



Sub 60 mins Leeds Abbey Dash training plan



Week 1

Day	Session	Distance	Pace	Time
Monday	20 mins easy run	1.5 – 2 miles	1.5 – 2 miles	20 mins
Tuesday	Rest			
Wednesday	5 mins w/u then 6 x 1 min fast 1 min slow, 5 mins c/d	1.5 – 2 miles		22 mins
Thursday	Rest			
Friday	20 mins easy run	1.5 – 2 miles	10 mins 30 secs – 11 mins 30 secs per mile	20 mins
Saturday	Rest			
Sunday	4 miles – walk when necessary	4 miles	10 mins 30 secs – 11 mins 30 secs per mile	45 mins
Total		8.5 – 10 miles		1 hr 45 mins

Week 2

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	20 mins easy run	1.5 – 2 miles	10 mins 30 secs – 11 mins 30 secs per mile	20 mins
Wednesday	Rest			
Thursday	5 mins w/u then 4 x 2 mins fast 1 min slow, 5 mins c/d	2 – 2.5 miles		26 mins
Friday	Rest			
Saturday	20 mins easy run	1.5 – 2 miles	10 mins 30 secs – 11 mins 30 secs per mile	20 mins
Sunday	10 min w/u, 1 mile hard, 10 min c/d	2.5 – 3 miles	10 mins 30 secs – 11 mins 30 secs per mile but roughly 9 mins 50 secs for hard mile	30 mins
Total		7.5 – 9.5 miles		1 hr 40 mins

Key: w/u = warm up c/d = cool down



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Week 3

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	22 mins easy run	1.5 – 2 miles	10mins 30 secs – 11mins 30 secs per mile	22 mins
Wednesday	Rest			
Thursday	10 mins w/u then 8 x 1 min fast 1 min slow, 5 mins c/d	2.5 – 3 miles		31 mins
Friday	Rest			
Saturday	25 mins easy run	2 – 2.5 miles	10mins 30 secs – 11mins 30 secs per mile	25 mins
Sunday	Steady run	4 miles	9mins 50 secs – 10 mins 20 secs per mile	40 mins
Total		9.5 – 11 miles		2 hrs

Week 4

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	24 mins easy run	2 – 2.5 miles	10mins 30 secs – 11mins 30 secs per mile	24 mins
Wednesday	Rest			
Thursday	5 mins sw/u then 4 x 2 min fast 1 min slow, 5 mins c/d	2 – 2.5 miles		26 mins
Friday	Rest			
Saturday	20 mins easy run	1.5 – 2 miles	10mins 30 secs – 11mins 30 secs per mile	20 mins
Sunday	10 min w/u, 1 mile hard, 10 min c/d	2.5 – 3 miles	10mins 30 secs – 11mins 30 secs per mile but roughly 9 mins 50 secs for hard mile	30 mins
Total		8 – 10 miles		1hr 40 mins

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Week 5

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	20 mins easy run	1.5 – 2 miles	10mins 30 secs – 11mins 30 secs per mile	20 mins
Wednesday	Rest			
Thursday	10 mins w/u then 8 x 1 min fast 1 min slow, 5 mins c/d	2.5 – 3 miles		31 mins
Friday	Rest			
Saturday	25 mins easy run	2 – 2.5 miles	10mins 30 secs – 11mins 30 secs per mile	25 mins
Sunday	Steady run	5 miles	9 mins 50 secs – 10 mins 20 secs per mile	50 mins
Total		11 – 12.5 miles		2 hrs 6 mins

Week 6

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	20 mins run getting slightly quicker evry 5 mins	2 miles		20 mins
Wednesday	Rest			
Thursday	10 mins w/u then 8 x 1 min fast 1 min slow, 5 mins c/d	2.5 – 3 miles		31 mins
Friday	Rest			
Saturday	25 mins easy run	2 – 2.5 miles	10 mins 30 secs – 11mins 30 secs per mile	25 mins
Sunday	5 mins w/u, 2 x 1 mile hard (5 min recovery), 5 mins c/d	2.5 – 3 miles	10mins 30 secs – 11mins 30 secs per mile but roughly 9 mins 50 secs for hard miles	35 mins
Total		9 – 10.5 miles		1 hr 51 mins

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Week 7

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	30 mins easy run	2.5 – 3 miles	10 mins – 10 mins 30 secs per mile	30 minutes
Wednesday	Rest			
Thursday	5 mins w/u, 5 x 2 mins fast 1 mins slow, 5 mins c/d	2.5 – 3 miles		25 mins
Friday	Rest			
Saturday	30 mins easy run	2.5 – 3 miles	10 mins – 10 mins 30 secs per mile	30 mins
Sunday	Steady run	5 miles	9 mins 50 secs – 10 mins 20 secs per mile	50 mins
Total		12.5 – 14 miles		2 hrs 15 mins

Week 8

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Easy run	3 miles	10 mins 30 secs – 11 mins 30 secs per mile	31 – 35 mins
Wednesday	Rest			
Thursday	10 mins w/u then 8 x 1 min fast 1 min slow, 5 mins c/d	2.5 – 3 miles		31 mins
Friday	Rest			
Saturday	25 mins easy run	2 – 2.5 miles	10 mins 30 secs – 11 mins 30 secs per mile	25 mins
Sunday	Easy run	5 miles	10 mins 30 secs – 11 mins 30 secs per mile	50 mins
Total				2 hrs 15 mins – 2 hrs 20 mins

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Week 9

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Easy run	3 miles	10 mins 30 secs – 11 mins 30 secs per mile	31 – 35 mins
Wednesday	Rest			
Thursday	5 mins w/u, 2 miles hard, 5 mins c/d	2.5 – 3 miles	10 mins 30 secs – 11 mins 30 secs per mile but roughly 9mins 50 secs for hard miles	35 mins
Friday	Rest			
Saturday	20 mins easy run	2 – 2.5 miles	10 mins 30 secs – 11 mins 30 secs per mile	20 mins
Sunday	Easy run	6 miles	10 mins 30 secs – 11 mins 30 secs per mile	1hr 3 mins – 1 hr 9 mins
Total		13.5 – 14.5 miles		2 hrs 29 mins – 2hrs 39 mins

Week 10

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	15 mins easy run	1 – 1.5 miles	10 mins 30 secs – 11 mins 30 secs per mile	15 mins
Wednesday	Rest			
Thursday	5 mins w/u then 5 x 1 min fast 1 min slow, 5 mins c/d	2 – 2.5 miles		20 mins
Friday	Rest			
Saturday	15 mins easy run	1 – 1.5 miles	10 mins 30 secs – 11 mins 30 secs per mile	15 mins
Sunday	5 mins w/u, The Race , 5 mins c/d	7 miles	9 mins 39 secs per mile / 5 mins 59 secs per km	59 mins 59 secs
Total		11 – 12.5 miles		1 hr 50 mins

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