TRIBE //averica RUNFREE **10K PLAN** Saturday 25th May 2019

	MONDAY	TIP	TUESDAY	TIP	WEDNESDAY	TIP	THURSDAY	TIP	FRIDAY	TIP	SATURDAY	TIP	SUNDAY	TIP
WEEK 1 1ST APR	REST	EXPLORE Get up, Get	TRIBE Tempo or 5 x 2 mins at Threshold effort with 90 seconds jog between intervals + stretch	TRAIN TOGETHER W	REST or 15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch	ADD VARIETY Long r	30 mins easy effort run or 30 mins easy effort run / walk + stretch	STRENGTH Strength t	REST	REST Rest days are vi	15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch	PROTEIN Include goo	40 mins easy / steady effort long run or run / walk over off road undulating terrain + stretch	REFUEL Refuel with T
WEEK 2 8TH APR	REST	out, Go forward! Map new	TRIBE Tempo or 5 x 3 mins at Threshold effort with 90 seconds jog between intervals + stretch	e'll be sending out regular	REST or 15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch	uns, interval sessions, S&C,	35 mins steady effort run or run / walk over undulating terrain + stretch	raining is scientifically pro	REST	tal - especially after intens	15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch	d quality protein in your di	50 mins easy / steady effort long run or run / walk over off road undulating terrain + stretch	RIBE Shakes immediately
WEEK 3 15TH APR	REST	/ routes and share them w	TRIBE Tempo or 5 x 3 mins at Threshold effort with 90 seconds jog between intervals + stretch	tips, advice & support to p	15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch	tempo sessions & cross tra	30 mins easy effort run or 30 mins easy effort run / walk + stretch	ven to reduce risk of injury	REST	e training days. Your body	parkrun (race to your hardest effort) + stretch	iet to support muscle reco	REST	after working out. They co
WEEK 4 22ND APR	15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch	ith us on Strava @ tribe	TRIBE Tempo or 5 x 4 mins at Threshold effort with 90 seconds jog between intervals + stretch	oush you to go further & h	REST	ining challenges your body	40 mins steady effort run or run / walk over undulating terrain + stretch	y and benefits performanc	REST	needs the time to recover	5 x 45 to 60 seconds up hill effort only to threshold effort off a jog or walk back to your starting point + stretch	wery. Stock up on TRIBE 10	50 mins easy / steady effort long run or run / walk over off road undulating terrain + stretch	ntain 20g protein for reco
WEEK 5 29TH APR	REST		TRIBE Tempo or 5 x 4 mins at Threshold effort with 90 seconds jog between intervals + stretch	arder.	REST or 15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch	y in different ways to get fi	45 mins steady effort run or run / walk over undulating terrain + stretch	æ. Don't miss TRIBE Temp	REST	r, heal and ultimately get s	5 x 45 to 60 seconds up hill effort only to threshold effort off a jog or walk back to your starting point + stretch	0 Protein bars.	60 mins easy / steady effort long run or run / walk over off road undulating terrain + stretch	overy.
WEEK 6 6TH MAY	REST		TRIBE TRACK SESSION		15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch	itter, faster.	30 mins easy effort run or 30 mins easy effort run / walk + stretch	0.	REST	stronger.	parkrun (race to your hardest effort) + stretch		REST	
WEEK 7 13TH MAY	REST		TRIBE Tempo or 4 x 6 mins at Threshold effort with 90 seconds jog between intervals + stretch		40 mins easy effort run + stretch		REST or 30 mins easy effort cross training (cv gym equipment or swim), 30 mins strength and conditioning + stretch		2 x 5 x 60 seconds up hill effort only to threshold effort off a jog back to your starting point with 3 mins jog between sets + stretch		REST		70 mins easy / steady effort long run or run / walk over off road undulating terrain + stretch	
WEEK 8 20TH MAY	REST		TRIBE Tempo or 3 x 5 mins at Threshold effort with 90 seconds jog between intervals + stretch		REST		20 mins easy effort run + stretch		REST		TRIBE Maverick RUN FREE 10K		REST	

