

TRIBE

Maverick RUN FREE

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 out, Go forward! Map new routes and share them with us on Strava @tribe	TRIBE Tempo or 5 x 2 mins at Threshold effort with 90 seconds jog between intervals + stretch	TRAIN TOGETHER We'll be sending out regular tips, advice & support to push you to go further & harder.	REST or 15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch	ADD VARIETY Long runs, interval sessions, S&C, tempo sessions & cross training challenges your body in different ways to get fitter faster.	30 mins easy effort run or 30 mins easy effort run / walk + stretch	STRENGTH Strength training is scientifically proven to reduce risk of injury and benefits performance. Don't miss TRIBE Tempo!	REST	REST Rest days are vital - especially after intense training days. Your body needs the time to recover, heal and ultimately get stronger.	15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch	PROTEIN Include good quality protein in your diet to support muscle recovery. Stock up on TRIBE 10 Protein bars.	40 mins easy / steady effort long run or run / walk over off road undulating terrain + stretch	REFUEL Refuel with TRIBE Shakes immediately after working out. They contain 20g protein for recovery.
WEEK 2 8TH APR	REST		TRIBE Tempo or 5 x 3 mins at Threshold effort with 90 seconds jog between intervals + stretch		REST or 15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch		35 mins steady effort run or run / walk over undulating terrain + stretch		REST		15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch		50 mins easy / steady effort long run or run / walk over off road undulating terrain + stretch	
WEEK 3 15TH APR	REST		TRIBE Tempo or 5 x 3 mins at Threshold effort with 90 seconds jog between intervals + stretch		15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch		30 mins easy effort run or 30 mins easy effort run / walk + stretch		REST		parkrun (race to your hardest effort) + stretch		REST	
WEEK 4 22ND APR	15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch		TRIBE Tempo or 5 x 4 mins at Threshold effort with 90 seconds jog between intervals + stretch		REST		40 mins steady effort run or run / walk over undulating terrain + stretch		REST		5 x 45 to 60 seconds up hill effort only to threshold effort off a jog or walk back to your starting point + stretch		50 mins easy / steady effort long run or run / walk over off road undulating terrain + stretch	
WEEK 5 29TH APR	REST		TRIBE Tempo or 5 x 4 mins at Threshold effort with 90 seconds jog between intervals + stretch		REST or 15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch		45 mins steady effort run or run / walk over undulating terrain + stretch		REST		5 x 45 to 60 seconds up hill effort only to threshold effort off a jog or walk back to your starting point + stretch		60 mins easy / steady effort long run or run / walk over off road undulating terrain + stretch	
WEEK 6 6TH MAY	REST		TRIBE TRACK SESSION		15 mins easy effort cross training, 30 - 45 mins strength and conditioning or fitness class + stretch		30 mins easy effort run or 30 mins easy effort run / walk + stretch		REST		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				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

*Perceived effort = where 1 is easy and represents minimum effort and 10 is hard and represents maximum effort

TRIBE

Maverick RUN FREE

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 Get up, Get out, Go forward! Map new routes and share them with us on Strava @tribe	TRIBE Tempo or 3 x 4 mins Threshold effort off 60s recovery	TRAIN TOGETHER We'll be sending out regular tips, advice & support to push you to go further & harder.	30 mins easy effort cross training, 30 mins s & c	ADD VARIETY Long runs, interval sessions, S&C, Tempos & cross training challenges your body in different ways to get fitter, faster.	30 - 40 mins easy effort run	STRENGTH Strength training is scientifically proven to reduce risk of injury and benefits performance. Don't miss TRIBE Tempo!	REST	REST Rest days are vital - especially after intense training days. Your body needs the time to recover, heal and ultimately get stronger.	30 mins easy effort cross training, 30 mins s & c	PROTEIN Include good quality protein in your diet to support muscle recovery. Stock up on TRIBE 10 Protein bars.	60 mins easy / steady effort off road run	REFUEL Refuel with TRIBE Shakes immediately after working out. They contain 20g protein for recovery.
WEEK 2 11TH FEB	REST		TRIBE Tempo or 4 x 4 mins Threshold effort off 60s recovery		30 mins easy effort cross training, 30 mins s & c		30 - 40 mins steady effort run		REST		TRIBE Epping Forest 10k Run		30 mins recovery run	
WEEK 3 18TH FEB	REST		TRIBE Tempo or 4 x 4 mins Threshold effort off 60s recovery		30 mins easy effort cross training, 30 mins s & c		45 mins easy effort run		REST		TRIBE & Full Potential Strength Endurance Session		70 mins easy / steady effort off road run	
WEEK 4 25TH FEB	REST		TRIBE Tempo or 4 x 5 mins Threshold effort off 60s recovery		30 mins easy effort cross training, 30 mins s & c		45 mins easy effort run		REST		6 x 60 s up hill effort only threshold effort off 90 s recovery		75 mins easy / steady effort off road run	
WEEK 5 4TH MAR	REST		TRIBE Tempo or 10 mins Threshold effort		REST		45 mins easy effort run		REST		8 x 60 s up hill effort only threshold effort off 90 s recovery		80 mins easy / steady effort off road run	
WEEK 6 11TH MAR	REST		TRIBE Tempo or 4 x 6 mins Threshold effort off 60s recovery		30 mins easy effort cross training, 30 mins s & c		45 mins easy effort run		REST		10 x 60 s up hill effort only threshold effort off 90 s recovery		60 mins easy / steady effort off road run	
WEEK 7 18TH MAR	REST		TRIBE Tempo or 3 x 8 mins Threshold effort off 60s recovery		REST		30 mins easy effort cross training, 30 mins s & c		REST		TRIBE Track Session		90 mins easy / steady effort off road run	
WEEK 8 25TH MAR	REST		TRIBE Tempo or 3 x 8 mins Threshold effort off 60s recovery		30 mins easy effort cross training, 30 mins s & c		REST or 30 mins recovery run		3 x 5 mins Kenyan Hills at threshold effort off 90 s		REST		90 mins easy / steady effort off road run	
WEEK 9 1ST APR	REST		TRIBE Tempo or 15 mins Threshold effort		30 mins easy effort run		3 x 5 mins Kenyan Hills at threshold effort off 90 s		3 x 5 mins Kenyan Hills at threshold effort off 90 s		TRIBE Trail 10k or Half Marathon		REST	
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		REST		3 x 6 mins Kenyan Hills at threshold effort off 90 s		REST		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		REST or 40 mins recovery run		3 x 6 mins Kenyan Hills at threshold effort off 90 s		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

