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 beginner runners, but it assumes you have been doing a basic level of physical activity before starting. If in doubt, check with your GP before beginning this plan.
- Tuesday, Thursday and Saturday are running (or walking) days – so running three times per week. Tuesdays are relatively high intensity. Thursdays are for building aerobic fitness. Saturdays are a longer run to develop endurance for the half-marathon distance.
- There are two rest days per week – Mondays and Fridays. Wednesdays and Sundays are for "active recovery" – this means some kind of non-running easy physical activity such as swimming, cycling or walking, for a minimum of 30 minutes.
- 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.

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

LCL10K & LLHM 2023 TRAINING PLAN

BEGINNER

W/C	MON	TUE	WED	THU	FRI	SAT	SUN
09 Jan	Rest Day	30 mins walk	Active recovery	40 mins walk	Rest Day	10 mins walk, 20 mins easy run, 10 mins walk	Active recovery
16 Jan	Rest Day	5 mins walk, 20 mins easy run, 5 mins walk	Active recovery	40 mins walk	Rest Day	15 mins walk, 30 mins easy run, 15 mins walk	Active recovery
23 Jan	Rest Day	5 mins easy run, 4 x (2 mins hard run, 3 mins easy run), 5 mins easy run	Active recovery	25 mins easy run	Rest Day	40 mins easy run	Active recovery
30 Jan	Rest Day	5 mins easy run, 3 x (4 mins hard run, 3 mins easy run), 5 mins easy run	Active recovery	30 mins easy run	Rest Day	50 mins easy run	Active recovery
06 Feb	Rest Day	35 mins easy run	Active recovery	30 mins easy run	Rest Day	35 mins easy run	Active recovery
13 Feb	Rest Day	10 mins easy run, 6 x uphill run of 60 secs, jog down, 10 mins easy run	Active recovery	35 mins easy run	Rest Day	Active recovery	60 mins easy run / LCL10K
20 Feb	Rest Day	10 mins easy run, 3 x (5 mins hard run, 2 mins easy run), 10 mins easy run	Active recovery	40 mins easy run	Rest Day	70 mins easy run	Active recovery
27 Feb	Rest Day	10 mins easy run, 20 mins hard run, 10 mins easy run	Active recovery	40 mins easy run	Rest Day	45 mins easy run	Active recovery
6 Mar	Rest Day	40 mins easy run	Active recovery	45 mins easy run of which 20 mins at race pace	Rest Day	70 mins easy run	Active recovery
13 Mar	Rest Day	10 mins easy run, 3 x (7 mins hard run, 3 mins easy run), 5 mins easy run	Active recovery	35 mins easy run	Rest Day	90 mins easy run	Active recovery
20 Mar	Rest Day	5 mins easy run, 4 x (4 mins hard run, 2 mins easy run), 5 mins easy run	Active recovery	35 mins easy run of which 20 mins at race pace	Rest Day	60 mins easy run	Active recovery
27 Mar	Rest Day	5 mins easy run, 10 x (1 min hard run, 1 min easy run), 5 mins easy run	Active recovery	35 mins easy run	Rest Day	10 mins easy running or rest	LLHM