MEASURING YOUR EFFORT

It's important that you run at the right effort level and intensity to ensure you're training to reach your full potential. Most of us think that running "harder is better" so we end up running too quickly, which can result in feeling tired, illness or injury. Understand what each run is trying to achieve and how it should feel is the way to train smart, so here's a guide to the running sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

TYPE OF RUN	PE OF RUN PERCEIVED EFFORT LEVEL (1-10)*		HOW IT SHOULD FEEL - "THE TALK TEST"							
EASY / RECOVERY RUN	6 - 6.5	60 - 70%	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch							
LONG RUN	6.5 - 7	60 - 70%	You're in control, running fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue							
STEADY EFFORT RUN	7 - 8	71 - 80%	You can speak in short sentences but have a slight pause on your breath. This can often be 'no man's land' in training terms if this is all you do							
THRESHOLD RUNS / KENYAN HILLS	8 - 8.5	81 - 85%	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'							
10KM / SPEEDWORK	8.5 PLUS	85% PLUS	You can say only 2-3 words maximum and are out of breath but still know that you could do more if you had to							

TRIBE //avericle RUNFREE HALF MARATHON PLAN Saturday 25th May 2019

	MONDAY	TIP	TUESDAY	TIP	WEDNESDAY	TIP	THURSDAY	TIP	FRIDAY	TIP	SATURDAY	TIP	SUNDAY	TIP
WEEK 1 4TH FEB	REST	EXPLORE	TRIBE Tempo or 3 x 4 mins Threshold effort off 60s recovery	TRAIN TO	30 mins easy effort cross training, 30 mins s & c	ADD VAR	30 - 40 mins easy effort run	STRENGI	REST	REST Res	30 mins easy effort cross training, 30 mins s & c	PROTEIN	60 mins easy / steady effort off road run	REFUEL
WEEK 2 11TH FEB	REST	Get up, Ge	TRIBE Tempo or 4 x 4 mins Threshold effort off 60s recovery	OGETHER W	30 mins easy effort cross training, 30 mins s & c	NETY Long	30 - 40 mins steady effort run	「H Strength	REST	est days are v	TRIBE Epping Forest 10k Run	Include go	30 mins recovery run	Refuel with .
WEEK 3 18TH FEB	REST	t out, Go forv	TRIBE Tempo or 4 x 4 mins Threshold effort off 60s recovery	/e'll be sendir	30 mins easy effort cross training, 30 mins s & c	runs, interval	45 mins easy effort run	training is sc	REST	ital - especia	TRIBE & Full Potential Strength Endurance Session	od quality pro	70 mins easy / steady effort off road run	TRIBE Shakes
WEEK 4 25TH FEB	REST	ward! Map nev	TRIBE Tempo or 4 x 5 mins Threshold effort off 60s recovery	ng out regular	30 mins easy effort cross training, 30 mins s & c	sessions, S&C	45 mins easy effort run	ientifically pr	REST	lly after inten	6 x 60 s up hill effort only threshold effort off 90 s recovery	otein in your o	75 mins easy / steady effort off road run	s immediately
WEEK 5 4TH MAR	REST	w routes and	TRIBE Tempo or 10 mins Threshold effort	tips, advice	REST	, Tempos & cr	45 mins easy effort run	oven to reduc	REST	se training da	8 x 60 s up hill effort only threshold effort off 90 s recovery	diet to suppor	80 mins easy / steady effort off road run	after workin
WEEK 6 11TH MAR	REST	share them w	TRIBE Tempo or 4 x 6 mins Threshold effort off 60s recovery	& support to	30 mins easy effort cross training, 30 mins s & c	oss training c	45 mins easy effort run	e risk of injur	REST	ays. Your bod	10 x 60 s up hill effort only threshold effort off 90 s recovery	rt muscle reco	60 mins easy / steady effort off road run	g out. They c
