



GREAT EASTERN RUN 

# Great Eastern Run

## 2023 Training Plans

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# KEITH GERRARD



- USA T&F certified coach
- BSc sports and exercise science
- (Former) GB international on track and cross country
- Senior men's National & inter-counties XC champion 2012/13
- NASM certified personal trainer

## PERSONAL BESTS

**5000m** – 13:50.0

**10,000m** – 28:27.0

**Half Marathon** – 1:03:39

**Marathon** – 2:26.27

I have been coaching runners of all abilities, ages, and backgrounds since 2015, covering distances from 5k right the way up to the marathon and beyond. I like to apply my own personal experiences in the sport when helping others, as well as the knowledge I have picked up from training and racing in the company of many world class coaches and athletes. My coaching philosophy is based on gradual progression through consistent, varied and enjoyable running with each runner's individual needs coming first.

I love running because it is such a pure and simple sport, and, for me, there are not many things more satisfying than seeing someone find joy in running and achieve their personal goal, whatever it may be.



# WEEK 1

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 12TH JUNE

MONDAY

20-30 min E

30-50 min E

40-60 min E

TUESDAY

XT

30-50 min + strides

40-60 min + strides

WEDNESDAY  
(WORKOUT)

Warm up +

10-20 x 1 up + 1 down

Notes: up efforts smooth and controlled (5k) and down can be a jog or walk recovery

THURSDAY

20-30 min E

30-50 min E

40-60 min E

FRIDAY

REST

REST

REST

SATURDAY  
(LR)

LR: 4-5 miles

\*\*Can be done on either Saturday or Sunday

LR: 5-6 miles

LR: 6-7 miles

SUNDAY

XT

30-40 min E

40-50 min E

# WEEK 2

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 19TH JUNE

MONDAY

20-30 min E

30-50 min E

40-60 min E

TUESDAY

XT

30-50 min + strides

40-60 min + strides

WEDNESDAY  
(WORKOUT)

Warm up +

3 min E-S +

2 min T +

1 min L

(repeat 6 min cycles for 30-50 min)

THURSDAY

20-30 min E

30-50 min E

40-60 min E

FRIDAY

REST

REST

REST

SATURDAY  
(LR)

LR: 4-5 miles

LR: 5-6 miles

LR: 6-7 miles

\*\*Can be done on either Saturday or Sunday

SUNDAY

XT

30-40 min E

40-50 min E

# WEEK 3

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 26TH JUNE

MONDAY

20-30 min E

30-50 min E

40-60 min E

TUESDAY

XT

30-50 min + strides

40-60 min + strides

WEDNESDAY  
(WORKOUT)

Warm up +

4 min E-S +

3 min T +

1 min L

(repeat 8 min cycles for 30-50 min)

THURSDAY

20-30 min E

30-50 min E

40-60 min E

FRIDAY

REST

REST

REST

SATURDAY  
(LR)

LR: 5-6 miles

\*\*Can be done on either Saturday or Sunday

LR: 6-7 miles

LR: 7-8 miles

SUNDAY

XT

30-40 min E

40-50 min E

# WEEK 4

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 3RD JULY

MONDAY

20-30 min E

30-50 min E

40-60 min E

TUESDAY

XT

30-50 min + strides

40-60 min + strides

WEDNESDAY  
(WORKOUT)

Warm up +

3 min E +

5 min T +

2 min L

(repeat 10 min cycles for 40-60 min)

THURSDAY

20-30 min E

30-50 min E

40-60 min E

FRIDAY

REST

REST

REST

SATURDAY  
(LR)

LR: 6-7 miles

\*\*Can be done on either Saturday or Sunday

LR: 7-8 miles

LR: 10-11 miles

\*No more than 90 mins

SUNDAY

XT

30-40 min E

40-50 min E

# WEEK 5

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 10TH JULY

MONDAY

20-30 min E

30-50 min E

40-60 min E

TUESDAY

XT

30-50 min + strides

40-60 min + strides

WEDNESDAY  
(WORKOUT)

