

THE RUNNING COLLECTION

TWO CHOICES

RUNNING COACHING



Choose your
next chapter.

FROM YOUR FIRST 5 KM TO ULTRA DISTANCES

14 PLAN FAMILIES / 87 EDITIONS / 8, 12 & 16 WEEKS





Every runner has Two Choices.

Choose Greatness.

Find a plan that fits your goal, your experience and your week.

Find your next chapter.

14 plan families. 87 complete editions.

A starting point for every stage of your running.

06	First Strides Your first 5 km	3 runs
08	Find Your Fifth Gear 5 km performance	3 / 4 / 5 runs
10	The Next Five Your first 10 km	3 / 4 runs
12	Strong Through Ten 10 km performance	4 / 5 runs
14	Half Marathon Horizons Your first half marathon	3 / 4 runs
16	Half Marathon Momentum Half marathon performance	4 / 5 runs
18	The Marathon Chapter Your first marathon	4 / 5 runs
20	Marathon With Purpose Marathon performance	4 / 5 / 6 runs
22	Beyond the Bitumen 25 km trail	3 / 4 runs
24	Go Beyond 50 50 km ultra	4 / 5 runs
26	The Hundred Project 100 km ultra	5 / 6 runs
28	The Long Way Home 100 mile ultra	5 / 6 runs
30	One More Hour Backyard ultra / first six yards	4 / 5 runs
32	Through the Clock Backyard ultra / 24-yard ambition	5 / 6 runs

Different runners. Different starting lines.

Start with where you are now.
Choose where you want to go next.

01

CHOOSE THE GOAL

Start with the distance and the outcome you want. First-time running begins with First Strides. First-time marathon and ultra plans are for runners who already have the stated endurance base.

02

CHOOSE THE WEEK

Three-run editions offer a manageable routine for shorter distances. Four, five and six-run editions spread greater endurance work across more days. Choose a frequency you already tolerate. More days is not automatically a better plan.

03

CHOOSE THE RUNWAY

Every family is available in 8, 12 and 16 weeks. For established runners, the short edition starts at a higher load and focuses on event preparation. The longer edition begins with more foundation work. First Strides always starts with short run-walk intervals.



A plan. A clear next step.

WHAT IS INCLUDED

A complete day-by-day calendar, specific session instructions, effort guidance, strength support, planned lighter weeks, taper, race preparation and post-event recovery guidance.

YOUR PDF EDITION

Download a magazine-style training plan with your complete calendar and session instructions.

YOUR FINAL SURGE EDITION

Follow the calendar in Final Surge once your selected plan is installed.

YOUR SUPPORT OPTIONS

These are self-guided products. Personal messaging, weekly reviews and individual changes are separate coaching services. Plans do not guarantee a finish, personal best or target yard count.

Match the entry requirements, not just the event name. This collection covers runnable road and trail events; technical alpine races need course-specific assessment.

NEW TO RUNNING

First Strides

Start with one manageable run-walk session. Build towards your first 5 km.

**YOUR FIRST 5 KM****3 RUNS PER WEEK****8, 12 OR 16 WEEKS****IS THIS YOUR STARTING POINT?**

You want to begin running, build a regular routine and work towards your first 5 km. You do not need previous running experience or a target finish time. Before starting, you should be comfortable walking for 30 minutes on three days each week, without symptoms.

WHAT YOUR TRAINING WILL FEEL LIKE

You will begin with short, easy jogs separated by walking breaks. Three sessions each week give you repeated practice at finding a manageable effort. As the plan develops, you will extend your running intervals and learn how to pace yourself without turning every session into a test. Walking remains part of a successful 5 km.

WHAT YOU NEED TO MAKE ROOM FOR

Choose three days you can return to consistently, with room for the recovery shown in your calendar. You will need a suitable route and a way to time the running and walking intervals. Allow time around your sessions for the strength support and preparation included in the plan.

WHICH LENGTH SUITS YOU?

All three editions start with the same walking requirement and short run-walk intervals. The 12- and 16-week options give you more time to develop your running intervals. Choose the length that suits your available weeks and preferred pace of progression; none requires you to run the full 5 km continuously.

Find your fit.

Your starting point. Your training commitment.

For every edition, be comfortable walking for 30 minutes on three days each week, without symptoms. You do not need previous running experience. All editions begin with short jogs and walking breaks.

