

A high-angle, black and white photograph of a person running on a track. The person is wearing a dark long-sleeved shirt with 'BERLIN' on the front, dark shorts, and white sneakers. They are running towards the camera. The track has white lane markings. The text 'FORDY RUNS' is overlaid in large, bold, pink capital letters.

FORDY RUNS

PERFORMANCE COACHING



WELCOME & THANK YOU

Thank you for downloading this training plan, and congratulations on taking the first step towards achieving your goal. Making the decision to begin is often the hardest part — and you've already done it.

IMPORTANT HEALTH NOTICE

Before starting this programme, please consult with a qualified healthcare professional to ensure you are fit to participate. Adjustments to training, nutrition, or lifestyle may be necessary based on your individual circumstances.

HOW TO USE THIS PLAN

This plan is designed to provide structure and guidance, but it is not intended to be followed rigidly. Life commitments, work, and unexpected events can affect your schedule — that's completely normal.

Use this plan as a flexible framework:

- Feel free to move sessions to better suit your routine
- Prioritise consistency over perfection
- Listen to your body and adapt when needed

SUPPORT

If you have any questions or need further guidance, please don't hesitate to get in touch via the website. I'm here to help you succeed.

FINAL WORD

Stay consistent, trust the process, and enjoy the journey.

Wishing you every success — and I'd love to hear how you get on.

Fordy

The importance of speed work

Speed training is an important part of any running plan, but it should be approached with purpose and restraint across all ability levels. The goal isn't simply to run fast—it's to improve efficiency, running economy, and your ability to sustain effort. Sessions like intervals, tempo runs, and controlled efforts teach your body to handle different intensities, but they should always complement your overall training, not dominate it. One or two quality sessions per week is more than enough for most runners.

The benefits of speed work go beyond pace alone. It helps develop cardiovascular strength, improves stride mechanics, and builds muscular power, all of which make your easier running feel more comfortable over time. You'll also raise your lactate threshold, meaning you can maintain a quicker pace for longer without fatiguing. Just as importantly, speed sessions build mental sharpness—learning to stay focused and composed under effort translates directly into greater confidence in your running.

That said, speed training places greater stress on the body, so it must be balanced carefully with recovery. Always warm up thoroughly, keep efforts controlled rather than all-out, and allow for proper recovery between sessions. Done consistently and sensibly, speed work becomes a powerful tool—not just for running faster, but for running stronger and more efficiently overall.



Do you want to improve long term?

It is cheaper than you think to get yourself a running coach! We offer a powerful and successful coaching platform that will transform your running!

Whether you're chasing a personal best, building consistency, or training for your first race, our coaching blends expert guidance with the latest in sports technology to help you reach your goals—smarter and faster.

A Smarter Way to Train

Our 1:1 coaching combines the trusted methods of traditional coaching with cutting-edge tech. Every training plan is tailored to your unique goals, schedule, and fitness level—and it all syncs seamlessly to your phone and running watch.

Receive real-time guidance on pace, effort, and recovery. As you progress, your training evolves with you—automatically adapting based on your performance data. It's coaching that grows with you.

More Than a Plan—A Partnership

You'll have direct access to your coach through our in-app chat for feedback, support, and motivation. All your races, stats, and sessions are stored and analysed in one place, giving you—and your coach—clear insights into your progress.

Flexible, Accessible, Personal

We've designed our coaching options to suit all budgets and ambitions. Whether you're a beginner or a seasoned runner, you'll benefit from expert support tailored specifically to your journey.

Starting from just £50 month. For more information please email hello@fordyruns.com

THE PLAN

Weekly Note: Apply these sessions to your week to suit your schedule, but keep Session 1 and Session 2 one day apart and separate from the long run where possible.

