

THE BOLTON BLAST

RUN SESSIONS

PLANS & TIPS TO HELP YOU REACH YOUR GOAL

GENERAL ADVICE

1. Don't run just after eating
2. Don't worry about taking a drink with you - drink after your run
3. Always warm up for 5 minutes, then stop and stretch for 2-3 minutes before carrying on. Stop and stretch as often as you like
4. Aim to usually run at a pace you can still talk at, but don't be worried about getting out of breath some times e.g. when going up a hill
5. Always stop and walk if you feel uncomfortably out of breath
6. Aim to train consistently and build up gradually. Don't get carried away and then overdo things - that will only set you back

SESSIONS

- A.** Walk 5min, stretch. Then run 1 min, walk 1 min, alternately for 10 min
- B.** Walk 5min, stretch. Then run 2 min, walk 1 min, alternately for 21 min
- C.** Jog 5min, stretch. Then run 5 min, walk 1 min, alternately for 24 min
- D.** Jog 5min, stretch. Then run 15 min, walk 1 min, alternately for 32 min
- E.** Jog 5min, stretch. Then run 10 min, walk 2 min, alternately for 48 min
- F.** Jog 5min, stretch. Then run 10 min, walk 1 min, alternately for 55 min
- G.** Jog 5min, stretch. Then run 20 min, walk 2 min, alternately for 66 min
- H.** Jog 5min, stretch. Then run 30 min
- I.** Jog 5min, stretch. Then run 30 min split (1 min hard**/4 min easy) x 6
- J.** Jog 5min, stretch. Then run 30 min split (1 min hard**, 1 min easy, 2 min hard, 2 min easy, 3 min hard, 3 min easy, 4 min hard, 3 min easy, 3 min hard, 2 min easy, 1 min hard, 5 min easy)
- K.** Jog 5min, stretch. Then run 30 min on hilly terrain
- L.** Jog 5min, stretch. Then run 50 min steady
- M.** Jog 5min, stretch. Then run 20 min non-stop at good pace
- N.** Jog 5min, stretch. Then run 20 min easy

Session	1	2	3	4
Week 1	A	B	A	-
Week 2	B	C	A	-
Week 3	B	A	C	A
Week 4	B	C	A	D
Week 5	N	D	C	E
Week 6	D	I	H	F
Week 7	H	I	K	E
Week 8	N	J	H	G
Week 9	K	I	N	F
Week 10	H	J	N	G
Week 11	K	H	I	L
Week 12	N	J	M	F
Week 13	K	N	I	L
Week 14	N	J	M	G
Week 15	N	I	M	-
Week 16	I	N	Race	-

**NB 'Hard' does not mean sprint. Just a good strong pace which gets you out of breath.