WEEK 7 18TH MAR	REST	vith us on Str	TRIBE Tempo or 3 x 8 mins Threshold effort off 60s recovery	push you to g	REST	hallenges you	30 mins easy effort cross training, 30 mins s & c	y and benefit	REST	y needs the t	TRIBE Track Session	overy. Stock ι	90 mins easy / steady effort off road run	ontain 20g pı
WEEK 8 25TH MAR	REST	ava @ tribe	TRIBE Tempo or 3 x 8 mins Threshold effort off 60s recovery	go further & h	30 mins easy effort cross training, 30 mins s & c	ır body in diff	REST or 30 mins recovery run	ts performand	3 x 5 mins Kenyan Hills at threshold effort off 90 s	ime to recove	REST	up on TRIBE 1	90 mins easy / steady effort off road run	rotein for reco
WEEK 9 1ST APR	REST		TRIBE Tempo or 15 mins Threshold effort	narder.	30 mins easy effort run	erent ways to	3 x 5 mins Kenyan Hills at threshold effort off 90 s	ce. Don't miss	3 x 5 mins Kenyan Hills at threshold effort off 90 s	r, heal and ul	TRIBE Trail 10k or Half Marathon	10 Protein bars	REST	overy.
WEEK 10 8TH APR	30 mins recovery run		TRIBE Tempo or 6 x 5 mins Threshold effort off 90s		30 mins easy effort cross training, 30 mins s & c	get fitter, fas	REST	TRIBE Temp	3 x 6 mins Kenyan Hills at threshold effort off 90 s	timately get :	REST	è,	110 mins easy / steady effort off road run	
WEEK 11 15TH APR	REST		TRIBE Tempo or 6 x 5 mins Threshold effort off 60s		30 mins easy effort cross training, 30 mins s & c	ster.	REST or 40 mins recovery run	<u>ö</u>	3 x 6 mins Kenyan Hills at threshold effort off 90 s	stronger.	REST		60 mins easy / steady effort off road run	
WEEK 12 22ND APR	REST		TRIBE Tempo or 4 x 8 mins Threshold effort off 90s		30 mins easy effort cross training, 30 mins s & c		REST		3 x 8 mins Kenyan Hills at threshold effort off 90 s		REST		110 mins easy / steady effort off road run	
WEEK 13 29TH APR	REST		TRIBE Tempo or 4 x 8 mins Threshold effort off 90s		30 mins easy effort cross training, 30 mins s & c		REST or 30 mins recovery run		3 x 8 mins Kenyan Hills at threshold effort off 90 s		REST		120 mins easy / steady effort off road run	
WEEK 14 6TH MAY	REST		TRIBE TRACK SESSION		REST		30 mins easy effort cross training, 30 mins s & c		10 x 1 min at 90 pct effort off 60 s recovery		REST		120 mins easy / steady effort off road run	
WEEK 15 13TH MAY	REST		TRIBE Tempo or 6 x 5 mins Threshold effort off 60s		30 mins easy effort cross training, 30 mins s & c		REST or 30 mins recovery run		10 x 1 min at 90 pct effort off 60 s recovery		REST		70 mins easy / steady effort off road run	
WEEK 16 20TH MAY	REST		TRIBE Tempo or 3 x 5 mins at Threshold effort off 60s		REST		30 mins easy effort run		REST		TRIBE Maverick RUN FREE		REST	

MEASURING YOUR EFFORT

It's important that you run at the right effort level and intensity to ensure you're training to reach your full potential. Most of us think that running "harder is better" so we end up running too quickly, which can result in feeling tired, illness or injury. Understand what each run is trying to achieve and how it should feel is the way to train smart, so here's a guide to the running sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

