


12 Week 703 Training Plan


10K TRAINING PLAN FOR BEGINNERS

12 WEEK EDITION



MARATHON HANDBOOK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 x 30s Run/ 1 Min Walk	Cross Training 20 Min	Rest Day	10 x 1 Min Run/ 1 Min Walk	Cross Training 20 Min	12 x 1 Min Run/ 1 Min Walk	Rest Day
2	10 x 90s Run/ 1 Min Walk	Cross Training 25 Min	Rest Day	8 x 2 Min Run/ 1 Min Walk	Cross Training 20 Min	10 x 90s Run/ 30s Walk	Rest Day
3	8 x 2.5 Min Run/ 1 Min Walk	Cross Training 30 Min	Rest Day	8 x 1 Min Run/ 1 Min Walk	Cross Training 25 Min	6 x 4 Min Run/ 1 Min Walk	Rest Day
4	5 x 5 Min Run/ 1 Min Walk	Cross Training 35 Min	Rest Day	2 x 10 Min Run/ 1 Min Walk	Cross Training 30 Min	2 x 10 Min Run/ 30s Walk	Rest Day
5	2 Mile Easy Run (Non Stop)	Cross Training 40 Min	Rest Day	2.5 Mile Run (Non Stop)	Run 15 Min or Cross Train 30 Min	2.5 Mile Easy Run	Rest Day
6	3 Mile Easy Run	Cross Training 45 Min	Rest Day	2 x Half Mile Hard/ Half Mile Easy	Run 15 Min or Cross Train 30 Min	3 Mile Easy Run	Rest Day
7	3.5 Mile Easy Run	Cross Training 45 Min	Rest Day	3 Miles (With 10 x 1 Min Hard Interspersed)	Run 15 Min or Cross Train 30 Min	3.5 Mile Easy Run	Rest Day
8	4 Mile Easy Run	Cross Training 50 Min	Rest Day	3 Miles (With 10 x 1 Min Hard Interspersed)	Run 15 Min or Cross Train 30 Min	4 Mile Easy Run	Rest Day
9	4.5 Mile Easy Run	Cross Training 50 Min	Rest Day	4 Miles (With 6 x 2 Min Hard Interspersed)	Run 20 Min or Cross Train 30 Min	4.5 Mile Easy Run	Rest Day
10	5 Mile Easy Run	Cross Training 60 Min	Rest Day	4 Miles (With 4 x 3 Min Hard Interspersed)	Run 20 Min or Cross Train 30 Min	5 Mile Easy Run	Rest Day
11	6 Mile Easy Run	Cross Training 55 Min	Rest Day	4 Miles (With 2 x 5 Min Hard Interspersed)	4 Miles (With 2 x 5 Min Hard Interspersed)	5.5 Mile Easy Run	Rest Day
12	4 Mile Easy Run	Cross Training 45 Min	3.5 Mile Easy Run	Rest Day	Shake Out 20 Min + 75m Strides	10k Race!	



- Easy Runs:** Run at a conversational pace to aid recovery from harder workouts.
- Cross Training:** Non-running aerobic workout. Examples include cycling, swimming, rowing, elliptical, aqua jogging, and hiking.
- Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- Strides:** Accelerate over the duration of the stride, reaching max speed at the end of each one.
- Warm-Ups and Cool-Downs:** On running days, make sure you warm up and cool down with a brisk 5-minute walk to keep yourself in tip-top condition and reduce the risk of injury.
- Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week.
- Shake Out Run:** The final day of the Training Plan before your Marathon. Very relaxed run to loosen up.

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12 week 703 training plan is designed for athletes looking to enhance their endurance and speed in preparation for an upcoming race, such as a half marathon or marathon. This training program focuses on the principles of periodization, allowing athletes to gradually build their mileage while incorporating speed work, strength training, and recovery days. This comprehensive guide will detail the components of the 12 week 703 training plan, including its structure, daily workouts, nutritional strategies, and tips for success.

Understanding the 703 Training Plan

The "703" in the 12 week 703 training plan refers to the emphasis on running 70% of the time at an easy pace, 30% at a moderate pace, and incorporating 3 key workouts each week. This structured approach is aimed at enhancing both aerobic capacity and speed, enabling runners to perform optimally during races.

Key Components of the 703 Training Plan

1. **Base Building:** The initial phase focuses on building a solid mileage base. This is crucial for injury prevention and long-term success.
2. **Speed Work:** Incorporating interval training and tempo runs helps improve running economy and speed.
3. **Long Runs:** Weekly long runs are essential for developing endurance and preparing the body for race distances.
4. **Cross-Training:** Adding low-impact activities such as cycling or swimming can aid recovery and enhance overall fitness.
5. **Strength Training:** A focus on core and leg strength can improve running efficiency and help prevent injuries.
6. **Rest and Recovery:** Adequate rest days are crucial for muscle recovery and performance gains.