Week 1

Session 1 (Intervals):

- Warm-up: 10–15 min easy + 4 × short strides
- Main: 6 × 400m @ 5K effort (controlled hard, ~8/10 effort)
- Recovery: 90s easy jog
- Cool-down: 10 min easy

Session 2 (Tempo):

- Warm-up: 10 min easy
- Main: 15 min tempo (comfortably hard, ~7/10 effort, you can speak short phrases)
- Cool-down: 10 min easy

Easy Run:

- 45 minutes relaxed (conversational pace)

Long Run:

- 8 miles (13 km) easy + last 1 mile (2 km) at steady/moderate effort

Rest Day:

- 1 full day off

Strength Plan

Week 1–2 (Foundation Phase)

Focus: movement quality + control

Session A

- Squats – 3 × 10
- Reverse Lunges – 3 × 8 each leg
- Single-Leg Deadlift – 3 × 8 each leg
- Plank – 3 × 30 sec
- Calf Raises – 3 × 15

Session B

- Step-Ups – 3 × 8 each leg
- Romanian Deadlift – 3 × 8
- Glute Bridge – 3 × 12
- Side Plank – 2 × 25 sec each side
- Dead Bug – 2 × 10 each side
- Keep effort around 6/10, focus on form

Week 2

Session 1 (Intervals):

- Warm-up: 15 min easy + strides
- Main: 8 × 400m @ 5K effort
- Recovery: 90s jog
- Cool-down: 10 min easy

Session 2 (Progression Run):

- Warm-up: 10 min easy
- Main: 10 min easy → 15 min tempo (~7/10) → 5 min faster (~8/10)
- Cool-down: 10 min easy

Easy Run:

- 45 minutes relaxed

Long Run:

- 9 miles (15 km) easy + last 1–2 miles (2–4 km) steady

Rest Day:

- 1 full day off

Strength Plan

Week 1–2 (Foundation Phase)

Focus: movement quality + control

Session A

- Squats – 3 × 10
- Reverse Lunges – 3 × 8 each leg
- Single-Leg Deadlift – 3 × 8 each leg
- Plank – 3 × 30 sec
- Calf Raises – 3 × 15

Session B

- Step-Ups – 3 × 8 each leg
- Romanian Deadlift – 3 × 8
- Glute Bridge – 3 × 12
- Side Plank – 2 × 25 sec each side
- Dead Bug – 2 × 10 each side
- Keep effort around 6/10, focus on form

Week 3

Session 1 (Long Intervals):

- Warm-up: 15 min easy + strides
- Main: 5 × 800m @ controlled hard pace (~10K effort, 7–8/10)
- Recovery: 2 min jog
- Cool-down: 10 min easy

Session 2 (Tempo):

- Warm-up: 10–15 min easy
- Main: 20 min tempo (~7/10, strong but sustainable)
- Cool-down: 10 min easy

Easy Run:

- 50 minutes relaxed

Long Run:

- 10 miles (17 km) easy + last 2 miles (4 km) steady

Rest Day:

- 1 full day off

Strength Plan

Week 3–4 (Strength Build Phase)

Focus: more load + single-leg strength

Session A

- Goblet Squats – 4 × 8
- Bulgarian Split Squats – 3 × 8 each leg
- Single-Leg Deadlift – 3 × 8
- Plank – 3 × 40 sec
- Calf Raises – 3 × 18

Session B

- Step-Ups (higher box) – 3 × 10 each leg
- Romanian Deadlift – 4 × 8
- Single-Leg Glute Bridge – 3 × 10 each leg
- Side Plank – 3 × 30 sec
- Dead Bug – 3 × 10 each side
- Effort 7/10, controlled but challenging

Week 4

Session 1 (Mixed Intervals):

- Warm-up: 15 min easy + strides
- Main: 400m / 800m / 1200m / 800m / 400m
- Pace: consistent controlled hard (~7–8/10 effort)
- Recovery: 2 min jog between reps
- Cool-down: 10–15 min easy

Session 2 (Tempo + Surges):

- Warm-up: 10–15 min easy
- Main: 20 min tempo (~7/10) with 4 × 30s surges (~8/10) spaced evenly
- Cool-down: 10 min easy

Easy Run:

- 50 minutes relaxed

Long Run:

- 11 miles (18 km) easy + last 2 miles (4 km) steady

Rest Day:

