



How This Running Plan Works

(Athlete Notes – Please Read)

This plan is designed to help you become a runner, not just complete runs.

Early running success is not about speed, distance, or how hard you can push. It's about consistency, tolerance, and recovery. Running places repeated impact through your joints, muscles, and tendons, and these tissues adapt more slowly than your fitness.

Our goal is to build you in a way that allows you to keep running long-term.

What Success Looks Like in This Plan

You are on track if:

- You complete sessions feeling controlled and confident
- You finish most runs feeling like you *could* have done more
- Any muscle soreness is mild and gone within 24 hours
- Running starts to feel easier week to week at the same effort

You are not expected to feel exhausted after running.

Why We Use Walk–Run Sessions

Walk–run intervals:

- Reduce injury risk
- Improve technique and posture
- Allow tissues time to adapt to impact
- Build confidence and consistency

They are not a sign you are unfit. They are a deliberate training tool.

Many experienced runners still use walk–run formats to stay healthy.



Pacing Rules (Very Important)

All runs in this plan are:

- Easy
- Conversational
- Controlled at all times

If you cannot speak in full sentences, you are running too fast.

Do not chase pace targets.

Fitness comes from consistency, not speed.

Progression Rules

Running progresses in this order:

1. Consistency
2. Total running time
3. Frequency
4. Intensity (much later)

Skipping steps increases injury risk and slows progress long-term.

Faster later comes from slower now.

How to Modify a Session (You Are Allowed To)

You may adjust a session if:

- You feel unusually fatigued
- You are tight or sore before starting
- Form starts to deteriorate mid-run

How to adjust



- Shorten run intervals
- Add extra walking
- Stop early if needed

Logging a modified session is always better than forcing completion.

What Is Normal vs Not Normal

Normal

- Mild muscle soreness
- Heavy legs early in a run
- General fatigue after sessions

Not Normal (Tell Your Coach)

- Pain that worsens during the run
- Pain that changes your running style
- Pain or stiffness lasting into the next day
- Repeated soreness in the same location

Pain is feedback, not a challenge to push through.

For Triathletes Using This Plan

Running is balanced carefully against swimming and cycling.

Some weeks running may feel “easy” compared to other sessions — this is intentional.

Bike and swim fitness will support your running development. We protect run durability by managing total training load, not maxing every discipline at once.

Recovery Is Part of the Plan

Adaptation happens when you recover, not when you train.



Prioritise:

- Sleep
- Fuel before and after sessions
- Easy days staying easy

Skipping recovery slows progress more than skipping a session.

Alpha State Final Reminder

Trust the process.

Be patient.

Stay consistent.

The athletes who progress best are not the ones who push hardest early — they are the ones who show up, stay healthy, and stack weeks together.