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SARAH CATTERSON COACHING

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# MY RUNNING STORY



STRONG POWERFUL FEMALES  
**SCC**

# MY INTRO TO RUNNING

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SARAH CATTERSON COACHING

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I'm not "a runner" - I always classified myself as someone who could never run longer than a minute. I hated every minute of it and told myself it would just be something I wouldn't be able to do. Due to my mindset this held me back from even trying. I worried about being out of breath, what others thought of me, how I looked when I ran and not being able to finish without walking, stopping or feeling like I couldn't breathe.

Then I realised - its wasn't my body holding me back - it was what I was telling myself.

Rome wasn't built in a day and neither will your ability to run long distances or run at all unless you begin.

You wont be an incredible runner at the start - and that's just something you have to be okay with. The quicker you come to terms with this the quicker you will become the "runner" you've wanted to be for a long time.

Truthfully I never thought of times, paces, distances - I just wanted to build it up as slow as possible - that's when I found my rhythm and love for running.

I was in competition with no one else but myself.

I started my 0- 5km plan that I've made for you all yet I didn't get annoyed if I had to walk a little longer one week, take an extra break one week - because I knew it would compound up.

From the girl who said "I can't run" "I'm not a runner" - Within a year I completed my first half marathon alongside my strength training.

Ever since then I want to help women run while being their strongest self.

That's why I have created **The SCC Running Guide**.

*Sarah Catterson*



# GOAL SETTING

It is **SO** important to set realistic goals.

You may want to run a half marathon and you will! But if you have never completed a 5km - start there. Better yet, if you have never completed 1km - **START THERE.**

I often say this to clients - you cannot lose 10kg without losing 0.5kg first. Start small and build it up over time. If you shoot for the stars too soon you will get frustrated, annoyed and give up meaning you'll never get to 5km never mind a half marathon.



The sooner you pull your goal right back to something that is realistic for you you can then add to it.

Have a realistic time frame - you don't want to drag it out too long that you don't stick to it but you also need to give the body time to build up the fitness.

# DON'T COMPARE

Comparing someone else's running journey is like comparing someone else's weight loss journey - pointless. You have a completely different body, lifestyle, responsibilities, fitness, starting point - the list goes on.

Compare to who you were when you started - but never compare to anyone else.

Have compassion with your runs - you won't have a perfect week every week. Life gets in the way and energy can dip at times.



As women, you may find some weeks your strength isn't there due to hormonal changes and your energy isn't what it was the week before - you have to allow this but this is why nutrition will be KEY when running and strength training.

Don't let the harder runs stop you - they will get easier.



# SAFETY

If you are running outside make sure to avoid running in the dark on your own. Try and keep runs during the day in well lit areas with people or cars around.

If you are running in the early mornings or the evenings, ask a friend to go with you.

Tell a family member or friend the route you are going on. You can share your location with Find My iPhone so your family or friends can track where you are.



If you are on your own I always keep my music a little lower therefore you can be sure to hear people passing you by or cars.

If you are running when it's darker make sure to wear reflective clothing or a head torch.

# DAYS YOU WANT TO QUIT

These will come so be ready for them. You won't be the person to go out for a run and come back with a personal best every time, to enjoy every run, to want to go on every run - that's never going to happen.

One foot in front of the other. This is something I repeat on my runs. When a run is feeling HARD I reduce my expectations and focus on just finishing. One foot in front of the other.

Find what works for you - music, audiobook, podcast, chatting to a friend.

I've had runs where nothing will help but loud music. I've had runs where I listen to a podcast and they fly by as I'm so engrossed. I know people who listen to audiobooks and they enjoy it. I also know people that like to be with their own thoughts and have no headphones - each to their own.



If you are running the same route every single time you will find this hard - it becomes monotonous - try and change your route if you can.



# PLAYLIST

I personally have an extremely poor attention span - especially when it comes to music. I find it hard to listen to one song FULLY - these playlists have been my **SAVING GRACE**.

There are so many playlists on Spotify but these have saved many runs and workouts for me as its an hour of remixes.



## **BIG BOOTIE MIXES - MY FAVOURITE PLAYLISTS**

*Tip: Make sure to download your playlist before you run in case your internet runs out OR your phone is low on battery.*