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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

*Perceived effort = where 1 is easy and represents minimum effort and 10 is hard and represents maximum effort

TRIBE

Maverick RUN FREE

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 Get up, Get out, Go forward! Map new routes and share them with us on Strava @tribe	TRIBE Tempo or 5 x 4 mins at Threshold effort off 60 s recovery	TRAIN TOGETHER We'll be sending out regular tips, advice & support to push you to go further & harder.	15 mins easy effort cross training, 30 - 45 mins s & c	ADD VARIETY Long runs, interval sessions, S&C, Tempos & cross training challenges your body in different ways to get fitter, faster.	40 mins easy effort run	STRENGTH Strength training is scientifically proven to reduce risk of injury and benefits performance. Don't miss TRIBE Tempo!	REST	REST Rest days are vital - especially after intense training days. Your body needs the time to recover, heal and ultimately get stronger.	15 mins easy effort cross training, 30 - 45 mins s & c	PROTEIN Include good quality protein in your diet to support muscle recovery. Stock up on TRIBE 10 Protein bars.	75 mins easy / steady effort off road run	REFUEL Refuel with TRIBE Shakes immediately after working out. They contain 20g protein for recovery.
WEEK 2 11TH FEB	REST		TRIBE Tempo or 5 x 5 mins at Threshold effort off 90 s recovery		15 mins easy effort cross training, 30 - 45 mins s & c		40 mins easy effort run		REST		TRIBE Epping Forest 10k Run		75 - 90 mins easy effort off road run	
WEEK 3 18TH FEB	REST		TRIBE Tempo or 5 x 5 mins at Threshold effort off 60 s recovery		15 mins easy effort cross training, 30 - 45 mins s & c		45 mins easy effort run		REST		TRIBE & Full Potential Strength Endurance Session		90 mins easy / steady effort off road run	
WEEK 4 25TH FEB	REST		TRIBE Tempo or 15 mins at Threshold effort		15 mins easy effort cross training, 30 - 45 mins s & c		45 mins easy effort run		REST		3 x 5 mins Kenyan Hills at threshold effort off 90 s		105 mins easy / steady effort off road run	
WEEK 5 4TH MAR	REST		TRIBE Tempo or 3 x 8 mins at Threshold effort off 60 s recovery		REST		45 mins steady effort undulating run		3 x 5 mins Kenyan Hills at threshold effort off 90 s		REST		120 mins easy / steady effort off road run	
WEEK 6 11TH MAR	REST		TRIBE Tempo or 3 x 8 mins at Threshold effort off 60 s recovery		15 mins easy effort cross training, 30 - 45 mins s & c		45 mins steady effort undulating run		REST		REST		60 mins easy / steady effort off road run	
WEEK 7 18TH MAR	REST		TRIBE Tempo or 3 x 10 mins at Threshold effort off 90 s recovery		REST		15 mins easy effort cross training, 30 - 45 mins s & c		3 x 6 mins Kenyan Hills at threshold effort off 90 s		TRIBE Track Session		135 mins easy / steady effort off road run	
WEEK 8 25TH MAR	REST		TRIBE Tempo or 3 x 10 mins at Threshold effort off 90 s recovery		15 mins easy effort cross training, 30 - 45 mins s & c		REST or 30 mins recovery run		3 x 6 mins Kenyan Hills at threshold effort off 90 s		REST		150 mins run, last 60 mins to marathon pace	
WEEK 9 1ST APR	REST		TRIBE Tempo or 6 x 5 mins at Threshold effort off 60 s recovery		15 mins easy effort cross training, 30 - 45 mins s & c		40 mins easy effort run		REST		TRIBE Trail 10k or Half Marathon		REST	
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		REST		3 x 6 mins Kenyan Hills at threshold effort off 90 s		REST		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		REST or 40 mins recovery run		3 x 6 mins Kenyan Hills at threshold effort off 90 s		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	

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