Warm up +

3 min E +

3 min T +

3 min L

**GetFit4 Evening**

(repeat 9 min cycles for 35-50 min)

THURSDAY

20-30 min E

30-50 min E

40-60 min E

FRIDAY

REST

REST

REST

SATURDAY  
(LR)

LR: 6-7 miles

\*\*Can be done on either Saturday or Sunday

LR: 7-8 miles

LR: 10-11 miles

\*No more than 90 mins

SUNDAY

XT or 30 min E

30-40 min E

40-50 min E

# WEEK 6

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 17TH JULY

MONDAY

20-30 min E  
30-50 min E  
40-60 min E

TUESDAY

XT  
30-50 min + strides  
40-60 min + strides

WEDNESDAY  
(WORKOUT)

Warm up +  
5 min E +  
5 min S +  
5 min T                    (repeat 15 min cycles for 45-60 min)

THURSDAY

20-30 min E  
30-50 min E  
40-60 min E

FRIDAY

REST  
REST  
REST

SATURDAY  
(LR)

Reduced:  
LR: 5-6 miles  
LR: 6-7 miles  
LR: 7-8 miles

SUNDAY

XT or 30 min E  
30-40 min E  
40-50 min E



# WEEK 7

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 24TH JULY

MONDAY

20-30 min E

30-50 min E

40-60 min E

TUESDAY

XT

30-50 min + strides

40-60 min + strides

WEDNESDAY  
(WORKOUT)

Warm up + **GetFit4 Evening**  
3 min T (60 sec)  
2 min L (60sec)  
1 min L (3 min)   \*\*3-6 sets

THURSDAY

20-30 min E

30-50 min E

40-60 min E

FRIDAY

REST

REST

REST

SATURDAY  
(LR)

LR: 7-8 miles   \*\*Can be done on either Saturday or Sunday

LR: 9-10 miles

LR: 11-13 miles   \*No more than 90 mins

SUNDAY

XT or 30 min E

30-40 min E

40-50 min E

# WEEK 8

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 31ST JULY

MONDAY

20-30 min E

30-50 min E

40-60 min E

TUESDAY

XT

30-50 min + strides

40-60 min + strides

WEDNESDAY  
(WORKOUT)

Warm up +  
6-10 x 3 min T ( 2 min)

THURSDAY

20-30 min E

30-50 min E

40-60 min E

FRIDAY

REST

REST

REST

SATURDAY  
(LR)

LR: 7-8 miles   \*\*Can be done on either Saturday or Sunday

LR: 9-10 miles

LR: 11-13 miles   \*No more than 90 mins

SUNDAY

XT or 30 min E

30-40 min E

40-50 min E

# WEEK 9

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 7TH AUGUST

MONDAY

30-40 min E  
40-50 min E  
50-60 min E

TUESDAY

XT  
50-60 min + strides  
70-80 min + strides

WEDNESDAY  
(WORKOUT)

XT or 30 min E   **GetFit4 Evening**  
40 min E  
50-60 min E

THURSDAY

30 min E  
40-50 min E  
40-60 min E

FRIDAY

REST  
REST  
REST

SATURDAY  
(LR)

**10k race pace**  
**or 40 min @**  
**HM pace/effort**   \*\*Can be done on either Saturday or Sunday

SUNDAY

XT or 30 min E  
30-40 min E  
50-60 min E

# WEEK 10

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 14TH AUGUST

MONDAY

30-40 min E  
40-50 min E  
50-60 min E

TUESDAY

XT  
30-50 min + strides  
40-60 min + strides

WEDNESDAY  
(WORKOUT)

Warm up +  
3-4 x 10 min @ T ( 2 min)

THURSDAY

30 min E  
40-50 min E  
40-60 min E

FRIDAY

REST  
REST  
REST

SATURDAY  
(LR)