# PRE, DURING, & POST RUN NUTRITION



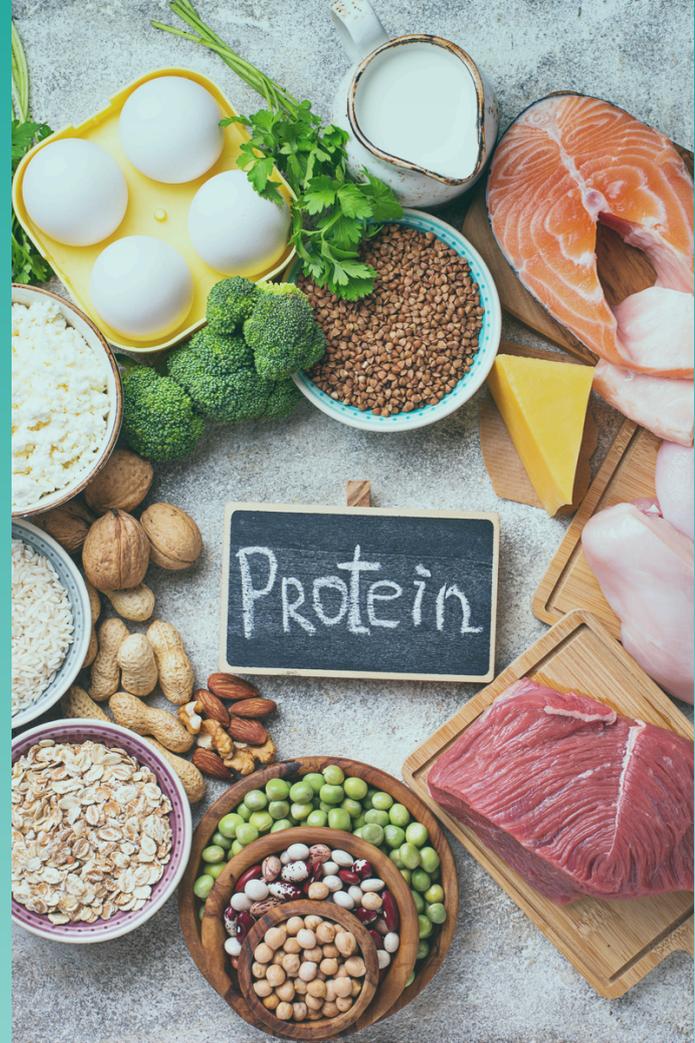
# PROTEIN

As mentioned in the rest and recovery section, Protein helps aid recovery, builds muscle, helps you stay satiated, helps with fat loss - the list goes on but the main focus we are concerned with here is to aid recovery and muscle repair. If you are recovering well from your sessions and runs you can continue.

You will all have your protein given to you on the SCC APP or SCC 8 Week Challenges.

I recommend between 1.8-2g per kg of bodyweight for protein.

Make sure to check the macro cheat sheet to see how you can add more protein to your diet!



# CARBOHYDRATES

Carbohydrates are certainly feared in this day and age but they shouldn't be ESPECIALLY when you are running and have an active lifestyle.

If you have a low carb diet or reduce carbs you may find your energy will suffer, your performance & speed can be affected and fatigue will set in.

Its recommended to have a complex carbohydrate source with your main meals. For instance - potatoes, rice, pasta, oats, sweet potatoes.

If you are going for a run within 1-2 hours, its recommended to get a complex carb source in as this is going to be a slow releasing carb source rather than quick.

If you are going for a run & want something quickly before you go, then you will grab a simple carb source - which is fast acting carbs such as dried fruit, cereal bar, squares bar, sweets, dates





# PRE RUN NUTRITION

Eating 1-2 hours before a run - As you have time for the food to digest you should get a complex carb source in as this is going to be a slow releasing carb source rather than quick.

For example. oats, peanut butter and banana and protein powder would be a perfect option.

If you want to have something quick before running you can grab a simple carb source - which is fast acting carbs such as dried fruit, cereal bar, squares bar, sweets, dates. Aim to have this 30 minutes before your run.



# FUEL DURING A RUN

If you are running longer than 60 minutes, it's good to make sure you have fuel with you so you can top up your energy to avoid feeling depleted throughout.

Gels are a great option as they are not heavy to take with you and very easy to quickly drink as you run. Most gels have 25g of carbs in them and a very fast acting carb source. I will link the gels I personally use but it is so important to find a gel that works for you.

Its recommended to have about 30-60g carbs per hour therefore if you're running longer distances I recommend to take one every 30-40 minutes if you are running over 60-90 minutes.

If you are doing long runs like a half marathon you will need to have a few with you.

Make sure you practice with gels before using them in a half marathon. Do not use new gels when doing a marathon - use the ones you have practiced with. If a certain gel does not agree with your stomach you do not want to find out on race day! If you find you get an stomach upset when taking the gels on a run make sure to take them slowly and don't have it all in one go.

[CLICK FOR THE GELS I USE](#)

YOU CAN USE **CODE SARAH C** TO  
SAVE MONEY IF YOU DO PURCHASE

If you don't like gels, you could bring sweets with you or dried fruit like dates.

Hydration during a run will come down to the distance and how much you need to bring. If you are going on a longer run I would recommend bringing water in a running vest so you can sip on it when needed. You could also add electrolytes to the water or bring electrolyte tablets which you can chew on.

[CLICK FOR THE RUNNING PACK I RECOMMEND](#)





# POST RUN NUTRITION

Consuming a balanced meal post run will be recommended to get in protein and carbs to help recovery but its very common post run that your appetite may not be high for a while.

Therefore I would recommend to get something small like a banana in or a protein shake that may be easier to digest post run!





# RUNNING & WEIGHT TRAINING

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## RUNNING AND WEIGHT TRAINING

Many people think they cannot weight train and run and you have to pick one or the other but this is simply not true if you do it right - weight training will only complement your runs.

Having stronger muscles in your legs will help. It will be important to focus on your single leg movements within your program to make sure you're building strength in both legs to avoid weaknesses. Strength training is very beneficial in reducing your risk of injury.

