

SALTMARSH75



The Saltmarshers Run / Walk Plan for brave souls looking to complete by any means necessary... Run, Walk or Crawl you'll do anything to get a finishers medal

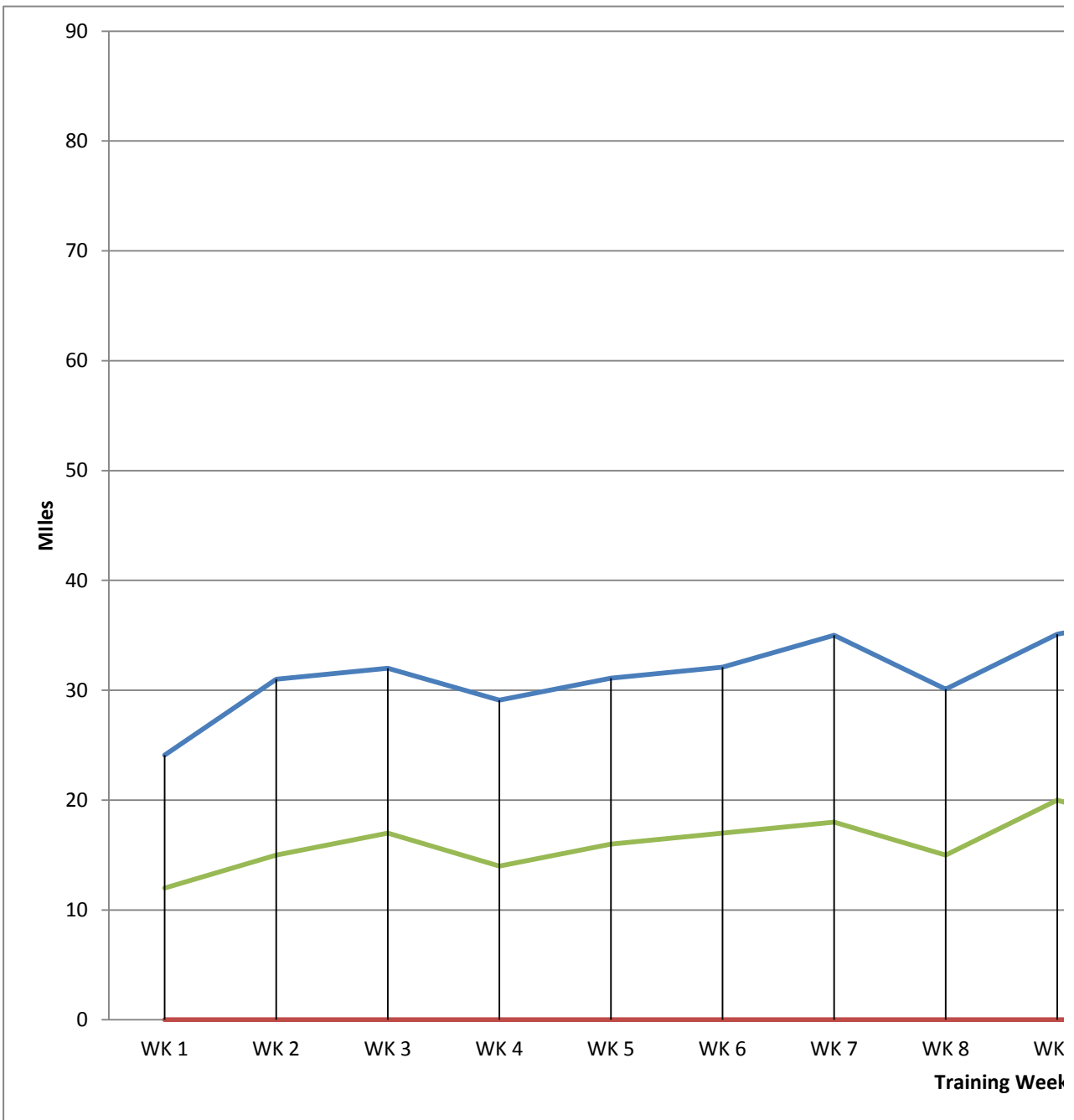
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
	Planned Miles Estimated Time	Planned Miles Estimated Time	Planned Miles Estimated Time	Planned Miles Estimated Time	Planned Miles Estimated Time	Planned Miles Estimated Time	Planned Miles Estimated Time	Plan / Done
Week 1	Rest	4M - Steady pace 4 40	Rest or cross training	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 5 43	Rest	Steady parkrun 3.1 28	Long Run 12M Keep it slow! Long Run Pace 12 156	24
Outcome	Feeling							0
Week 2	Rest	Tempo (5M) / 50 Min Warm up, 3M Tempo pace, warm down. 5 50	Rest or cross training	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 6 60	Rest	Steady parkrun 5 45	Long Run (15M) Keep it slow! Long Run Pace with walking breaks 15 195	31
Outcome	Feeling							0
Week 3	Rest	Hills Session (5M / 50 Mins) 1M warm up 5 x 30 secs fast run uphill, jog down 3M Steady, .5M Easy 5 50	Rest or cross training	Steady Run (5M) 1M Warm Up 3M Brisk (slower than tempo), 1M Cool down 5 60	Rest	5M steady, cross-country or parkrun 5 45	Long Run (17M) Keep it slow! Long Run Pace with walking breaks 17 221	32
Outcome	Feeling							0
Week 4	Rest	Fartlek Session (6M / 60 Mins) 1M warm up, then 4M include some high intensity bursts. 1M Warm down. 6 60	Rest or cross training	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 6 60	Rest	Steady parkrun 3.1 33	Long Run (14M) Keep it slow! Long Run Pace with walking breaks 14 182	29
Outcome	Feeling							0
Week 5	Rest	Hills Session (6M / 60 Mins) 1M warm up 8 x 30 secs fast run uphill, jog down 4M Steady, .5M Easy 6 60	Rest or cross training	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 6 60	Rest	Steady parkrun 3.1 33	Long Run (16M) Keep it slow! Long Run Pace with walking breaks 16 208	31
Outcome	Feeling							0
Week 6	Rest	Fartlek Session (6M / 60 Mins) 1M warm up, then 4M include some high intensity bursts. 1M Warm down. 6 60	Rest or cross training	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 6 60	Rest	Steady parkrun 3.1 33	Long Run (17M) Keep it slow! Long Run Pace with walking breaks 17 221	32
Outcome	Feeling							0
Week 7	Rest	Hills Session (6M / 60 Mins) 1M warm up 6 x 30 secs fast run uphill, jog down 4M Steady, .5M Easy 6 60	Rest or cross training	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 6 60	Rest	5M steady, cross-country or parkrun 5 53	Long Run (18M) Keep it V slow! Long Run Pace with walking breaks 18 234	35
Outcome	Feeling							0
