

**BEGINNER**  
**HOOD to COAST TRAINING PLAN**

WK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN
1		x	20 mins <i>easy</i>	Strength / Core	20 mins <i>easy</i>	Rest	20 mins <i>easy</i>	Rest
2		x	20 mins <i>easy</i>	Strength / Core	20 mins <i>easy</i>	Rest	20 mins <i>easy</i>	Rest
3		25 mins <i>easy</i>	30 mins <i>easy</i>	Strength / Core	25 mins, <b>4x15 sec hard</b>	Rest	25 mins <i>easy</i>	Rest
4		30 mins <i>easy</i>	30 mins <i>easy</i>	Strength / Core	35 mins <i>easy</i> , <b>4x15 sec hard</b>	Rest	35 mins <i>easy</i>	Rest
5		35 mins <i>easy</i>	35 mins <i>easy</i>	Strength / Core	30 mins <i>easy</i> , <b>6x15 sec hard</b>	Rest	40 mins <i>easy</i>	Rest
6		35 mins <i>easy</i>	35 mins <i>easy</i>	Strength / Core	30 mins <i>easy</i> , <b>6x15 sec hard</b>	Rest	40 mins <i>easy</i>	Rest
7		30 mins <i>easy</i> + 10 min <i>moderate</i>	30 mins <i>easy</i>	Strength / Core	30 mins <i>easy</i> , <b>5x30 sec uphill</b>	Rest	45 mins <i>moderate</i> OR 5K Race Pace	Rest
8		30 mins <i>easy</i> + 10 min <i>moderate</i>	35 mins <i>easy</i>	Strength / Core	30 mins <i>easy</i> , <b>6x30 sec uphill</b>	Rest	5 Miles	Rest
9		4 miles	4 miles	Strength / Core	3 Miles, <b>6x30 sec uphill</b>	Rest	5 Miles	Rest
10		4 miles <small>(max effort)</small> TIMETRIAL	4 miles	Strength / Core	3 Miles, <b>4x45 sec hard</b>	Rest	5 Miles	Rest
11		4 miles	5 miles	Strength / Core	3 Miles, <b>4x45 sec hard</b>	Rest	6 Miles	Rest
12		4 miles <small>(max effort)</small> TIMETRIAL	4 miles	Strength / Core	3 Miles, <b>4x45 sec hard</b>	Rest	6 Miles	Rest
13		DOUBLES: <b>3 Miles Morning</b> <b>2 Miles Evening</b> <small>Total 5</small>	3 miles <i>easy</i>	Strength / Core	4 miles <i>moderate</i>	Rest	7 Miles	Rest
14		DOUBLES: <b>3 Miles Morning</b> <b>3 Miles Evening</b> <small>Total 6</small>	3 miles	Strength / Core	4 miles <i>moderate</i>	Rest	6 Miles	Rest
15		DOUBLES <b>3 Miles Morning</b> <b>4 Miles Evening</b> <small>Total 7</small>	3 miles	Strength / Core	4 miles <i>moderate</i>	Rest	5 Miles	Rest
16		4 Miles	3 miles <i>easy</i>	Strength / Core	Rest	<b>HOOD TO COAST</b>	<b>HOOD TO COAST</b>	