You will notice in your runs you have one longer run which is usually the second run - aim to have a rest day after these longer runs to help you recover for your sessions again.

Its normal when you begin running that you may find you have much more DOMS (**d**elayed **o**nset **m**uscle **s**oreness) which is the "pain" you get in your muscles after exercising. This will be normal for the first few weeks as your body adapts to the workouts and runs.

No one will be the same for when you should run and when you should train as we all have different lives and lifestyles and its important to do what works for YOU!

You never want to run BEFORE a strength training session - this can increase your risk of injury. Ideally you want to have them on separate days but for some you may have to do a run and strength training on the same day. In this scenario its very important to do it after your weight session.



# HOW TO STRUCTURE YOUR RUNS AND WEIGHT SESSIONS

**\*AGAIN AS MENTIONED ITS WHAT WORKS FOR YOU\***

## **OPTION 1: 3 SESSIONS A WEEK AND 2 RUNS:**

If you are doing 3 fully body sessions and 2 runs a week I would recommend  
- Run, Train, Rest, Run, Train, Train, Rest -  
This way you have 2 full rest days allowing for optimal recovery!

## **OPTION 2: 4 SESSIONS A WEEK AND 2 RUNS:**

If you are doing 4 sessions I recommend doing an upper/lower split. This way you have the option to potentially run on an upper body day if you need to to allow for an extra full rest day.

I would recommend  
- Lower, Upper, Run, Lower, Upper, Rest, Run -  
This means your longer run you have had a few days rest before meaning your legs will be ready to go.

You could pair an upper body and then a run to allow for another full day rest if needed!

## **OPTION 3: 5 SESSIONS A WEEK AND 2 RUNS:**

This is a lot on the body and with higher demands you must make sure you have fueling with the correct nutrition and getting in enough food or you will struggle with your energy in these runs massively!

I would recommend to pair at least one run with an upper body day to allow for a full rest day!

Option - Lower, Upper / Run, Full Body, Lower, Rest, Run, Upper - this will mean you have a full rest day prior to your long run.

You could pair the long run with the second upper day if you wanted to have 2 full rest days.

*Please note all SCC Clients: I've mentioned a full body day above here. While the SCC App workouts have either 3 day full body workouts or 4-5 day upper lower split days and not both - on the full body day you could do half a lower and half an upper for a full body workout.*

*In the SCC 8 Week Challenges you have split workouts and full body available to you in which you can ditch the 5th lower body day and add in one of the gym full body days!*

# REST & RECOVERY



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# Rest and Recovery

## PROTEIN

Protein helps with aiding recovery, building muscle, helping you stay satiated, helping with fat loss - the list goes on! But the main focus we are concerned with here is to aid recovery and muscle repair. If you are recovering well from your sessions and runs you can continue to progress.

You will all have your protein target given to you on the SCC APP or SCC 8 Week Challenges.



I recommend between 1.8-2g per kg of bodyweight for protein.

## WARM UPS/STRENGTH TRAINING

Make sure to give time for your warm ups and cool downs - without these you may find your are more prone to injuries.

Make sure to factor in your strength sessions. Don't pass or skip your single leg exercises as much as you may not like them they are very important to ensure you are working on any muscular imbalances.



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# Rest and Recovery

## HYDRATION

Make sure you are getting in enough water daily.

I recommend 3-4 litres of water but this will depend on the individual.



If you are running in hot countries or sweating much more than normal you will need more water and the addition of electrolytes.

## REST DAYS

Many people think taking rest days is “weak” and that you should be training everyday to see results. This couldn't be further from the truth.

If you train every single day you will not have time to recover which will mean your sessions will become poor and strength will dip. When strength dips and energy lowers you won't see as much changes as you cannot push as hard.



This will also impact your runs - as energy starts to decrease from no rest days you wont be able to progress in your runs. They are VITAL to being able to continue.

Schedule your rest days just like you would your workout days.

Its also very important to refuel on rest days. As you are now running and training do not pull calories on rest days.



# Rest and Recovery

## SLEEP

The number one important factor of recovery is sleep. While we all cannot get 8 hours perfectly every night as some of you are moms, busy jobs, night shift workers - its about making the most effort where you can with your sleep.



### Tips for quality sleep:

- **Sleep schedule:** Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your body clock.
- **Bedtime routine:** Creating a bedtime routine will signal to your body that it's time to wind down. This could include things like reading, taking a warm bath, meditation - whatever you find calms you.
- **Create a comfortable sleep environment:** Make sure your bedroom is dark, quiet, and cool. Invest in a comfortable mattress and pillows, and consider using earplugs to block out any disruptive sounds.
- **Limit exposure to screens before bed:** The blue light from phones, computers, and TVs can interfere with your body's natural sleep-wake cycle. Try to avoid screens at least an hour before bedtime, or use blue light filters or night mode settings on your devices.
- **Avoid heavy meals and eating very late at night:** This is not from a weight loss perspective but eating late at night can cause digestive issues and disrupt your sleep. Avoid caffeine past 2pm in the day MAX and alcohol close to bedtime, as this can disrupt sleep. Opt for light snacks if you're hungry before bed, and consider drinking herbal tea to help you relax.
- **Manage stress:** Practice relaxation techniques such as deep breathing, meditation, journaling, brain dumping to help reduce stress and anxiety that can interfere with sleep.
- **Limit naps:** While short naps can be beneficial, especially if you didn't get enough sleep the night before, long or irregular napping during the day can disrupt your sleep patterns.



