

Intermediate adidas Quarter Marathon Training Guide

also: stretching and core strength exercises on Monday and Friday

	mon	tue	wed	thu	fri	sat	sun
week 1	20 min jogging	35 min include 20 minutes 'up tempo'	20 min jogging	35 min steady	REST	45 min steady	20 min jogging
week 2	25 min jogging	40 min include 20 minutes 'up tempo'	25 min jogging	40 min steady	REST	45 min steady	25 min jogging
week 3	25 min jogging	40 min include 20 minutes 'up tempo'	25 min jogging	40 min steady	REST	45 min steady	30 min jogging
week 4	30 min jogging	45 min include 20 minutes 'up tempo'	30 min jogging	50 min steady	REST	45 min steady	35 min jogging
week 5	35 min jogging	40 min 4 min hard, 2 min jog, 3 min hard. 90 sec jog, 2 min hard, 1 min jog, 1 min hard...warm down	35 min jogging	50 min steady	REST	55 min steady	35 min jogging
week 6	35 min jogging	40 min 4 min hard, 2 min jog, 3 min hard, 90 sec jog, 2 min hard, 1 min jog, 1 min hard...warm down	35 min jogging	60 min include 20 minutes 'up tempo'	REST	55 min steady	35 min jogging
week 7	REST	40 min steady	35 min jogging	40 min 4 min hard, 2 min jog, 3 min hard. 90 sec jog, 2 min hard, 1 min jog, 1 min hard...warm down	35 min jogging	60 min steady	REST
week 8	40 min	35 min	50 min	35 min	30 min	REST	5 x 3min

	2 min hard, 2 min jog, 3 min hard, 90 sec jog, 1 min hard, 1 min jog, 1 min hard...warm down	jogging... include 3 x 15 second sprints	steady	jogging	warm up...90 seconds hard, 45 seconds easy x 5...warm-down		2 min hard, 2 min jog, 3 min hard, 90 sec jog, 1 min hard, 1 min jog, 1 min hard...warm down
week 9	35 min jogging	60 min steady	REST	REST	35 min jogging... include 4 x 30 second	60 min steady	35 min jogging... include 5 x 30 second sprints
week 10	REST	35 min jogging... include 5 x 15 second sprints	35 min jogging... include 2 x 15 second sprints	15 min jogging	REST	15 min jogging, or complete rest	RACE Race Day

pace	example
jogging	very light running and conversation easy
steady	you should be in control of your breathing and be able to just hold a conversation
up tempo	conscious of your breathing and difficult to talk
hard	breathing laboured and impossible to hold conversation
sprints	all out bursts