Weekly Structure of the 12 Week 703 Training Plan

The 12 week 703 training plan is typically structured around a 5-day running schedule, with cross-training and rest days included. Below is a sample weekly structure:

- Monday: Easy run (45-60 minutes)
- Tuesday: Speed workout (intervals or tempo runs)
- Wednesday: Cross-training (cycling, swimming, etc.)
- Thursday: Easy run (30-45 minutes)
- Friday: Strength training (focus on legs and core)
- Saturday: Long run (start at 8-10 miles and gradually increase)
- Sunday: Rest or light recovery run (20-30 minutes)

Detailed Breakdown of Workouts

1. Easy Runs:

- Pace: Conversational
- Duration: 30-60 minutes
- Purpose: Build aerobic base and facilitate recovery.

2. Speed Workouts:

- Intervals: Run 400m to 800m at a fast pace, with equal rest time in between (e.g., 6-10 repeats).
- Tempo Runs: Run at a comfortably hard pace (around 80-85% effort) for 20-30 minutes after a warm-up.

3. Long Runs:

- Start at a distance that feels comfortable and gradually increase by 1 mile each week.
- Aim for a pace that is 30-90 seconds slower than race pace.

4. Cross-Training:

- Activities like cycling, swimming, or yoga can improve cardiovascular fitness without the impact of running.
- Aim for 45-60 minutes of steady effort.

5. Strength Training:

- Focus on compound movements (squats, lunges, deadlifts) and core exercises (planks, sit-ups).
- Aim for 2-3 sets of 8-12 repetitions for each exercise.

Nutritional Strategies for Endurance Training

Proper nutrition is essential for optimizing performance and recovery during the 12 week 703 training plan. Here are key nutritional strategies to consider:

Macronutrient Balance

1. Carbohydrates:

- A primary fuel source for endurance athletes.
- Aim for 60-70% of daily calories from carbohydrates, focusing on whole grains, fruits, and vegetables.

2. Proteins:

- Important for muscle repair and recovery.
- Aim for 15-20% of daily calories from proteins, including lean meats, dairy, legumes, and nuts.

3. Fats:

- Essential for overall health and energy.
- Include healthy fats from sources like avocados, olive oil, and fatty fish, aiming for 20-25% of daily calories.

Hydration

- Daily Intake: Aim for at least 2-3 liters of water daily.
- During Workouts: For runs over an hour, consider sports drinks or electrolyte solutions to replenish lost electrolytes.

Pre- and Post-Workout Nutrition

1. Pre-Workout:

- Consume a carbohydrate-rich snack 30-60 minutes before running (e.g., a banana or granola bar).

2. Post-Workout:

- Aim to eat a meal or snack containing both carbs and protein within 30 minutes of completing a workout to aid recovery (e.g., a protein shake with a piece of fruit).

Tips for Success on the 12 Week 703 Training Plan

1. Listen to Your Body:

- Pay attention to signs of fatigue or injury. If you experience pain, take a break or adjust your training accordingly.

2. Stay Consistent:

- Consistency is key in any training plan. Stick to the schedule as closely as possible, but adjust as needed based on your body's feedback.

3. Set Realistic Goals:

- Establish achievable goals for your training and races. This can help keep you motivated and focused.

4. Incorporate Flexibility:

- Life can be unpredictable. Be flexible with your training schedule and willing to adjust your workouts when necessary.

5. Join a Running Group:

- Connecting with others can provide motivation, accountability, and make training more enjoyable.

6. Track Your Progress:

- Keep a training log to monitor your workouts, mileage, and how you feel. This can help you identify patterns and make informed adjustments.

Conclusion

The 12 week 703 training plan is a well-rounded approach to preparing for endurance races. By combining structured workouts, cross-training, and proper nutrition, athletes can enhance their performance and enjoy the training process. Remember to listen to your body, stay consistent, and adjust the plan as necessary to suit your individual needs. With dedication and the right approach, you can set yourself up for success on race day!

Frequently Asked Questions

What is the 12 week 703 training plan?

The 12 week 703 training plan is a structured training program designed to help runners improve their endurance and speed, typically aimed at preparing for half marathons or marathons.

Who is the 12 week 703 training plan suitable for?

This training plan is suitable for intermediate runners who have a solid base and are looking to enhance their performance, as well as advanced runners aiming for specific time goals.

What are the key components of the 12 week 703 training plan?

Key components include long runs, speed workouts, tempo runs, recovery runs, and cross-training sessions to build endurance, speed, and overall fitness.

How many days a week should I train on the 12 week 703 plan?

Typically, the plan includes training 4 to 5 days per week, allowing for rest days and recovery to prevent injury.

Can beginners follow the 12 week 703 training plan?

While the plan is mainly for intermediate runners, beginners can follow it with modifications and should consider a base training period before starting.

What is the importance of cross-training in the 12 week 703 training plan?

Cross-training helps to build overall fitness, prevents burnout, and reduces the risk of injury by working different muscle groups and providing variety.

How do I track my progress on the 12 week 703 training

plan?

You can track your progress by keeping a running log, noting your times, distances, and how you feel after each workout, allowing for adjustments as needed.

What kind of nutrition should I focus on during the 12 week 703 training plan?

Focus on a balanced diet rich in carbohydrates for energy, proteins for muscle repair, and healthy fats, along with hydration to support your training efforts.

What should I do if I miss a workout in the 12 week 703 training plan?

If you miss a workout, don't panic; simply resume the plan as scheduled, and avoid trying to 'make up' for the missed session, as this can lead to injury.

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