# ***RUNNING***

**WARM UP & COOL DOWN**

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# WARM UP & COOL DOWN

This is something I avoided for a long time thinking a little walk before running would suffice - until I ran myself into the ground and began picking up injuries in my knees and ankles.

As much as we may not want to warm up it's the most important part. You wouldn't drive off in a car without your seatbelt clicked in - think of this as your warm up.

This will reduce injury, help with recovery and improve mobility.

I have attached warm up and cool down exercises below.

Pick 4-5 Warm Ups. 10-15 reps of each. If its single leg complete 10-15 each side. Repeat these for 5 minutes.

Spend 5 minutes cooling down at the end.

## Warm Up

- [90/90 Hip Switches](#)
- [Bodyweight Squats](#)
- [Squat to stretch](#)
- [Lateral lunge](#)
- [Pogo Hops](#)
- [Leg swings](#)
- [Hip opener](#)
- [Leg sweeps](#)
- [Windmills](#)
- [Calf pumps](#)
- [Thoracic rotation](#)

## Cool Down

- [Greatest world stretch](#)
- [Figure 4 stretch](#)
- [Downward dog](#)  
[paddle](#)



**SCC X RUNNING YOU CAN DO**

**ZERO TO 5K**

***8 week training  
plan***



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# ZERO TO 5K RUNNING PLAN

	SESSION 1	SESSION 2
<b>WEEK 1</b>	Repeat 6x: Run 1 min, walk 1 min 30s	Repeat 5x: Run 2 mins, walk 1 min 30s
<b>WEEK 2</b>	Repeat 4x: Run 3 mins, walk 2 mins	Repeat 5x: Run 3 mins, walk 2 mins
<b>WEEK 3</b>	Repeat 4x: Run 4 mins, walk 2 mins	Repeat 4x: Run 5 mins, walk 2 mins
<b>WEEK 4</b>	Repeat 4x: Run 5 mins, walk 1 min	Run 1km, walk 3 mins
<b>WEEK 5</b>	Repeat 5x: Run 500m, walk 2 mins	Repeat 5x: Run 200m, walk 1 min 30s
<b>WEEK 6</b>	Repeat 5x: Run 800m, walk 2 mins	Repeat 4x: Run 400m, walk 2 mins
<b>WEEK 7</b>	Repeat 2x: Run 2km, walk 3 mins	Repeat 4x: Run 500m, walk 2 mins
<b>WEEK 8</b>	Repeat 8x: Run 100m, walk 1 min	5KM RACE DAY!!



# WEEK ONE

## RUN ONE

***Aim 2.4km - estimated time 25-30 minutes***

- 5 Minute Warm Up
- **Repeat 6 times**
  - 1 Minute running - this is a pace you should be able to have a conversation
- Followed by
  - 1 minute 30 seconds walking
- 5 minutes cool down walking

## RUN TWO

***Aim 2.9km - estimated time 25-30 minutes***

- 5 Minute Warm Up
- **Repeat 5 times**
  - 2 Minute running - this is a pace you should be able to have a conversation
- Followed by
  - 1 minute 30 seconds walking
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK TWO

## RUN THREE

***Aim 3.2km - estimated time 30-35 minutes***

- 5 Minute Warm Up
- **Repeat 4 times**
  - 3 Minute running - this is a pace you should be able to have a conversation
- Followed by
  - 2 minutes walking
- 5 minutes cool down walking

## RUN FOUR

***Aim 3.8km - estimated time 30-35 minutes***

- 5 Minute Warm Up
- **Repeat 5 times**
  - 3 Minute running - this is a pace you should be able to have a conversation
- Followed by
  - 2 minutes walking
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***

# WEEK THREE

## RUN FIVE

***Aim 3.7km - estimated time 30-35 minutes***

- 5 Minute Warm Up
- **Repeat 4 times**
  - 4 Minute running - this is a pace you should be able to have a conversation
- Followed by
  - 2 minutes walking
- 5 minutes cool down walking

## RUN SIX

***Aim 4.3km - estimated time 35-40 minutes***

- 5 Minute Warm Up
- **Repeat 4 times**
  - 5 Minute running - this is a pace you should be able to have a conversation
- Followed by
  - 2 minutes walking
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***

# WEEK FOUR

## RUN SEVEN

***Aim 4km - estimated time 30-35 minutes***

- 5 Minute Warm Up
- **Repeat 4 times**
  - 5 Minute running - this is a pace you should be able to have a conversation
- Followed by
  - 1 minutes walking
- 5 minutes cool down walking

## RUN EIGHT

***Aim 3.4km - estimated time 30-35 minutes***

- 5 Minute Warm Up
- 1km Running - this is a pace you should be able to have a conversation
- Followed by 3 Minutes walking
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***