LR: 7-8 miles   \*\*Can be done on either Saturday or Sunday  
LR: 9-10 miles   **Last 15-20 min @ S**  
LR: 11-13 miles   \*No more than 90 mins

SUNDAY

XT or 30 min E  
30-40 min E  
50-60 min E

# WEEK 11

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 21ST AUGUST

MONDAY

30-40 min E

40-50 min E

50-60 min E

TUESDAY

XT

30-50 min + strides

40-60 min + strides

WEDNESDAY  
(WORKOUT)

Warm up +  
8 min @ T  
4 min @ 5k  
8 min @ T  
4 min @ 5k

### GetFit4 Evening

(Inter and advanced do 8 min @ tempo on end)  
\*Recovery: 2 min between all

THURSDAY

30 min E

40-50 min E

40-60 min E

FRIDAY

REST

REST

REST

SATURDAY  
(LR)

LR: 7-8 miles

\*\*Can be done on either Saturday or Sunday

LR: 9-10 miles

LR: 11-13 miles

\*No more than 90 mins

SUNDAY

XT or 30 min E

30-40 min E

50-60 min E

# WEEK 12

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 28TH AUGUST

MONDAY

30-40 min E

40-50 min E

50-60 min E

TUESDAY

XT

30-50 min + strides

40-60 min + strides

WEDNESDAY  
(WORKOUT)

Warm up +

**40 min @ target HM pace/effort**

THURSDAY

30 min E

40-50 min E

40-60 min E

FRIDAY

REST

REST

REST

SATURDAY  
(LR)

30 min E

30 min E

30 min E

SUNDAY

10m Race or Race pace or 80 mins @HM pace/effort

Try: Sawtry Walk to Run 10m race

The Sawtry 10 Mile - Sawtry Walk To Run

\*Can be done on either Saturday or Sunday

# WEEK 13

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 4TH SEPTEMBER

MONDAY

30-40 min E

40-50 min E

50-60 min E

TUESDAY

XT

30-50 min + strides

40-60 min + strides

WEDNESDAY  
(WORKOUT)

### GetFit4 Evening

Warm up +

**7-10 x 3 min @ T (2 min)**

THURSDAY

30 min E

40-50 min E

40-60 min E

FRIDAY

REST

REST

REST

SATURDAY  
(LR)

LR: 5-6 miles

\*\*Can be done on either Saturday or Sunday

LR: 6-7 miles

**Last 15-20 min @ S**

LR: 7-8 miles

\*\*No more than 2 hrs\*\*

SUNDAY

XT or 30 min E

30-40 min E

50-60 min E

# WEEK 14

■ BEGINNER ■ INTERMEDIATE ■ EXPERIENCED



## WEEK BEGINNING MONDAY 11TH SEPTEMBER

MONDAY

30-40 min E

40-50 min E

50-60 min E

TUESDAY

XT

30-50 min + strides

40-60 min + strides

WEDNESDAY  
(WORKOUT)

Warm up +

**3 x 15 min @ HM (3 min)**

THURSDAY

30 min E

40-50 min E

40-60 min E

FRIDAY

REST

REST

REST

SATURDAY  
(LR)

LR: 8-10 miles

\*\*Can be done on either Saturday or Sunday

LR: 10-11 miles

LR: 12-14 miles

\*\*No more than 2 hrs\*\*

SUNDAY

XT or 30 min E

40 min E

50-60 min E



# WEEK 15

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 18TH SEPTEMBER

MONDAY

30-40 min E

40-50 min E

50-60 min E

TUESDAY

XT

50-60 min + strides

70-80 min + strides

WEDNESDAY  
(WORKOUT)

XT or 30 min E   **GetFit4 Evening**

40 min E

50-60 min E

THURSDAY

30 min E

40-50 min E

40-60 min E

FRIDAY

REST

REST

REST

SATURDAY  
(LR)

