

Program Levels for Sporting Spirit

Level	Goal Event distance	Runs per week	Long run	total km per week	speed work, tempo runs etc	strength	General overview
1	beginner 5k	3 walk/runs p/wk	5k	15k	only walk/run progressions	general strength conditioning 2x p/wk	This 'Fit for 5' program level follows walk/run progressions over 10 weeks (may take longer) and gets you ready for a 5k fun run. A base fitness level of regular walking is required before starting. Runners are introduced to basic strength work. Cross Training (cycling, water running etc) on non-running days is important for building fitness more quickly and better prepares your body for increases in running at a later stage. You should spend time consolidating your 5k run before moving onto the next level.
2	beginner 5-10k	3-4 runs p/wk	10k	20-25k	introduction of basic speed work 1x p/wk	general strength conditioning 2x p/wk	This 5-10k Booster program introduces basic interval training. Endurance is developed with a weekly long run that builds gradually up to 10k. Basic technique drills, strength and hill running are also started. You will be able to finish a 10k event but will not yet have much speed. You will however have an improved 5k time. A minimum of 10 weeks is required to reach this level but a further 10 weeks is needed to consolidate your 10k distance. You are now ready to progress to level 3.
3	beginner 15k or low-Intermediate 5/10k	3-4 runs p/wk	15k	30-35k	speed work & tempo 1-2 x p/wk	general strength conditioning 2x p/wk	This is where you start to feel stronger over 10k rather than just 'making the distance'. A longer run of up to 15k gives you much greater endurance. You feel faster over 5k as you become more accustomed to the speed work. You now work harder on hills for strength and the addition of tempo running gives you better stamina for 10k racing. You are now ready to progress to level 4 and train for a Half Marathon.
4	beginner half marathon or intermediate 10k	4 runs p/wk	18- 20k	40-45k	speed work & tempo 1-2 x p/wk	intermediate strength 2x p/wk	This training level prepares you for your first half marathon and gives you a faster 10k. You are now able to handle up to 2 harder runs sessions per week. Once you complete this level you can move to level 5 and further improve your 10k and half marathon times OR you can jump to level 6 and begin training for your first marathon.

Program Levels for Sporting Spirit

Level	Goal Event distance	Runs per week	Long run	total km per week	speed work, tempo runs etc	strength	General overview
5	Intermediate Half Marathon or High intermediate 10k	4-5 runs p/wk	20-24k	50-60k	speed work & tempo 2 x p/wk	intermediate strength 2x p/wk	This level further improves your half marathon and 10k times. Running 5 days per week consistently gives you greater stamina and strength. Runners competing in cross country and road races over winter should be at this level of training or higher. Your weekly long run now approaches 1hr 45min-2hrs and speed work and tempo runs are done 2 times per week. At this level you are also close to being able to run the marathon.
6	Beginners Marathon or High intermediate Half marathon- 10k	4-5 runs p/wk	30-32k	60-70k	speed work & tempo 2-3 x p/wk	intermediate strength 2x p/wk	This is the level required to run your first marathon and is usually achieved in 18 weeks (from level 4). Long runs progress gradually on alternate weeks to a peak of 30-32km. Tapering is over a 3-4 week period. Speed work is maintained at previous levels. Fast half marathons and 10k can be run at this level.
7	Intermediate Marathon or advanced half marathon- 10k	5-6 runs p/wk	32-34k	75-85k	speed work & tempo runs 2-3x p/wk	advanced strength 2x p/wk	This level is for those runners who are really looking to improve his/her marathon or half marathon time. Your weekly mileage is reaching the high end now. You feel more accustomed to those long runs now and are able to handle 2-3 harder sessions per week. A medium long run of 15-18k is also a key part of your program. You can now 'race' the marathon instead of just finishing it.
8	Advanced marathon/half marathon/10k	6-7 runs- next stage is to add split runs am/pm	32-35k	90-110k+	speed work & tempo runs 2-3x p/wk	advanced strength 2x p/wk	You are now at the serious competitive runner stage. You train pretty much daily and in progressing to even higher levels you also add an additional morning or evening recovery runs. As well as your regular Sunday long runs of 2 1/2hrs you run a medium long run of 20-24k. Speed work, tempo running etc are continued 2-3 per week.