# WEEK FIVE

## RUN NINE

***Aim 4.2km - estimated time 35-40 minutes***

- 5 Minute Warm Up
- **Repeat 5 times**
  - 500m Intervals - this is a pace you should be able to have a conversation
- Followed by
  - 2 minutes walking
- 5 minutes cool down walking

## RUN TEN

***Aim 3km - estimated time 25-30 minutes***

- 1km run slow pace to warm up
- **Repeat 5x times**
  - 200m Running - I want you to push a little harder here
- Followed by
  - 1 minute 30 seconds walking
- 1km run slow pace to cool down

***\*Please refer to 'Warm Up & Cool Down' section for full details***

# WEEK SIX

## RUN ELEVEN

***Aim 5.7km - estimated time 45-55 minutes***

- 5 Minute Warm Up
- **Repeat 5 times**
  - 800m Intervals - this is a pace you should be able to have a conversation
- Followed by
  - 2 minutes walking
- 5 minutes cool down walking

## RUN TWELVE

***Aim 3.6km - estimated time 30-40 minutes***

- 1km run slow pace to warm up
- **Repeat 4x times**
  - 400m Running intervals - I want you to push your pace here
- Followed by
  - 2 minutes walking
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***

# WEEK SEVEN

## RUN THIRTEEN

***Aim 5.4km - estimated time 40-50 minutes***

- 0.5k run slow pace to warm up
- **Repeat 2 times**
  - 2km running - this is a pace you should be able to have a conversation
- Followed by
  - 3 minutes walking
- 5 minutes cool down walking

## RUN FOURTEEN

***Aim 4km - estimated time 35-40 minutes***

- 1km run slow pace to warm up
- **Repeat 4x times**
  - 500m Running intervals - I want you to push your pace here
- Followed by
  - 2 minutes walking
- 1km run slow pace to cool down

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK EIGHT

## RUN FIFTEEN

***Aim 2.8km - estimated time 25-35 minutes***

- 1k run slow pace to warm up
- **Repeat 8 times**
  - 100m running - I want you to push the pace here
- Followed by
  - 1 minute walking
- 1k run slow pace to cool down

## RUN SIXTEEN

**5KM RACE DAY!!!!**

- 5 minute warm up

**NOW GO AND SMASH IT!**



***\*Please refer to 'Warm Up & Cool Down' section for full details***

**SCC X RUNNING YOU CAN DO**

**5K TO 10K**

***10 week training  
plan***



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# 5K TO 10K RUNNING PLAN

	SESSION 1	SESSION 2
<b>WEEK 1</b>	6km easy run	6.5km progression run
<b>WEEK 2</b>	7km interval run	7.5km progression run
<b>WEEK 3</b>	7.5km interval run	9km progression run
<b>WEEK 4</b>	9km progression run	10km progression run
<b>WEEK 5</b>	6km interval run	7km easy run
<b>WEEK 6</b>	8km interval run	12km easy run
<b>WEEK 7</b>	9km interval run	14km progression run
<b>WEEK 8</b>	9km interval run	13km easy run
<b>WEEK 9</b>	8km interval run	9km easy run
<b>WEEK 10</b>	7.5km interval run	10KM RACE DAY!!

**EASY RUN:** Easy runs are run at a conversational pace at an effort level of about 3-4/10

**PROGRESSION RUN:** Run the first portion at an easy pace & the rest at a relatively moderate or hard pace.

**INTERVAL RUN:** Alternate high-speed bouts of running with recoveries by jogging or complete rest.



# WEEK ONE

## RUN ONE

***Aim 6km - estimated time 40-45 minutes***

- 5 Minute Warm Up
- 6km
  - This is a pace you should be able to have a conversation (**@6:55/km**)
- 5 minutes cool down walking

## RUN TWO

***Aim 6.5km - estimated time 40-45 minutes***

- 5 Minute Warm Up
- **2km** at a pace you should be able to hold a conversation
- **2km @6:50/km**
- **2km @6:25/km**
- **500m @6:20/km**
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK TWO

## RUN THREE

***Aim 7km - estimated time 50-60 minutes***

- 5 Minute Warm Up
- 2km warm up at a comfortable pace followed by 90s walking
- **200m @ 5:15/km** followed by 60s walking
- **400m @ 5:25/km** followed by 60s walking
- **800m @ 5:50/km** followed by 60s walking
- **1km @ 6:00/km** followed by 60s walking
- **800m @ 5:50/km** followed by 60s walking
- **400m @ 5:25/km** followed by 60s walking
- **200m @ 5:15/km** followed by 60s walking
- 1.2km cool down at a comfortable pace
- 5 minutes cool down walking

## RUN FOUR

***Aim 7.5km - estimated time 50-55 minutes***

- 5 Minute Warm Up
- **4km**
  - At a comfortable pace you can have a conversation at
- **1km quicker**
  - @5:55/km
- **2.5km**
  - At a comfortable pace you can have a conversation at
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK THREE

## RUN FIVE

***Aim 7.5km - estimated time 45-55 minutes***

- 5 Minute Warm Up
- 2km warm up at a comfortable pace @6:50/km
- **Repeat 7 times**
  - 300m @5:55/km
  - 300m @6:45/km
- 1.5km run to finish at a much slower pace
- 5 minutes cool down walking

