



10 Week Group training programme

If you are a LIRF Leader or part of a mixed ability group and wish to offer weekly sessions for varying abilities within the one group; this programme might be useful for you to follow. Group members are then encouraged to follow their chosen programme individually

	PROGRESSIVE Group	INTERMEDIATE Group	WALK 2 RUN Beginner Group	WALKING Group
	Distance of 10km To improve running fitness and technique for jogging, sprinting and hills in a group. Running Pace: 12–10 minutes a mile	Distance of 4 miles To maintain running fitness and technique for jogging in a group. Running Pace: 14–12 minutes a mile	Distance of 5km To develop fitness and running technique to progress from walking to jogging in a group. Running Pace: 14+ minutes a mile	Distance of 5km To develop general fitness and technique for walking at low and high intensity in a group. Walk Pace: Low/High intensity
Wk 1	Steady Run 4 miles	Steady Run 3 miles	Run 1 min, Walk 2 mins Repeat 6 times	Steady walk (flat) 5km
Wk 2	Steady Run 4.5 miles	Tempo Run 3 miles	Run 2 min, walk 2 to 4 mins Repeat 5 times	Steady walk (flat) 5km
Wk 3	Speed Interval Training Intervals	Steady Run 3.5 miles	Run 3 min, walk 3 mins Repeat 4 times	Low-High Intensity (flat) 5km
Wk 4	Steady Run 4 miles	Steady Run 3 miles Different Terrain	Run 5 min, walk 3 mins Repeat 3 times	Low-High Intensity Different Terrain 5km
Wk 5	Tempo Run 5 miles	Steady Run 4 miles	Run 7 min, walk 2 mins Repeat 3 times	Low-High Intensity Flat – Hills 5km
Wk 6	Hill Training Hill running	Tempo Run 3.5 miles	Run 8 min, walk 2 mins Repeat 3 times	Steady walk + low intensity jog 5km
Wk 7	Steady Run 5km timed run	Steady Run 4 miles Different Terrain	Run 12 min, walk 2 mins Repeat 2 times	Steady walk Low + high intensity Different Terrain 5km
Wk 8	Speed / Hill Intervals during 4 mile run	Steady Run 4.5 miles	Run 15 min, walk 1- 3 mins Repeat 2 times	Steady walk + low intensity jog 5km
Wk 9	Steady Run 5 miles	Tempo Run 3 miles	1 minute walking 15 minute jogging Repeat 2 times	Steady walk + low intensity jog Different Terrain 5km
Wk 10	Run 10km timed run	Run 4 mile timed run	1 minute walking 20 minute jogging or Jog full 5km	Steady Walk High Intensity / jog 5km