

**5 week Rattler Run Plan
2026**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16-Mar	off or xtrain or very ez run	35 College Hills inc w/u + strides	30	40 pick up last 15	30 or x-train or off	45 out and back progressive + strides	Long Run - up to 70
23-Mar	off or xtrain or very ez run	40 College Hills inc w/u + strides	30	40 pick up last 15	30 or x-train or off	10 + 30 steady + 10 + strides	Long Run - up to 70
30-Mar	off or xtrain or very ez run	45 College Hills inc w/u + strides	30	45 pick up last 15	30 or x-train or off	10 + 30 steady + 10 + strides	Long Run - up to 70
13-Apr	off or xtrain or very ez run	45 College Hills inc w/u + strides	30	50 pik up last 20	30 or x-train or off	Park Run + 20 cool down	Long Run - up to 70
20-Apr	off or xtrain or very ez run	30 min of College Hills + strides	30	off	20 + 4 strides	Rattler Run	Jog a bit if you feel like it

1. Numbers refer to minutes running. Unless otherwise specified, pace is conversational - run as slow as you need to
2. Tuesdays - Start at College run slowly down to the bottom of College Ave Hill. Run up and down the hill for 35 mins (inc the w/u), finish at the top. Jog a bit and finish with 6 x 100 walk back
3. Progression Run - start slow to warm up, gradually pick it up. Turn around a half time and try to run back 2 minutes or so faster than you ran out. 6 x 100 walk back to finish.
4. Pick up = faster than everyday pace - probably 10 km effort by the end of the run.
5. Long Run - This one depends on how much running you've been doing. If not a lot, start at 45 minutes and add 5 minutes per week. If you've been running 60 mins or more regularly, run for the whole 70 mins.

Bill Corcoran
15-Mar-26