## RUN SIX

***Aim 9km - estimated time 55-70 minutes***

- 5 Minute Warm Up
- **2km**
  - At a comfortable pace you can have a conversation at
- **2.5km**
  - @6:45/km
- **2.5km**
  - @6:20/km
- **2km**
  - @6:10/km
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK FOUR

## RUN SEVEN

***Aim 9km - estimated time 55-70 minutes***

- 5 Minute Warm Up
- **2km** @6:35/km
- **2km** @6:25/km
- **2km** @6:10/km
- **2km** @6:00/km
- **1km run to finish**  
at a much slower pace
- 5 minutes cool down walking

## RUN EIGHT

***Aim 10km - estimated time 60-70 minutes***

- 5 Minute Warm Up
- **2km** at a comfortable pace you can have a conversation at
- **2.5km** @6:35/km
- **1.5km** @6:25/km
- **2.5km** @6:35/km
- **1.5km** @6:20/km
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK FIVE

## RUN NINE

***Aim 6km - estimated time 45-50 minutes***

- 5 Minute Warm Up
- **1.5km run at a comfortable pace**
  - 90 seconds walking
- **200m fast pace**
  - 90 seconds walking
- **400m fast pace**
  - 90 seconds walking
- **800m fast pace**
  - 120 seconds walking
- **1.2km run @5:50/km**
  - 120 seconds walking
- **800m fast pace**
  - 90 seconds walking
- **400m fast pace**
  - 60 seconds walking
- **200m fast pace**
  - 60 seconds walking
- 500m slower pace run
- 5 minutes cool down walking

## RUN TEN

***Aim 7km - estimated time 45-50 minutes***

- 5 Minute Warm Up
- **7km run at a comfortable pace**
- 5 minute cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***

# WEEK SIX

## RUN ELEVEN

***Aim 8km - estimated time 50-55 minutes***

- 5 Minute Warm Up
- 2km at a comfortable pace
- **Repeat 10 times**
  - 200m @5:45/km
  - 200m @6:40/km
- 2km run to finish at a much slower pace
- 5 minutes cool down walking

## RUN TWELVE

***Aim 12km - estimated time 70-90 minutes***

- 5 Minute Warm Up
- **12km run at a comfortable pace**
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK SEVEN

## RUN THIRTEEN

***Aim 9km - estimated time 50-55 minutes***

- 5 Minute Warm Up
- 2km at a comfortable pace
- **Repeat 3 times**
  - 1km @6:20/km
  - 1km @5:45/km
- 1km run to finish at a much slower pace
- 5 minutes cool down walking

## RUN FOURTEEN

***Aim 14km - estimated time 80-100 minutes***

- 5 Minute Warm Up
- **10km run**
  - At a comfortable pace
- **Last 4km**
  - Aim to push harder & faster
- 5 minute cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK EIGHT

## RUN FIFTEEN

***Aim 9km - estimated time  
60-70 minutes***

- 5 Minute Warm Up
- 2.5km at a comfortable pace followed by 90 seconds walking
- **Repeat 5 times**
  - 1km @5:45/km
  - Then 90 seconds walking
- 1.5km run to finish at a much slower pace
- 5 minutes cool down walking

## RUN SIXTEEN

***Aim 13km - estimated  
time 80-100 minutes***

- 5 Minute Warm Up
- **13km at a comfortable pace**
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***

# WEEK NINE

## RUN SEVENTEEN

***Aim 8km - estimated time  
50-55 minutes***

- 5 Minute Warm Up
- 2km at a comfortable pace followed by 90 seconds walking
- **Repeat 2 times**
  - 2km @5:45/km and then 120 seconds walking
- 2km run to finish at a much slower pace
- 5 minutes cool down walking

## RUN EIGHTEEN

***Aim 9km - estimated time  
55-60 minutes***

- 5 Minute Warm Up
- **9km at a comfortable pace**
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***

# WEEK TEN

## RUN NINETEEN

***Aim 7.5km - estimated time 50-60 minutes***

- 5 Minute Warm Up
- 3km at a comfortable pace followed by 60 seconds walking
- **Repeat 7 times**
  - 400 run - 60 second walk
- 1.6km run to finish at a much slower pace
- 5 minutes cool down walking

## RUN TWENTY

**10KM RACE DAY!!!!**

- 5 minute warm up

**NOW GO AND SMASH IT!**



***\*Please refer to 'Warm Up & Cool Down' section for full details***

**SCC X RUNNING YOU CAN DO**

**10K-HALF**  
**MARATHON**

***16 week training  
plan***



STRONG POWERFUL FEMALES  
**SCC**

# 10K-HALF MARATHON RUNNING PLAN

	SESSION 1	SESSION 2
WEEK 1	6km easy run	7km progression run
WEEK 2	7km interval run	8km easy run
WEEK 3	8km interval run	9km easy run
WEEK 4	5km easy run	5.5km easy run
WEEK 5	9km interval run	10km easy run
WEEK 6	9km interval run	12km progression run
WEEK 7	8km easy run	14km interval run
WEEK 8	6km interval run	9km easy run
WEEK 9	8km interval run	16km easy run
WEEK 10	9km easy run	18km progression run
WEEK 11	8km interval run	21km progression run
WEEK 12	6.5km interval run	13km easy run
WEEK 13	9km easy run	19km progression run
WEEK 14	8km interval run	16km progression run
WEEK 15	8km interval run	12km progression run
WEEK 16	7.5km interval run	HALF MARATHON RACE DAY!!

