest days. Wednesdays and Saturdays are for building aerobic fitness. If you feel you need more than two rest days per week, then Saturday can be used for "active recovery" instead of running – this means some kind of non-running easy physical activity such as swimming, cycling or walking, for a minimum of 30 minutes.
- Intermediate races are included in this plan which could be cross country, 10km, or 10 miles. These are useful measures of your fitness and a good opportunity to try out race strategies.

Glossary

- Easy run - you could comfortably maintain a conversation as you run
- Steady run - comfortable but purposeful pace
- Hard run - strong effort (85-95% maximum workrate)
- Fartlek - means 'speed play' a variation of paces and terrains

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
09 Jan	Rest Day	10 mins easy run, 5 x (1 min hard run, 1 min easy run), 10 mins easy run	30 mins easy run	Rest Day	10 mins easy run, 10 mins steady run, 10 mins easy run	20 mins easy run	50 mins easy run
16 Jan	Rest Day	10 mins easy run, 3 x (3 mins hard run, 2 mins easy run), 10 mins easy run	30 mins easy run	Rest Day	10 mins easy run, 2 x (6 mins hard run, 2 mins easy run), 10 mins easy run	20 mins easy run	60 mins easy run
23 Jan	Rest Day	10 mins easy run, 5 x 70 sec hill run, jog back down, 10mins easy run	35 mins easy run	Rest Day	10 mins easy run, 20 mins fartlek, 10 mins easy run	25 mins easy run	70 mins easy run
30 Jan	Rest Day	35 mins easy run	25 mins easy run	Rest Day	50 mins easy run	20 mins easy run	30 mins steady run
06 Feb	Rest Day	10 mins easy run, 2 x (3, 2, 1 mins hard runs, all 90 secs easy run between). 3 mins easy run between sets. 10 mins easy run	40 mins easy run	Rest Day	10 mins easy run, 20 mins steady run, 10 mins easy run	25 mins easy run	60 mins easy run
13 Feb	Rest Day	10 mins easy run, 6 x uphill run of 60 secs, jog down, 10 mins easy run	45 mins easy run	Rest Day	10 mins easy run, 2 x (7 mins hard run, 2 mins easy run), 10 mins easy run	30 mins easy run	**80 mins easy run / LCL10K**
20 Feb	Rest Day	10 mins easy run, 8 x 50 sec hill run, jog back down, 10 mins easy run	50 mins easy run	Rest Day	10 mins easy run, 25 mins fartlek, 10 mins easy run	30 mins easy run	60 mins easy run
27 Feb	Rest Day	40 mins easy run	35 mins easy run	Rest Day	60 mins easy run	20 mins easy run	30 mins steady run
6 Mar	Rest Day	10 mins easy run, 4 x (3 mins hard run, 90 secs easy run), 10 mins easy run	40 mins easy run	Rest Day	10 mins easy run, 30 mins steady run, 10 mins easy run	20 mins easy run	90 mins easy run
13 Mar	Rest Day	10 mins easy run, 10 x (1 min hard run, 1 min easy run), 10 mins easy run	30 mins easy run	Rest Day	10 mins easy run, 20 mins race pace, 10 mins easy run	20 mins easy run	70 mins easy run
20 Mar	Rest Day	10 mins easy run, 3 x (4 mins hard run, 2 mins easy run), 10 mins easy run	20 mins easy run	Rest Day	10 mins easy run, 2 x (6 mins hard run, 2 mins easy run), 10 mins easy run	20 mins easy run	50 mins easy run
27 Mar	Rest Day	10 mins easy run, 3 x (2 mins hard run, 1 min easy run), 10 mins easy run	20 mins easy run	Rest Day	30 mins easy run	10 mins easy run	**LLHM**