**10k race pace**

**or 40 min @**

**HM pace/effort**   \*\*Can be done on either Saturday or Sunday

SUNDAY

XT or 30 min E

40 min E

50-60 min E

# WEEK 16

■ BEGINNER ■ INTERMEDIATE ■ EXPERIENCED



## WEEK BEGINNING MONDAY 25TH SEPTEMBER

MONDAY

30-40 min E

40-50 min E

50-60 min E

TUESDAY

XT

30-50 min + strides

40-60 min + strides

WEDNESDAY  
(WORKOUT)

Warm up +

6 min T ( 2 min)    3 min L ( 2 min)

5 min T ( 2 min)    2 min L ( 2 min)

4 min T ( 2 min)    1 min L (Finish)

THURSDAY

30 min E

40-50 min E

40-60 min E

FRIDAY

REST

REST

REST

SATURDAY  
(LR)

LR: 8-10 miles

\*\*Can be done on either Saturday or Sunday

LR: 10-11 miles

**Last 15-20 min @ S**

LR: 12-14 miles

\*\*No more than 2 hrs\*\*

SUNDAY

XT or 30 min E

40 min E

50-60 min E

# WEEK 17

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 2ND OCTOBER

MONDAY

30-40 min E

40-50 min E

50-60 min E

TUESDAY

XT

30-50 min + strides

40-60 min + strides

WEDNESDAY  
(WORKOUT)

### GetFit4 Evening

Warm up +

**10-15 min @ T (3 min) 10 x 1 min up + 1 min down**

THURSDAY

30 min E

40-50 min E

40-60 min E

FRIDAY

REST

REST

REST

SATURDAY  
(LR)

LR: 5-6 miles

\*\*Can be done on either Saturday or Sunday

LR: 8-9 miles

LR: 10-11 miles

SUNDAY

Rest or XT

30 min E

40 min E

# WEEK 18

■ BEGINNER   ■ INTERMEDIATE   ■ EXPERIENCED



## WEEK BEGINNING MONDAY 9TH OCTOBER

MONDAY

REST

REST

REST

TUESDAY

XT

30 + strides

30-40 min + strides

WEDNESDAY  
(WORKOUT)

Warm up +

**3-5 x 4 min @ T (2 min)**

THURSDAY

REST

REST

REST

FRIDAY

REST

REST

REST

SATURDAY  
(LR)

REST

REST

REST

SUNDAY

**GREAT EASTERN RUN RACE DAY**

# Terminology key



Run Type	Perceived effort (RPE)	Pace	Heart Rate	Purpose
E = Easy <i>Lorem ipsum</i>	Easy/recovery	N/A	60-70% max (Z2)	Recovery
S = Steady <i>Lorem ipsum</i>	Steady/ Moderate	Mara-HM	70-80% of Max (Z3)	Build Endurance
T =Tempo	Comfortably hard	Beginner = N/A Intermediate = 10k Advanced = 10 sec/ mile slower than 10k	80-85% of max (Z4)	Improve lactic Threshold
L = Lift	Fast-Relaxed	5k or faster	90% of max (Z5)	Speed & Cadence

**\*\*WARM UP** = Dynamic drills/mobility and at least 5-10 mins of easy running followed by strides

**\*\*XT** = CROSS TRAIN non ground impact activity such as spin bike, swimming, elliptical

**\*\*STRIDES** = (6-8 x) 15-20 sec run outs at 80% full speed focusing on proper technique and quick cadence

**\*\*LONG RUNS** = Can be done on either Saturday or Sunday, just switch the days based on what is preferred.

# Notes

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- Beginners should stick to the lower end of the workouts set, whilst experienced may do more, depending on preference.
- Days can be swapped around for convenience but please follow harder days with recovery **E** days
- Include full active (dynamic) warm up before all sets, especially when running faster than **E** pace
- Maintain consistent runners core strength and injury rehab throughout programme (1-3 x week)
- Train at paces and intensities based on your current fitness level, not where you once were or want to be
- Train with consistency in mind, ensuring recovery is adhered to
- Please ensure you are running in safe areas