**EASY RUN:** Easy runs are run at a conversational pace at an effort level of about 3-4/10

**PROGRESSION RUN:** Run the first portion at an easy pace & the rest at a relatively moderate or hard pace.

**INTERVAL RUN:** Alternate high-speed bouts of running with recoveries by jogging or complete rest.

# WEEK ONE

## RUN ONE

***Aim 6km - estimated time 40-45 minutes***

- 5 Minute Warm Up
- 6km
  - This is a pace you should be able to have a conversation (**@6:55/km**)
- 5 minutes cool down walking

## RUN TWO

***Aim 7km - estimated time 45-50 minutes***

- 5 Minute Warm Up
- **2.5km** at a pace you should be able to hold a conversation
- **2km** @6:50/km
- **2km** @6:30/km
- **500m** at a slower pace
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK TWO

## RUN THREE

***Aim 7km - estimated time 55-60 minutes***

- 5 Minute Warm Up
- 1km at a comfortable pace @6:50/km followed by 1 minute walking
- **2x 1km @ 6:00/km** followed by 90s walking to rest
- **2x 800m quicker than previous** followed by 90s walking to rest
- **2x 600m quicker than previous** followed by 90s walking to rest
- **2x 400m quicker than previous** followed by 90s walking to rest
- 500m run to finish at a much slower pace
- 5 minutes cool down walking

## RUN FOUR

***Aim 8km - estimated time 50-60 minutes***

- 5 Minute Warm Up
- **8km**
  - At a comfortable pace you can have a conversation at
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK THREE

## RUN FIVE

***Aim 8km - estimated time  
55-60 minutes***

- 5 Minute Warm Up
- 2.5km warm up at a comfortable pace @6:50/km
- **Repeat 8 times**
  - 300m @6:00/km
  - 300m @6:50/km
- 1km run to finish at a much slower pace
- 5 minutes cool down walking

## RUN SIX

***Aim 9km - estimated time  
60-70 minutes***

- 5 Minute Warm Up
- **9km**
  - At a comfortable pace you can have a conversation at
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK FOUR

## RUN SEVEN

***Aim 5km - estimated time 30-40 minutes***

- 5 Minute Warm Up
- **5km**
  - At a comfortable pace you can have a conversation at
- 5 minutes cool down walking

## RUN EIGHT

***Aim 5.5km - estimated time 35-40 minutes***

- 5 Minute Warm Up
- **5.5km**
  - At a comfortable pace you can have a conversation at
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK FIVE

## RUN NINE

***Aim 9km - estimated time  
60-70 minutes***

- 5 Minute Warm Up
- **2.5km run at a comfortable pace**
  - 90 seconds walking
- **Repeat 5 times**
  - 1km @5:55/km
  - Followed by 90 seconds walking
- 1.5km much slower pace run
- 5 minutes cool down walking

## RUN TEN

***Aim 10km - estimated time  
60-70 minutes***

- 5 Minute Warm Up
- **10km run at a comfortable pace**
- 5 minute cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***

# WEEK SIX

## RUN ELEVEN

***Aim 9km - estimated time  
60-70 minutes***

- 5 Minute Warm Up
- 2km at a comfortable pace
- **Repeat 3 times**
  - 2km @ 6:00/km
  - Followed by 120 seconds walking
- 1km run to finish at a much slower pace
- 5 minutes cool down walking

## RUN TWELVE

***Aim 12km - estimated  
time 70-90 minutes***

- 5 Minute Warm Up
- **3.5km** at a comfortable pace
- **3km** at a little slower pace
- **5.5km @ 6:15/km** which you'll aim for marathon pace
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK SEVEN

## RUN THIRTEEN

***Aim 8km - estimated time 50-60 minutes***

- 5 Minute Warm Up
- **10km run**
  - At a comfortable pace
- 5 minutes cool down walking

## RUN FOURTEEN

***Aim 14km - estimated time 90-100 minutes***

- 5 Minute Warm Up
- **5km run** at a comfortable pace
- **1km @5:55/km**
- **3.5km @6:40/km**
- **1km @5:55/km**
- **3.5km** at a comfortable pace
- 5 minute cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK EIGHT

## RUN FIFTEEN

***Aim 6km - estimated time 45-50 minutes***

- 5 Minute Warm Up
- 1km at a comfortable pace followed by 60s walking
- **1.2km @ 5:50/km** followed by 90s walking
- **1km @ 5:45/km** followed by 90s walking
- **800m @ 5:35/km** followed by 90s walking
- **600m @ 5:30/km** followed by 90s walking
- **400m @ 5:25/km** followed by 90s walking
- **200m @ 5:15/km** followed by 90s walking
- 800m run to finish at a much slower pace
- 5 minutes cool down walking

## RUN SIXTEEN

***Aim 9km - estimated time 60-70 minutes***

- 5 Minute Warm Up
- **9km at a comfortable pace**
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***