TYPE OF RUN	PERCEIVED EFFORT LEVEL (1-10)*	HEART RATE	HOW IT SHOULD FEEL - "THE TALK TEST"					
EASY / RECOVERY RUN	6 - 6.5	60 - 70%	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch					
LONG RUN	6.5 - 7	60 - 70%	You're in control, running fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue					
STEADY EFFORT RUN	7 - 8	71 - 80%	You can speak in short sentences but have a slight pause on your breath. This can often be 'no man's land' in training terms if this is all you do					
THRESHOLD RUNS / KENYAN HILLS	8 - 8.5	81 - 85%	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'					
10KM / SPEEDWORK	8.5 PLUS	85% PLUS	You can say only 2-3 words maximum and are out of breath but still know that you could do more if you had to					



	MONDAY	TIP	TUESDAY	TIP	WEDNESDAY	TIP	THURSDAY	TIP	FRIDAY	TIP	SATURDAY	TIP	SUNDAY	TIE
WEEK 1 4TH FEB	REST	EXPLOR	TRIBE Tempo or 5 x 4 mins at Threshold effort off 60 s recovery	TRAIN T	15 mins easy effort cross training, 30 - 45 mins s & c	ADD VAI	40 mins easy effort run	STRENG:	REST	REST Re	15 mins easy effort cross training, 30 - 45 mins s & c	PROTEIN	75 mins easy / steady effort off road run	REFUEL
WEEK 2 11TH FEB	REST	E Get up, Ge	TRIBE Tempo or 5 x 5 mins at Threshold effort off 90 s recovery	OGETHER V	15 mins easy effort cross training, 30 - 45 mins s & c	RIETY Long	40 mins easy effort run	TH Strength	REST	est days are v	TRIBE Epping Forest 10k Run	Include go	75 - 90 mins easy effort off road run	Refuel with
WEEK 3 18TH FEB	REST	et out, Go forv	TRIBE Tempo or 5 x 5 mins at Threshold effort off 60 s recovery	Ve'll be sendir	15 mins easy effort cross training, 30 - 45 mins s & c	runs, interval	45 mins easy effort run	training is sc	REST	/ital - especia	TRIBE & Full Potential Strength Endurance Session	od quality pro	90 mins easy / steady effort off road run	TRIBE Shake
WEEK 4 25TH FEB	REST	ward! Map ne	TRIBE Tempo or 15 mins at Threshold effort	ng out regula	15 mins easy effort cross training, 30 - 45 mins s & c	sessions, S&C	45 mins easy effort run	ientifically pr	REST	lly after inten	3 x 5 mins Kenyan Hills at threshold effort off 90 s	otein in your	105 mins easy / steady effort off road run	s immediately
WEEK 5 4TH MAR	REST	w routes and	TRIBE Tempo or 3 x 8 mins at Threshold effort off 60 s recovery	r tips, advice	REST	;, Tempos & cr	45 mins steady effort undulating run	oven to reduc	3 x 5 mins Kenyan Hills at threshold effort off 90 s	se training da	REST	diet to suppo	120 mins easy / steady effort off road run	/ after workin
WEEK 6 11TH MAR	REST	share them v	TRIBE Tempo or 3 x 8 mins at Threshold effort off 60 s recovery	& support to	15 mins easy effort cross training, 30 - 45 mins s & c	ross training o	45 mins steady effort undulating run	ce risk of inju	REST	ays. Your bod	REST	rt muscle rec	60 mins easy / steady effort off road run	g out. They o
WEEK 7 18TH MAR	REST	vith us on Str	TRIBE Tempo or 3 x 10 mins at Threshold effort off 90 s recovery	push you to :	REST	challenges you	15 mins easy effort cross training, 30 - 45 mins s & c	ry and benefii	3 x 6 mins Kenyan Hills at threshold effort off 90 s	y needs the t	TRIBE Track Session	overy. Stock ı	135 mins easy / steady effort off road run	ontain 209 p
