



Sub 40 mins Leeds Abbey Dash training plan



Week 1

Day	Session	Distance	Pace	Time
Monday	Easy run	6 miles	7 mins 17 secs – 8 mins 16 secs per mile	43 – 50 mins
Tuesday	1 mile w/u, 10 x 1 min fast 1 min slow, 1 mile c/d	2.5 – 3 miles		36 mins
Wednesday	Rest			
Thursday	Easy run	4 – 5 miles	7 mins 17 secs – 8 mins 16 secs per mile	29 – 41 mins
Friday	Rest			
Saturday	1 mile w/u, 3 x 1 mile reps with 4 min recovery, 1 mile c/d	5 miles	6 mins 15 secs per mile for reps	35 mins
Sunday	Long run	8 miles	7 mins 20 secs – 8 mins 35 secs per mile	58 – 68 mins
Total		25.5 – 27 miles		3 hrs 21 mins – 3 hrs 50 mins

Week 2

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Easy run	6 miles	7 mins 17 secs – 8 mins 16 secs per mile	43 – 50 mins
Wednesday	Speed training	6 miles		40 – 45 mins
Thursday	Easy run	5 miles	7 mins 17 secs – 8 mins 16 secs per mile	37 – 42 mins
Friday	Rest			
Saturday	1 mile w/u, 5km park run, 1 mile c/d	5 miles	6mins 12 secs per mile for parkrun	35 mins
Sunday	Long run	7 miles	8 mins per mile roughly	55 – 60 mins
Total		29 miles		3 hrs 30 mins – 3 hrs 52 mins

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



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Week 3

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	1 mile w/u, 5 x 1 min fast 1 min slow, 1 min c/d	3.5 miles		25 – 26 mins
Wednesday	Steady run	4 miles	6 mins 50 secs per mile	27 – 28 mins
Thursday	Steady run	6 miles	6 mins 50 secs per mile	41 – 43 mins
Friday	Rest			
Saturday	1 mile w/u, 5km park run, 1 mile c/d	5 miles	6 mins 12 secs per mile for parkrun	35 mins
Sunday	Long run	8 miles	8 mins per mile roughly	1 hr – 1hr 5 mins
Total		26.5		3 hrs 8 mins – 3 hrs 17mins

Week 4

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Easy run	5 miles	7 mins 17 secs – 8 mins 16 secs per mile	37 – 42 mins
Wednesday	1 mile w/u, 8 x 45 secs up hill, jog back recovery, 1 mile c/d	3 miles		25 – 30 mins
Thursday	Steady run	6 miles	6 mins 50 secs per mile	41 – 43 mins
Friday	Rest			
Saturday	1 mile w/u, 2 x 1 mile reps with 4 mins recovery, 1 mile c/d	4 miles	6 mins 15 secs per mile for reps	36 mins
Sunday	Long run	8 miles	8 mins per mile roughly	1hr – 1 hr 5 mins
Total		26 miles		3hrs 19 mins – 3 hrs 36 mins

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Week 5

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Easy run speeding up as you go	5 miles	7 mins 17 secs – 8 mins 16 secs per mile	37 – 42 mins
Wednesday	1 mile w/u, 8 x 1 min fast 1 min slow, 1 min c/d	3.5 miles		32 – 34 mins
Thursday	Steady run	6 miles	6 mins 50 secs per mile	41 – 43 mins
Friday	Rest			
Saturday	1 mile w/u, 5km park run, 1 mile c/d	5 miles	6 mins 12 secs per mile for parkrun	35 mins
Sunday	Long run	9 miles	8 mins per mile roughly	1 hr 10 mins – 1 hr 15 mins
Total		28.5 miles		3 hrs 35 mins – 3 hrs 49 mins

Week 6

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Easy run	Easy run	7 mins 17 secs – 8 mins 16 secs per mile	37 – 42 mins
Wednesday	1 mile w/u, 8 x 45 secs up hill, jog back recovery, 1 mile c/d	3 miles		25 – 30 mins
Thursday	Steady run	6 miles	6 mins 50 secs per mile	41 – 43 mins
Friday	Rest			
Saturday	1 mile w/u, 2 x 1 mile reps with 4 mins recovery, 1 mile c/d	4 miles	6 mins 15 secs per mile for reps	36 mins
Sunday	Long run	8 miles	8 mins per mile roughly	1 hr – 1hr 5 mins
Total		26 miles		3 hrs 19 mins – 3 hrs 36 mins

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Week 7

Day	Session	Distance	Pace	Time
Monday	Easy run	5 miles	7 mins 17 secs – 8 mins 16 secs per mile	37 – 42 mins
Tuesday	Rest			
Wednesday	1 mile w/u, 4 x 1km r eps with 3 min recovery, 1 mile c/d	4 miles	3 mins 50 secs per km	44 – 46 mins
Thursday	Easy run	4 miles	7 mins 17 secs – 8 mins 16 secs per mile	29 – 33 mins
Friday	Rest			
Saturday	10k race	6 miles		Treat this as a practice
Sunday	Long run	10 miles	8 mins per mile roughly	1 hr 20 mins – 1 hr 25 mins
Total		29 miles		3 hrs 52 mins – 4 hrs 8 mins

Week 8

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Easy run – off road if possible	6 miles	7 mins 17 secs – 8 mins 16 secs per mile	43 – 50 mins
Wednesday	1 mile w/u, 12 x 1 min fast 1 min slow, 1 mile c/d	6 miles		43 – 50 mins
Thursday	Steady run	6 miles	6 mins 50 secs per mile	41 – 43 mins
Friday	Rest			
Saturday	1 mile w/u, 10 x 45 secs up hill, jog back recovery, 1 mile c/d	3 miles		25 – 30 mins
Sunday	Long run	9 miles	8 mins per mile roughly	1 hr 10 mins – 1hr 15 mins
Total		30 miles		3hrs 42 mins – 4 hrs 8 mins

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Week 9

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Easy run	5 miles	7 mins 17 secs – 8 mins 16 secs per mile	37 – 42 mins
Wednesday	1 mile w/u, 3 x 1 mile reps with 4 min recovery, 1 mile c/d	5 miles	6 mins 15 secs per mile for reps	46 mins
Thursday	Steady run	6 miles	6 mins 50 secs per mile	41 – 43 mins
Friday	Rest			
Saturday	Speed training	6 miles		40 – 45 mins
Sunday	Long run	7 miles	8 mins per mile roughly	55 mins – 1 hr
Total		29 miles		3 hrs 39 mins – 3 hrs 56 mins

Week 10

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Easy run	4 miles	7 mins 17 secs – 8 mins 16 secs per mile	29 – 33 mins
Wednesday	Rest			
Thursday	1 mile w/u, 10 x 1 min fast 1 min slow, 1 mile c/d	2.5 – 3 miles		36 mins
Friday	Rest			
Saturday	Easy run	3 miles	7 mins 17 secs – 8 mins 16 secs per mile	22 – 25 mins
Sunday	1 mile w/u, The Race , 1 mile c/d	8 miles	6 mins 26 secs per mile / 3 mins 39 secs per km	39 mins 59 secs
Total		17.5 – 18 miles		2 hrs 7 mins – 2 hrs 14 mins

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