# WEEK NINE

## RUN SEVENTEEN

***Aim 8km - estimated time  
50-55 minutes***

- 5 Minute Warm Up
- 2.5km at a comfortable pace
- **Repeat 8 times**
  - 300m @5:45/km
  - 300m @6:35/km
- 1km run to finish at a much slower pace
- 5 minutes cool down walking

## RUN EIGHTEEN

***Aim 16km - estimated time  
100-110 minutes***

- 5 Minute Warm Up
- **16km at a comfortable pace**
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK TEN

## RUN NINETEEN

***Aim 9km - estimated time 55-70 minutes***

- 5 Minute Warm Up
- **9km at a comfortable pace**
- 5 minutes cool down walking

## RUN TWENTY

***Aim 18km - estimated time 110-120 minutes***

- 5 Minute Warm Up
- **5km** at a comfortable pace
- **9km** at a roughly 6:15/km pace (*marathon pace*)
- **4km** at a comfortable pace
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK ELEVEN

## RUN TWENTY ONE

***Aim 8km - estimated time 50-70 minutes***

- 5 Minute Warm Up
- 2km at a comfortable pace followed by 90s walking
- **200m @ 5:00/km** followed by 60s walking
- **400m @ 5:05/km** followed by 60s walking
- **600m @ 5:25/km** followed by 90s walking
- **800m @ 5:30/km** followed by 90s walking
- **1km @ 5:35/km** followed by 90s walking
- **800m @ 5:30/km** followed by 90s walking
- **600m @ 5:25/km** followed by 60s walking
- **400m @ 5:05/km** followed by 60s walking
- **200m @ 5:00/km** followed by 60s walking
- 1km run at a comfortable pace
- 5 minutes cool down walking

## RUN TWENTY TWO

***Aim 21km - estimated time 130-150 minutes***

- 5 Minute Warm Up
- **7km** at a comfortable pace
- **5km @ 6:30/km** pace
- **5km @ 6:20/km** pace
- **4km @ 6:05/km** pace
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK TWELVE

## RUN TWENTY THREE

***Aim 6.5km - estimated time 40-45 minutes***

- 5 Minute Warm Up
- 1.5km at a comfortable pace
- **4km @ 5:45/km**
- Followed by 120s walking
- 1km at a comfortable pace
- 5 minutes cool down walking

## RUN TWENTY FOUR

***Aim 13km - estimated time 120-130 minutes***

- 5 Minute Warm Up
- **13km at a comfortable pace**
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK THIRTEEN

## RUN TWENTY FIVE

***Aim 9km - estimated time 55-70 minutes***

- 5 Minute Warm Up
- **9km at a comfortable pace**
- 5 minutes cool down walking

## RUN TWENTY SIX

***Aim 19km - estimated time 110-130 minutes***

- 5 Minute Warm Up
- **19km**
  - Aiming to go at a little quicker pace ranging between 6:00/km - 6:25/km
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK FOURTEEN

## RUN TWENTY SEVEN

***Aim 8km - estimated time 55-60 minutes***

- 5 Minute Warm Up
- 2km at a comfortable pace
- **Repeat 4 times**
  - 1km @5:35 /km followed by 60 seconds walking
  - 200m @5:00 /km followed by 90 seconds walking
- 1.2km at a comfortable pace
- 5 minutes cool down walking

## RUN TWENTY EIGHT

***Aim 16km - estimated time 100-110 minutes***

- 5 Minute Warm Up
- **16km**
  - Aiming to go at marathon pace of 6:15/km
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***



# WEEK FIFTEEN

## RUN TWENTY NINE

***Aim 8km - estimated time 45-55 minutes***

- 5 Minute Warm Up
- 1km at a comfortable pace
- **Repeat 3 times**
  - 1km @5:55 /km
  - 1km @5:40 /km
- 1km at a comfortable pace
- 5 minutes cool down walking

## RUN THIRTY

***Aim 12km - estimated time 70-80 minutes***

- 5 Minute Warm Up
- **4km** at a comfortable pace
- **4km** @ 6:15 /km
- **2km** @ 6:05 /km
- **2km** @ 5:50 /km
- 5 minutes cool down walking

***\*Please refer to 'Warm Up & Cool Down' section for full details***

# WEEK SIXTEEN

## RUN THIRTY ONE

***Aim 7.5km - estimated time 45-55 minutes***

- 5 Minute Warm Up
- 2km at a comfortable pace
- **Repeat 4 times**
  - 1km at marathon pace @6:15 /km
  - Followed by 90 seconds walking
- 1.5km run to finish at a much slower pace
- 5 minutes cool down walking

## RUN TWENTY

**HALF MARATHON DAY!!!!**

- 5 minute warm up

**NOW GO AND SMASH IT!**



***\*Please refer to 'Warm Up & Cool Down' section for full details***



**I AM SO PROUD OF  
YOU & YOU SHOULD  
BE SO PROUD OF  
YOURSELF!**



**If you do any of these plans make sure to tag me on  
insstagram so I can see your progress!**

**@sarahcattersoncoaching @teamsccoaching**

**STRONG POWERFUL FEMALES**  
**SCC**