EDITION	OPENING WEEK	PEAK WEEK	LONGEST OUTING
8 weeks / 3 runs	1h 22m	2h 00m	50 min
12 weeks / 3 runs	1h 22m	2h 03m	55 min
16 weeks / 3 runs	1h 22m	2h 05m	55 min

HOW TO READ THE TIMES

Opening week is the total scheduled running and walking time in week one. Peak week is the largest training week, excluding the event. Longest outing is the longest individual training session. You can continue to use walking breaks when covering your 5 km.

MATCH THE PLAN TO YOUR LIFE

Think about three repeatable training slots, not just your availability for the first week. The longer editions give you more weeks to develop your running intervals. Allow additional time for the strength support, preparation and recovery in the plan.

WHAT YOU RECEIVE

A self-guided day-by-day plan with session instructions, effort guidance, strength support, lighter weeks, event preparation and recovery advice. Choose a downloadable PDF or the Final Surge calendar edition. Personal messaging, weekly reviews and individual changes are separate coaching services.

*Choose your edition.
Begin with purpose.*

EXPERIENCED RUNNER

Find Your Fifth Gear

Give your 5 km training a clear purpose.



5 KM PERFORMANCE

3 / 4 / 5 RUNS PER WEEK

8, 12 OR 16 WEEKS

IS THIS YOUR STARTING POINT?

You already complete 5 km comfortably and want more purpose in your training for your next race. You should have at least six months of consistent running and already be used to the three, four or five weekly runs in your chosen edition.

WHAT YOU WILL WORK ON

You will practise rhythm and controlled speed through fartlek, hills and 5 km effort sessions. Threshold work helps you sustain a stronger effort, while easy runs and your longer outing support your endurance. The aim is to help you judge your effort across the race, including a controlled opening kilometre and a committed finish.

WHAT YOU NEED TO MAKE ROOM FOR

Your week needs space for purposeful sessions, easy running and recovery. Select the number of days you already tolerate, then check both the opening and peak weekly time on the facing page. Faster sessions work best when you can complete their easy recoveries and keep your easier days manageable.

CHOOSING YOUR EDITION

The eight-week option suits an established runner ready for a focused race preparation block. The 12- and 16-week editions offer a longer progression, but still require the running base shown on the facing page. Choose from your recent training consistency and available time, as well as your event date.

Find your fit.

Your starting point. Your training commitment.

Meet both the experience requirements on the facing page and the starting figures below. For an 8-week edition, sustain this run frequency and weekly time for the preceding six weeks; for 12 or 16 weeks, for the preceding four weeks.

EDITION weeks / runs	BASE weekly time	BASE long outing	PLAN opening week	PLAN peak week	PLAN longest outing
8 wk / 3 runs	About 2.5 h	60 min +	2h 30m	3h 00m	1h 20m
8 wk / 4 runs	About 3.0 h	60 min +	2h 55m	3h 30m	1h 20m
8 wk / 5 runs	About 3.5 h	60 min +	3h 25m	4h 05m	1h 20m
12 wk / 3 runs	About 2.5 h	50 min +	2h 20m	3h 00m	1h 20m
12 wk / 4 runs	About 2.8 h	50 min +	2h 45m	3h 30m	1h 20m
12 wk / 5 runs	About 3.2 h	50 min +	3h 15m	4h 05m	1h 20m
16 wk / 3 runs	About 2.0 h	45 min +	2h 00m	3h 00m	1h 20m
16 wk / 4 runs	About 2.5 h	45 min +	2h 25m	3h 30m	1h 20m
16 wk / 5 runs	About 3.0 h	45 min +	2h 55m	4h 05m	1h 20m

Base weekly time is the amount of running/run-walking you should already tolerate. Base long outing is a comfortable outing of at least the stated duration. These are starting requirements, not targets to rush towards.

Plan times show the opening week, largest training week and longest individual training outing. Event duration and strength work are excluded. Backyard rehearsal windows include between-yard resets.

CHECK YOUR FIT BEFORE YOU CHOOSE

Choose the number of run days you already tolerate. The 8-week edition is specific preparation on an established base. For 12 or 16 weeks, check that the opening week matches your current training; extra calendar weeks do not replace the entry requirements.

WHAT YOU RECEIVE

A self-guided day-by-day plan with session instructions, effort guidance, strength support, lighter weeks, event preparation and recovery advice. Choose a downloadable PDF or the Final Surge calendar edition. Personal messaging, weekly reviews and individual changes are separate coaching services.

