

SALTMARSH75



Plan A - The plan for hardcore Saltmarshers looking to run 'quite a long way' in October. You guys eat miles for breakfast, lunch and dinner but you're still hungry...

	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 or 4M Easy or Cross Train 4 39	4M - Steady pace 4 34	Steady Run (5M) 5 43	Hills Session (5M) 1M warm up 8 x 30 secs fast run uphill, jog down 3M Steady, .5M Easy 5 38	Rest 0	5M steady, trail or parkrun 5 43	Long Run 12M Keep it slow! Long Run Pace 12 123	35
Outcome								0
Week 2	Rest or 4M Easy or Cross Train 4 39	Tempo (5M) Warm up, 3M Tempo pace, warm down. 5 40	Easy Run (5M) 5 49	Interval Session (5M) 1M warm up, 8 x (90 secs int pace then 90 secs Easy) 5 38	Rest 0	5M steady, cross-country or parkrun 5 43	Long Run (15M) Keep it slow! Long Run Pace 15 154	39
Outcome								0
Week 3	Rest or 4M Easy or Cross Train 4 39	Hills Session (5M) 1M warm up 8 x 30 secs fast run uphill, jog down 3M Steady, .5M Easy 5 45	Easy Run 6M 6 51	Intervals Session (5M) Warm up, then 5 x 3 mins fast, 2 mins slow Remainder at steady pace 5 38	Rest 0	5M steady, cross-country or parkrun 5 43	Long Run (17M) Keep it slow! Long Run Pace 17 174	42
Outcome								0
Week 4	Rest or 4M Easy or Cross Train 4 39	Fartlek Session (6M) 1M warm up, then 4M include some high intensity bursts. 1M Warm down. 6 52	Easy Run (5M) 5 49	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 6 45	Rest 0	5M easy 5 49	Long Run (14M) Keep it slow! Long Run Pace 14 144	40
Outcome								0
Week 5	Rest or 4M Easy or Cross Train 4 39	Hills Session (6M) 1M warm up 8 x 30 secs fast run uphill, jog down 4M Steady, .5M Easy 6 51	Steady Run (8M) 8 68	Interval session (6M) 2M Warm up, then 6 x 90 secs fast with 90 secs slow 6 45	Rest 0	5M steady, cross-country or parkrun 5 49	Long Run (16M) Keep it slow! Long Run Pace 16 164	45
Outcome								0
Week 6	Rest or 4M Easy or Cross Train 4 39	Fartlek Session (6M) 1M warm up, then 4M include some high intensity bursts. 1M Warm down. 6 59	Easy Run (9M) 9 88	Tempo Run (6M) 1M Warm Up 4M Fast 1M Cool down 6 45	Rest 0	5M steady, cross-country or parkrun 5 49	Long Run (17M) Slow with 5M in middle at marathon / Steady pace 17 174	47
Outcome								0
Week 7	Rest or 4M Easy or Cross Train 4 39	Hills Session (6M) 1M warm up 8 x 30 secs fast run uphill, jog down 4M Steady, .5M Easy 6 51	Steady Run (6M) 6 51	Tempo Run (7M) 1M Warm Up 5M Fast 1M Cool down 7 53	Rest 0	5M steady, cross-country or parkrun 5 49	Long Run (20M) Keep it slow! Long Run Pace 20 205	50
Outcome								0
Week 8	Rest or 4M Easy or Cross Train 4 39	Fartlek Session (6M) 1M warm up, then 4M include some high intensity bursts. 1M Warm down. 6 59	Easy Run (7M) 7 68	Steady Run (6M) 1M Warm Up 4M Brisk (slower than tempo), 1M Cool down 6 51	Rest 0	4M steady, cross-country or parkrun 4 39	Half-marathon at steady pace plus warm up / cool down 15 154	42
Outcome								0
Week 9	Rest or 4M Easy or Cross Train 4 39	Hills Session (6M) 1M warm up 8 x 30 secs fast run uphill, jog down 4M Steady, .5M Easy 6 51	Steady Run (8M) Start slowly, finish fast 8 68	Interval session (6M) 2M Warm up, then 6 x 90 secs fast with 90 secs slow 6 45	Rest 0	5M steady, cross-country or parkrun 5 49	Long Run (20M) Keep it slow! Long Run Pace 20 205	49