- 1 full day off

Strength Plan

Week 3–4 (Strength Build Phase)

Focus: more load + single-leg strength

Session A

- Goblet Squats – 4 × 8
- Bulgarian Split Squats – 3 × 8 each leg
- Single-Leg Deadlift – 3 × 8
- Plank – 3 × 40 sec
- Calf Raises – 3 × 18

Session B

- Step-Ups (higher box) – 3 × 10 each leg
- Romanian Deadlift – 4 × 8
- Single-Leg Glute Bridge – 3 × 10 each leg
- Side Plank – 3 × 30 sec
- Dead Bug – 3 × 10 each side
- Effort 7/10, controlled but challenging

Week 5

Session 1 (Intervals):

- Warm-up: 15 min easy + strides
- Main: 10 × 400m @ strong, consistent pace (~8/10 effort)
- Recovery: 60–75s jog
- Cool-down: 10–15 min easy

Session 2 (Long Tempo):

- Warm-up: 15 min easy
- Main: 25 min tempo (~7/10, controlled and even pacing)
- Cool-down: 10 min easy

Easy Run:

- 55 minutes relaxed

Long Run:

- 12 miles (20 km) easy + last 2–3 miles (4–5 km) steady

Rest Day:

- 1 full day off

Strength Plan

Week 5–6 (Power + Speed Phase)

Focus: explosiveness + running-specific strength

Session A

- Squats (heavier) – 4 × 6
- Walking Lunges – 3 × 10 each leg
- Single-Leg Deadlift – 3 × 8
- Plank – 3 × 45 sec
- Calf Raises (slow) – 3 × 20

Session B

- Step-Ups (drive knee fast) – 3 × 8 each leg
- Romanian Deadlift – 3 × 8
- Glute Bridge (explosive) – 3 × 10
- Side Plank – 3 × 35 sec
- Dead Bug – 3 × 12 each side
- Effort 7–8/10, powerful but controlled

Week 6

Session 1 (Sharpening Intervals):

- Warm-up: 15 min easy + strides
- Main: 6 × 300m fast (~8–9/10 effort, smooth not sprinting)
- Recovery: 90s walk/jog
- Cool-down: 10–15 min easy

Session 2 (Tempo + Fast Finish):

- Warm-up: 10–15 min easy
- Main: 15 min tempo (~7/10) → 5 min faster (~8/10)
- Cool-down: 10 min easy

Easy Run:

- 60 minutes relaxed

Long Run:

- 10–12 miles (17–20 km) easy + last 2–3 miles (4–5 km) steady

Rest Day:

- 1 full day off

Strength Plan

Week 5–6 (Power + Speed Phase)

Focus: explosiveness + running-specific strength

Session A

- Squats (heavier) – 4 × 6
- Walking Lunges – 3 × 10 each leg
- Single-Leg Deadlift – 3 × 8
- Plank – 3 × 45 sec
- Calf Raises (slow) – 3 × 20

Session B

- Step-Ups (drive knee fast) – 3 × 8 each leg
- Romanian Deadlift – 3 × 8
- Glute Bridge (explosive) – 3 × 10
- Side Plank – 3 × 35 sec
- Dead Bug – 3 × 12 each side
- Effort 7–8/10, powerful but controlled

TRAINING PLAN TERMINOLOGY

Pace Guide

Each pace has a purpose—stick to these to get the most from your training:

Easy Pace

- A relaxed, conversational pace where you can run comfortably and build mileage.

Goal Pace

- Your target pace for race day (Half Marathon or Marathon).

Race Pace

- Your faster effort pace, typically around your 5K speed.

Tempo Pace

- Also known as your lactate threshold. Sustained effort that feels tough but controlled—you can hold it, but it's uncomfortable.

Interval Pace

- Short bursts of high-intensity running. Very hard effort that can only be maintained briefly.

Long Run

The cornerstone of your training week.

This run is key to building endurance, mental strength, and confidence to complete your goal distance. Do your best not to skip this session—it delivers the biggest return on your progress.