WEEK 8 25TH MAR	REST	ava @tribe	TRIBE Tempo or 3 x 10 mins at Threshold effort off 90 s recovery	go further & h	15 mins easy effort cross training, 30 - 45 mins s & c	ır body in difi	REST or 30 mins recovery run	ts performan	3 x 6 mins Kenyan Hills at threshold effort off 90 s	ime to recove	REST	up on TRIBE	150 mins run, last 60 mins to marathon pace	lotell lot led
WEEK 9 1ST APR	REST		TRIBE Tempo or 6 x 5 mins at Threshold effort off 60 s recovery	narder.	15 mins easy effort cross training, 30 - 45 mins s & c	ferent ways to	40 mins easy effort run	ce. Don't mis:	REST	er, heal and ul	TRIBE Trail 10k or Half Marathon	10 Protein ba	REST	Over y.
WEEK 10 8TH APR	30 mins recovery run		TRIBE Tempo or 3 x 10 mins at Threshold effort off 60 s		15 mins easy effort cross training, 30 - 45 mins s & c	get fitter, fas	REST	TRIBE Temp	3 x 6 mins Kenyan Hills at threshold effort off 90 s	timately get :	REST	S.	165 mins run, last 75 mins to marathon pace	
WEEK 11 15TH APR	REST		TRIBE Tempo or 20 mins at Threshold effort		15 mins easy effort cross training, 30 - 45 mins s & c	ster.	REST or 40 mins recovery run	lbo!	3 x 6 mins Kenyan Hills at threshold effort off 90 s	stronger.	REST		90 mins easy / steady effort off road run	
WEEK 12 22ND APR	REST		TRIBE Tempo or 3 x 12 mins at Threshold effort off 90 s		15 mins easy effort cross training, 30 - 45 mins s & c		REST		3 x 8 mins Kenyan Hills at threshold effort off 90 s		REST		180 mins run, last 75 mins to marathon pace	
WEEK 13 29TH APR	REST		TRIBE Tempo or 3 x 12 mins at Threshold effort off 90 s		15 mins easy effort cross training, 30 - 45 mins s & c		REST or 40 mins recovery run		3 x 8 mins Kenyan Hills at threshold effort off 90 s		REST		180 mins run, last 90 mins to marathon pace	
WEEK 14 6TH MAY	REST		TRIBE TRACK SESSION		REST		15 mins easy effort cross training, 30 - 45 mins s & c		10 x 1 min at 90 pct effort off 60 s recovery		REST		120 mins run, middle 90 mins to marathon pace	
WEEK 15 13TH MAY	REST		TRIBE Tempo or 25 mins at Threshold effort		15 mins easy effort cross training, 30 - 45 mins s & c		REST or 40 mins recovery run		10 x 1 min at 90 pct effort off 60 s recovery		REST		70 mins run, middle 50 mins to marathon pace	
WEEK 16 20TH MAY	REST		TRIBE Tempo or 4 x 5 mins at Threshold effort off 60 s		REST		30 mins easy effort run		REST		TRIBE Maverick RUN FREE		REST	

MEASURING YOUR EFFORT

It's important that you run at the right effort level and intensity to ensure you're training to reach your full potential. Most of us think that running "harder is better" so we end up running too quickly, which can result in feeling tired, illness or injury. Understand what each run is trying to achieve and how it should feel is the way to train smart, so here's a guide to the running sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

TYPE OF RUN	PERCEIVED EFFORT LEVEL (1-10)*	HEART RATE	HOW IT SHOULD FEEL - "THE TALK TEST"					
EASY / RECOVERY RUN	6 - 6.5	60 - 70%	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch					
LONG RUN	6.5 - 7	60 - 70%	You're in control, running fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue					
STEADY EFFORT RUN	7 - 8	71 - 80%	You can speak in short sentences but have a slight pause on your breath. This can often be 'no man's land' in training terms if this is all you do					
THRESHOLD RUNS / KENYAN HILLS	8 - 8.5	81 - 85%	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'					
10KM / SPEEDWORK	8.5 PLUS	85% PLUS	You can say only 2-3 words maximum and are out of breath but still know that you could do more if you had to					