ESTABLISHED BEGINNER

The Next Five

Build from a comfortable 5 km towards your first 10 km.



YOUR FIRST 10 KM

3 / 4 RUNS PER WEEK

8, 12 OR 16 WEEKS

IS THIS YOUR STARTING POINT?

You can already complete 5 km comfortably and have run at least three days a week for six weeks. You want to extend that foundation towards your first 10 km. If you choose four runs per week, establish that fourth day before beginning the plan.

WHAT YOU WILL WORK ON

Most of your running will stay easy while your longer outing gradually develops. Gentle changes of rhythm and controlled steady work introduce variety without making every run a hard effort. Planned lighter weeks give you time to absorb the training. You can use walking breaks as part of your approach to the distance.

WHAT YOU NEED TO MAKE ROOM FOR

You will need three or four regular training days and a larger time slot for your longer run. Check the longest outing and peak week before choosing. The plan also gives you effort guidance, strength support and preparation for your first experience of covering 10 km.

CHOOSING YOUR EDITION

Match the entry requirements to what you have already been doing. Eight weeks is a focused next step for a runner with the required base. The 12- and 16-week editions spread the progression over more weeks, with their own starting loads. If 5 km is still a difficult maximum effort, build a more comfortable foundation first.

Find your fit.

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Meet both the experience requirements on the facing page and the starting figures below. For an 8-week edition, sustain this run frequency and weekly time for the preceding six weeks; for 12 or 16 weeks, for the preceding four weeks.

EDITION weeks / runs	BASE weekly time	BASE long outing	PLAN opening week	PLAN peak week	PLAN longest outing
8 wk / 3 runs	About 2.2 h	60 min +	2h 15m	2h 45m	1h 20m
8 wk / 4 runs	About 2.8 h	60 min +	2h 40m	3h 15m	1h 20m
12 wk / 3 runs	About 2.2 h	50 min +	2h 05m	2h 45m	1h 20m
12 wk / 4 runs	About 2.5 h	50 min +	2h 30m	3h 15m	1h 20m
16 wk / 3 runs	About 2.0 h	40 min +	1h 50m	2h 45m	1h 20m
16 wk / 4 runs	About 2.2 h	40 min +	2h 15m	3h 15m	1h 20m

Base weekly time is the amount of running/run-walking you should already tolerate. Base long outing is a comfortable outing of at least the stated duration. These are starting requirements, not targets to rush towards.

Plan times show the opening week, largest training week and longest individual training outing. Event duration and strength work are excluded. Backyard rehearsal windows include between-yard resets.

CHECK YOUR FIT BEFORE YOU CHOOSE

Choose the number of run days you already tolerate. The 8-week edition is specific preparation on an established base. For 12 or 16 weeks, check that the opening week matches your current training; extra calendar weeks do not replace the entry requirements.

WHAT YOU RECEIVE

A self-guided day-by-day plan with session instructions, effort guidance, strength support, lighter weeks, event preparation and recovery advice. Choose a downloadable PDF or the Final Surge calendar edition. Personal messaging, weekly reviews and individual changes are separate coaching services.

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Begin with purpose.*

EXPERIENCED RUNNER

Strong Through Ten

Build the strength to hold your effort when the race gets demanding.



10 KM PERFORMANCE

4 / 5 RUNS PER WEEK

8, 12 OR 16 WEEKS

IS THIS YOUR STARTING POINT?

You have at least six months of consistent running, a recent 10 km race or comfortable equivalent, and some experience of controlled faster running. You want to develop the endurance and pace judgement to race 10 km with greater purpose. Choose four or five runs according to your established routine.

WHAT YOU WILL WORK ON

Cruise intervals, threshold progressions, controlled hills and 10 km effort repetitions give your faster running a clear role. Easy running and longer aerobic outings support those sessions. You will practise holding your effort as the work becomes demanding, then use the taper to arrive ready to put that preparation into practice.

WHAT YOU NEED TO MAKE ROOM FOR

Allow enough time for the full session, including its warm-up, recoveries and cool-down. Your chosen weekly frequency should leave room for the easy days and recovery in the calendar. Compare the peak weekly time and longest outing with your work, family and other commitments before selecting an edition.

CHOOSING YOUR EDITION

Use the requirements on the facing page to check your recent weekly running and long-run tolerance. The eight-week edition assumes an established base; the longer editions provide more preparation time at their stated starting loads. The best match is the one you can follow consistently while recovering between sessions.