Effort Levels

Understanding effort helps you train at the right intensity on the right days:

- Low Effort
- Comfortable and controlled. You should feel well within yourself and able to go longer.
- Medium Effort
- Challenging but manageable. It will feel tough, but consistent training will make this level easier over time.
- High Effort
- Very demanding. This is where real progress happens—expect discomfort, but also big gains in strength, fitness, and speed.

Rest & Recovery

Recovery is where the magic happens.

Rest days are just as important as training days. Use them to allow your body to adapt and rebuild stronger.

- Stay lightly active (e.g. walking)
- Include recovery work (stretching, foam rolling, mobility)
- Prioritise sleep—this is when your body recovers most effectively

Respect your rest days—you've earned them.

STRENGTH TRAINING

Strength training is essential for building a stronger, more efficient runner. It improves power, stability, and running economy while significantly reducing the risk of common injuries. Consistent strength work will help you maintain good form, especially as fatigue sets in during longer efforts. Below are some key areas to target + exercises.

1. Glutes (Power & Stability)

Your primary driving force when running—strong glutes improve speed and reduce strain on the knees.

Exercises: Squats, Hip Thrusts, Glute Bridges, Lunges

2. Hamstrings (Injury Prevention & Efficiency)

Support stride control and help prevent common running injuries.

Exercises: Romanian Deadlifts, Hamstring Curls, Single-Leg Deadlifts

3. Quads (Strength & Endurance)

Essential for absorbing impact and powering uphill running.

Exercises: Squats, Step-Ups, Split Squats, Leg Press

4. Calves (Shock Absorption & Propulsion)

Critical for push-off strength and reducing lower-leg injuries.

Exercises: Calf Raises (straight & bent knee), Single-Leg Calf Raises, Skipping

5. Core (Stability & Running Form)

A strong core keeps you stable and efficient, especially over longer distances.

Exercises: Planks, Dead Bugs, Russian Twists, Bird Dogs

Strength Training Tips for Runners

Keep your strength training simple, consistent, and focused on quality over quantity. Aim for 2 sessions per week, prioritising good form and controlled movements rather than heavy weight—especially if you're new to strength work. Focus on single-leg exercises where possible, as running is a unilateral movement, and always include a proper warm-up and some mobility work. Avoid scheduling heavy strength sessions right before key runs (like intervals or long runs), and listen to your body—muscle fatigue is normal, but sharp pain is not.

CROSS TRAINING

Cross-training is a powerful way to improve your overall fitness, reduce injury risk, and stay consistent when running volume needs to be managed. Adding even 1–2 sessions per week can make a noticeable difference to your performance. Below are five of the best activities as a runner you can do in terms of cross training.

#1: Strength Training - Strength work (bodyweight or gym-based) is essential for building a strong, resilient runner. Benefits:

- Improves running efficiency and power
- Reduces injury risk
- Strengthens key muscles (glutes, hamstrings, core)
- Supports better form under fatigue

#2: Swimming - A low-impact, full-body cardio workout that gives your joints a break while maintaining fitness. Benefits:

- Builds cardiovascular fitness
- Aids recovery and reduces muscle soreness
- Promotes mobility and relaxation
- Ideal during high-fatigue or injury periods

Note

Cross-training is a powerful tool—not just a backup. It helps you stay consistent, recover better, and ultimately become a stronger runner.

#3: Cycling / Biking - Targets the same muscle groups as running with far less impact on the body. Benefits:

- Builds leg strength and endurance
- Improves aerobic fitness
- Great low-impact alternative to running
- Perfect for adding extra training volume

#4: Yoga & Pilates - Focuses on mobility, flexibility, and core strength—key areas for injury prevention. Benefits:

- Improves flexibility and range of motion
- Strengthens core and stability
- Enhances posture and running form
- Helps correct muscular imbalances
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#5: Elliptical (or ElliptiGO) - Mimics the running motion without the impact, making it a great substitute when needed. Benefits:

- Maintains running fitness
- Low stress on joints and muscles
- Allows controlled effort-based training
- Ideal for recovery or injury management



GOOD LUCK!