



Training Plans

Mottram's RUNWELL RA 2020 12-week Marathon Beginner Plan

This plan is designed for the brave who are just starting out in the marathon. This 12-week plan will ensure your body becomes gently accustomed to run continuously for the marathon distance. First, athletes master a walk-run plan and then progress to forming a more solid foundation to build your body's physical resilience by using a series of aerobic continuous runs on mixed surfaces. An introduction of some race technique sessions is also included in this training. This plan builds gently yet steadily throughout the 12 weeks with the final block of training preparing you for the mental challenges you may face when completing the RA Marathon.

Mottram's RUNWELL RA 2020 12-week Marathon Advanced Plan

This training plan is designed for those wanting to really test themselves in the RA Marathon. Many of the key facets that make up this plan are taken from my own personal training and experience when preparing for my major international competitions. A big focus initially is on building a solid foundation of fitness to ensure your body becomes accustomed to complete challenging targeted tempo/threshold sessions integrated into the second half of the plan. This training combined with technique guidance as well as race strategy and game day readiness to ensure you toe the line in great mental and physical condition to achieve your RA Marathon goals.

Mottram's RUNWELL RA 2020 6-Week Marathon Beginner Plan

This 6-week plan is best suited for less experienced half marathon runners as the plan ensures your body becomes gently accustomed to the training, particularly the impact of road running for 21km. We start you out on a walk-run plan then build your body's resilience with a series of aerobic continuous runs with exposure to mixed surfaces before introducing you to some race specific sessions. This plan adopts a dynamic and accumulative approach to your training that will build your confidence to successfully run your Marathon.

Mottram's RUNWELL RA 2020 6-week Marathon Advanced Plan

This Marathon plan is built for those wanting to push their current fitness and progress their running skill in 6-weeks of solid training. Adopting many sessions from my own elite level training when preparing for my major international competitions, a big focus of this plan will be tempo/threshold sessions combined with longer aerobic runs to condition your body's stamina. This plan also includes strategic guidance around enhancing running technique and efficiency as well as a good race day mindset to take on the RA Marathon.

Mottram's RUNWELL RA 2020 12-week Half Marathon Beginner Plan

This plan is designed for the brave who are just starting out in the ½ marathon. This 12-week plan will ensure your body becomes gently accustomed to run continuously for 21km. First, athletes master a walk-run plan and then progress to forming a more solid foundation to build your body's physical resilience by using a series of aerobic continuous runs on mixed surfaces. An introduction of some race technique sessions is also included in this training. This plan builds gently yet steadily throughout the 12 weeks with the final block of training preparing you for the mental challenges you may face when completing the RA half Marathon.

Mottram's RUNWELL RA 2020 12-week Half Marathon Advanced Plan

This training plan is designed for those wanting to really test themselves in the RA half Marathon. Many of the key facets that make up this plan are taken from my own personal training and experience when preparing for my major international competitions. A big focus initially is on building a solid foundation of fitness to ensure your body becomes accustomed to complete challenging targeted tempo/threshold sessions integrated into the second half of the plan. This training combined with technique guidance as well as race strategy and game day readiness to ensure you toe the line in great mental and physical condition to achieve your RA half Marathon goals.



Mottram's RUNWELL RA 2020 6-Week Half Marathon Beginner Plan

This 6-week plan is best suited for less experienced half marathon runners as the plan ensures your body becomes gently accustomed to the training, particularly the impact of road running for 21km. We start you out on a walk-run plan then build your body's resilience with a series of aerobic continuous runs with exposure to mixed surfaces before introducing you to some race specific sessions. This plan adopts a dynamic and accumulative approach to your training that will build your confidence to successfully run your half marathon.

Mottram's RUNWELL RA 2020 6-week Half Marathon Advanced Plan

This half marathon plan is built for those wanting to push their current fitness and progress their running skill in 6-weeks of solid training. Adopting many sessions from my own elite level training when preparing for my major international competitions, a big focus of this plan will be tempo/threshold sessions combined with longer aerobic runs to condition your body's stamina. This plan also includes strategic guidance around enhancing running technique and efficiency as well as a good race day mindset to take on the RA half Marathon.

Mottram's RUNWELL RA 2020 6-Week 10km Beginner Plan

This 6-week Team Relay plan is aimed at best preparing you to complete 10-12km of road running and is best suited for less experienced runners as the plan ensures your body becomes gently accustomed to the training. We start you out on a walk-run plan then build your body's resilience with a series of aerobic continuous runs with exposure to mixed surfaces before introducing you to some race specific sessions. This plan adopts a dynamic and accumulative approach to your training that will build your confidence to successfully enjoy your team relay experience.

Mottram's RUNWELL RA 2020 6-Week 10km Advanced Plan

This 6-week plan is built for those wanting to push their current fitness and progress their running skill in 6-weeks of solid training geared towards a 10km distance. The plan adopts some of the features and training sessions from my own elite level training when preparing for my major international competitions, a big focus of this plan will be threshold and race specific sessions including some track sessions, combined with aerobic runs to condition your body's stamina. This plan also includes strategic guidance around enhancing running technique and efficiency as well as a good race day mindset to take on the team relay challenge