Week 8	Rest	Fartlek Session (6M / 60mins) 1M warm up, then 4M include some high intensity bursts. 6 60	Rest or cross training	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 6 60	Rest	Steady parkrun 3.1 33	Half-marathon at steady pace plus warm up / cool down 15 195	30
Outcome	Feeling							0
Week 9	Rest	Hills Session (6M / 60 Mins) 1M warm up 8 x 30 secs fast run uphill, jog down 4M Steady, .5M Easy 6 60	Rest or cross training	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 6 60	Rest	Steady parkrun 3.1 33	Long Run (20M) Keep it V slow! Long Run Pace with walking breaks 20 260	35
Outcome	Feeling							0
Week 10	Rest	Fartlek Session (6M / 60 Mins) 1M warm up, then 5M include some high intensity bursts. 1M Warm down. 7 63	Rest or cross training	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 6 60	Rest	Slow Run (SLOW) Walk if necessary 7 91	Long Run (17M) Keep it slow! Long Run Pace with walking breaks 17 221	37
Outcome	Feeling							0
Week 11	Rest	Fartlek Session (6M / 60 Mins) 1M warm up, then 5M include some high intensity bursts. 1M Warm down. 6 60	Rest or cross training	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 6 60	Rest	Steady parkrun 3.1 33	Long Run (20M) Keep it V slow! Long Run Pace with walking breaks 20 260	35
Outcome	Feeling							0
Week 12	Rest	Fartlek Session (6M / 60 Mins) 1M warm up, then 5M include some high intensity bursts. 1M Warm down. 6 60	Rest or cross training	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 6 60	Rest	Easy Run (4M) or gentle parkrun 4 42	Long Run (17M) Keep it slow! Long Run Pace with walking breaks 17 221	33
Outcome	Feeling							0
Week 13	Rest	Hills Session (6M / 60 Mins) 1M warm up 8 x 30 secs fast run uphill, jog down 4M Steady, .5M Easy 6 60	Rest or cross training	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 6 60	Rest	5M steady, cross-country or parkrun 5 53	Long Run (20M) Keep it V slow! Long Run Pace with walking breaks 20 260	37
Outcome	Feeling							0
Week 14	Rest	Fartlek Session (6M) 1M warm inc sustained bursts of up to 4min 6 60	Rest or cross training	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 6 60	Rest	Steady parkrun 3.1 33	Long Run (15M) Keep it slow! Long Run Pace or even slower 15 195	30
Outcome	Feeling							0
Week 15	Rest	Slow 5k (30 mins) 3.1 30	Rest or cross training	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 6 60	Rest	Steady parkrun 3.1 33	Long Run (10M) Keep it slow! Long Run Pace 10 130	22
Outcome	Feeling							0
Week 16	Rest	Slow 5K (30 Mins) or Cross training 3.1 30	Rest or GENTLE cross training	3M easy 3 30	Rest	RACE DAY 36	RACE DAY 38	80
Outcome	Feeling							0
							Plan Total	554
							Your Total	0