Outcome								0
Week 10	Rest or 4M Easy or Cross Train 4 39	Fartlek Session (7M) 1M warm up, then 5M include some high intensity bursts. 1M Warm down. 7 60	Easy Run (9M) 9 88	Tempo Run (7M) 1M Warm Up 5M Fast / Tempo 1M Cool down 7 53	Rest 0	Easy Run (10M) Easy pace! 10 98	Long Run (17M) Keep it slow! Long Run Pace 17 174	54
Outcome								0
Week 11	Rest or 4M Easy or Cross Train 4 39	Hills Session (6M) 1M warm up 8 x 30 secs fast run uphill, jog down 4M Steady, .5M Easy 6 51	Steady Run (10M) Start slowly, finish fast 10 85	Interval Session (7M) Warm up, then 5 x 6 mins with 2 mins rest between each. 7 53	Rest 0	Easy Run (6M) Maybe a parkrun sandwich 6 59	Long Run (20M) Keep it slow! Long Run Pace 20 205	55
Outcome								0
Week 12	Rest or 4M Easy or Cross Train 4 39	6M fartlek, inc sustained bursts of up to 400m 6 51	Easy Run (9M) 9 88	Steady Run (7M) 1M Warm Up 5M Brisk (slower than tempo), 1M Cool down 7 53	Rest 0	Easy Run (4M) or gentle parkrun 4 39	Long Run (17M) LR pace with 5M at steady pace 17 174	47
Outcome								0
Week 13	Rest or 4M Easy or Cross Train 4 39	6M - hill running, 12 x 30 secs 6 51	Steady Run (8M) 8 68	6M - warm up, then 12 x 90 secs fast (or 400m), with 90 secs (or 200m) slow 6 45	Rest 0	5M steady, cross-country or parkrun 5 49	Long Run (21M) Keep it slow! Long Run Pace 21 215	50
Outcome								0
Week 14	Rest or 4M Easy or Cross Train 4 39	Fartlek Session (6M) 1M warm inc sustained bursts of up to 4min 6 51	Easy Run (7M) 7 68	Tempo Run (6M) 1M Warm Up 4M Fast / Tempo 1M Cool down 6 45	Rest 0	Easy Run (4M) or gentle parkrun 4 39	Long Run (20M) Keep it slow! Long Run Pace or even slower 20 205	47
Outcome								0
Week 15	Rest or 4M Easy or Cross Train 4 39	Hills session (4M) 1M Warm up, 6 x 30 secs up, jog down 3M Easy 5 43	Easy Run (6M) 6 59	Steady Run (5M) 5 38	Rest 0	5M steady, cross-country or parkrun 5 49	Long Run (10M) Keep it slow! Long Run Pace 10 103	35
Outcome								0
Week 16	Rest 0	Steady Run (4M) - warm up, then 3M Steady 6 51	Easy Run (4M) With a few short 4 39	3M easy 3 29	Rest 0	RACE DAY 0	RACE DAY 38 480	51
Outcome								0
							Plan Total	728
							Your Total	0

Notes

Pace Information - Enter you times in Minute Miles

Easy Pace	09:45	9.75
Steady	08:30	8.5
Tempo Pace	07:30	7.5
Interval Pace	06:45	6.75
Long Run Pace	10:15	10.3

Feelings	<div style="display: flex; gap: 5px;"> <div style="width: 15px; height: 15px; background-color: #90EE90; border: 1px solid black;"></div> Feeling Stong - Could have done more </div> <div style="display: flex; gap: 5px;"> <div style="width: 15px; height: 15px; background-color: #FFD700; border: 1px solid black;"></div> Feeling Okay - Quite a tough one </div> <div style="display: flex; gap: 5px;"> <div style="width: 15px; height: 15px; background-color: #FF0000; border: 1px solid black;"></div> Feeling blurgh - like I couldn't finish </div>
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