

Gherkin 8 Week Training Plan

Run only plan


Like any athlete, you can only reach your full potential if you train smart. Many people think, the harder the better. So they train too hard, then they end up feeling tired, they get ill or they injure themselves. The way to avoid this and perform at your best is

to train smart. Plan all your training sessions. Understand what each one is trying to achieve. And, when you get started, be mindful of how each should feel in its effort and intensity. Here's a guide for just that.



Type of session	Perceived effort level (1-10)*	Heart rate	How it should feel – the talk test
Recovery	6-6.5	60-65%	You can speak in complete sentences, totally conversational. You're relaxed and enjoying the session.
Easy	6.5-7	65-70%	You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady	7-8	70-80%	You can speak in short sentences but you have a slight pause in your breath.
Threshold	8-8.5	80-85%	You can speak 4-5 words. Your breathing is more laboured and you know you're working. We call this: controlled discomfort.
Hard	8.5-9	85-90%	You can say only 2-3 words maximum and you're out of breath, but you know you could still do more if you had to.

*Perceived effort =
1 represents no effort and
10 represents maximum effort

Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sept 3	Cross-training 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	Run 30 mins easy effort run + stretch	Cross-training 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	Run 30 mins steady effort run over undulating terrain where you push some of the inclines to threshold effort + stretch	Rest & Stretch	Walk / Run 10 - 15 mins warm-up, 5 x 3 mins at threshold effort with 60 secs easy effort jog / walk recovery between efforts, 10 mins cool-down + Stretch	Run 35 mins easy effort run + stretch
Sept 10	Cross-training 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	Run 30 mins easy effort run + stretch	Cross-training 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	Run 35 mins steady effort run over undulating terrain where you push some of the inclines to threshold effort + stretch	Rest & Stretch	Walk / Run 10 - 15 mins warm-up, 5 x 3 mins at threshold effort with 60 secs easy effort jog / walk recovery between efforts, 10 mins cool-down + Stretch	Run 40 mins easy effort run + stretch
Sept 17	Cross-training 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	Run 40 mins steady effort run over undulating terrain where you push some of the inclines to threshold effort + stretch	Cross-training 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	Run 40 mins easy effort run + stretch	Rest & Stretch	Training Day	Run 45 mins easy effort run + stretch
Sept 24	Rest & Stretch	Cross-training 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	Walk / Run 10 - 15 mins warm-up, 5 x 4 mins at threshold effort with 60 secs easy effort jog / walk recovery between efforts, 10 mins cool-down + Stretch	Cross-training 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	Rest & Stretch	Walk / Run 10 - 15 mins warm-up, 2 x (5 x 45 - 60 seconds uphill running at 90 pct effort with an easy jog or walk back downhill to your starting point) with 120 secs easy effort jog / walk recovery between sets, 10 mins cool-down + stretch	Run 45 mins easy effort run + stretch
Oct 1	Rest & Stretch	Cross-training 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	Walk / Run 10 - 15 mins warm-up, 6 x 2 mins at 90 pct effort with 60 secs easy effort jog / walk recovery between efforts, 10 mins cool-down + Stretch	Cross-training 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	Rest & Stretch	Walk / Run 10 - 15 mins warm-up, 2 x (5 x 45 - 60 seconds uphill running at 90 pct effort with an easy jog or walk back downhill to your starting point) with 120 secs easy effort jog / walk recovery between sets, 10 mins cool-down + stretch	Run 50 mins easy effort run + stretch
Oct 8	Rest & Stretch or 30 mins cross training, 30 mins strength and conditioning (focus on core and upper body exercises today) + stretch or 45 - 60 mins fitness class + stretch	Walk / Run 10 - 15 mins warm-up, 6 x 2 mins at 90 pct effort with 60 secs easy effort jog / walk recovery between efforts, 10 mins cool-down + Stretch	Cross-training 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	Run 45 mins easy effort run + stretch	Rest & Stretch	Walk / Run 10 - 15 mins warm-up, 3 x (3 x 45 - 60 seconds uphill running at 90 pct effort with an easy jog or walk back downhill to your starting point) with 120 secs easy effort jog / walk recovery between sets, 10 mins cool-down + stretch	Run 60 mins easy effort run + stretch
Oct 15	Rest & Stretch	Walk / Run 10 - 15 mins warm-up, 8 x 2 mins at 90 pct effort with 60 secs easy effort jog / walk recovery between efforts, 10 mins cool-down + Stretch	Cross-training 30 mins cross training, 30 mins strength and conditioning + stretch or 45 - 60 mins fitness class + stretch	Run 30 mins steady effort run over undulating terrain where you push some of the inclines to threshold effort + stretch	Rest & Stretch	Walk / Run 10 - 15 mins warm-up, 3 x (3 x 45 - 60 seconds uphill running at 90 pct effort with an easy jog or walk back downhill to your starting point) with 120 secs easy effort jog / walk recovery between sets, 10 mins cool-down + stretch	Run 45 mins easy effort run + stretch
Oct 22	Rest Easier this week to ensure that your legs are fresh ahead of Sunday's Challenge	Walk / Run 10 - 15 mins warm-up, 8 x 2 mins at 90 pct effort with 60 secs easy effort jog / walk recovery between efforts, 10 mins cool-down + Stretch	Rest & Stretch	Run 30 mins easy effort run + stretch	Rest & Stretch	Run 15 mins easy effort run + stretch	Gherkin Challenge 

If you have any questions then please contact us at training@nspcc.org.uk – good luck!