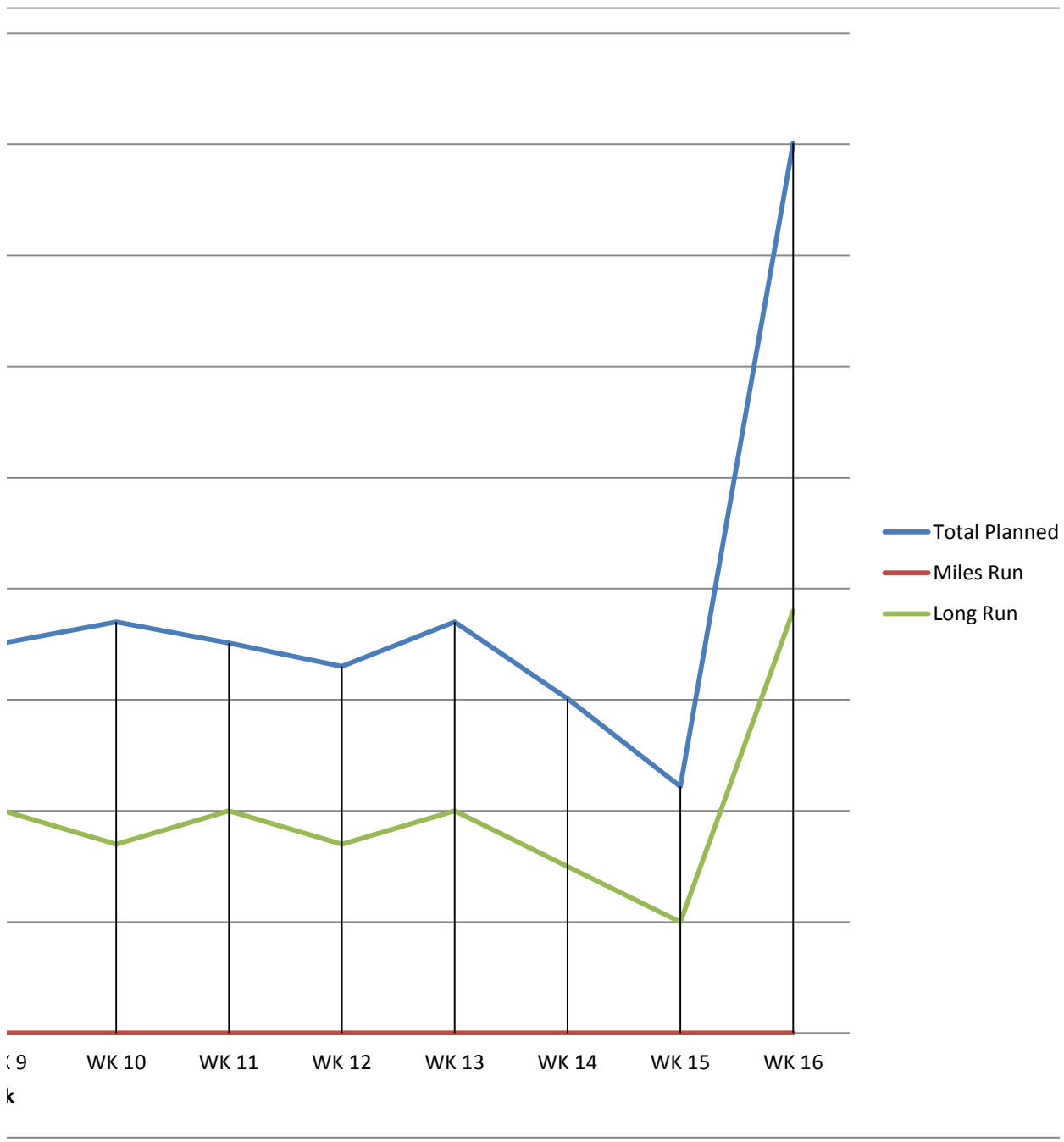
Notes

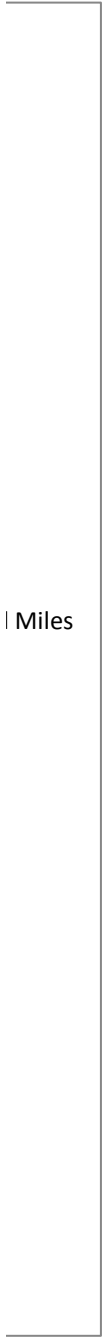
Pace Information - Enter you times in Minute Miles

Easy Pace	10:30	10.5
Steady	09:00	9.0
Tempo Pace	08:30	8.5
Interval Pace	08:00	8.0
Long Run Pace	13:00	13.0

Feelings	Feeling Stong - Could have done more
	Feeling Okay - Quite a tough one
	Feeling blurgh - like I couldn't finish







1 Miles