Find your fit.

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Meet both the experience requirements on the facing page and the starting figures below. For an 8-week edition, sustain this run frequency and weekly time for the preceding six weeks; for 12 or 16 weeks, for the preceding four weeks.

EDITION weeks / runs	BASE weekly time	BASE long outing	PLAN opening week	PLAN peak week	PLAN longest outing
8 wk / 4 runs	About 3.8 h	75 min +	3h 35m	4h 15m	1h 40m
8 wk / 5 runs	About 4.2 h	75 min +	4h 10m	4h 55m	1h 40m
12 wk / 4 runs	About 3.2 h	60 min +	3h 15m	4h 15m	1h 40m
12 wk / 5 runs	About 4.0 h	60 min +	3h 50m	4h 55m	1h 40m
16 wk / 4 runs	About 3.0 h	55 min +	3h 00m	4h 15m	1h 40m
16 wk / 5 runs	About 3.8 h	55 min +	3h 35m	4h 55m	1h 40m

Base weekly time is the amount of running/run-walking you should already tolerate. Base long outing is a comfortable outing of at least the stated duration. These are starting requirements, not targets to rush towards.

Plan times show the opening week, largest training week and longest individual training outing. Event duration and strength work are excluded. Backyard rehearsal windows include between-yard resets.

CHECK YOUR FIT BEFORE YOU CHOOSE

Choose the number of run days you already tolerate. The 8-week edition is specific preparation on an established base. For 12 or 16 weeks, check that the opening week matches your current training; extra calendar weeks do not replace the entry requirements.

WHAT YOU RECEIVE

A self-guided day-by-day plan with session instructions, effort guidance, strength support, lighter weeks, event preparation and recovery advice. Choose a downloadable PDF or the Final Surge calendar edition. Personal messaging, weekly reviews and individual changes are separate coaching services.

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NEW TO THE DISTANCE

Half Marathon Horizons

Make 21.1 km your next achievable running milestone.



YOUR FIRST HALF MARATHON

3 / 4 RUNS PER WEEK

8, 12 OR 16 WEEKS

IS THIS YOUR STARTING POINT?

You can complete 10 km comfortably and have at least three months of regular running behind you. You are ready to prepare for your first half marathon and can commit to three or four runs each week. This plan builds on that existing base; your recent training should also meet the edition-specific requirements on the facing page.

WHAT YOU WILL WORK ON

Your long runs develop familiarity with spending more time on your feet. Approachable midweek running and controlled steady efforts support that endurance. You will practise pacing, fuelling and any planned walking breaks before event day, while lighter weeks and recovery help you manage the build.

WHAT YOU NEED TO MAKE ROOM FOR

Reserve a regular longer-run slot and time for preparation and recovery around it. Use those outings to practise the food, drink and pacing approach you intend to use at your event. Check the peak training week, as well as the first week, so the plan fits your life throughout the build.

CHOOSING YOUR EDITION

An eight-week build requires you to arrive with the higher starting endurance shown on the facing page. Twelve or sixteen weeks gives you a longer progression, with a defined base still required. Choose the edition that matches your current comfortable running, rather than trying to catch up with the first few weeks.

Find your fit.

Your starting point. Your training commitment.

Meet both the experience requirements on the facing page and the starting figures below. For an 8-week edition, sustain this run frequency and weekly time for the preceding six weeks; for 12 or 16 weeks, for the preceding four weeks.

EDITION weeks / runs	BASE weekly time	BASE long outing	PLAN opening week	PLAN peak week	PLAN longest outing
8 wk / 3 runs	About 3.2 h	95 min +	3h 10m	3h 50m	2h 05m
8 wk / 4 runs	About 3.8 h	95 min +	3h 40m	4h 25m	2h 05m
12 wk / 3 runs	About 3.0 h	80 min +	2h 55m	3h 50m	2h 05m
12 wk / 4 runs	About 3.5 h	80 min +	3h 25m	4h 25m	2h 05m
16 wk / 3 runs	About 2.5 h	60 min +	2h 25m	3h 50m	2h 05m
16 wk / 4 runs	About 3.0 h	60 min +	2h 55m	4h 25m	2h 05m

Base weekly time is the amount of running/run-walking you should already tolerate. Base long outing is a comfortable outing of at least the stated duration. These are starting requirements, not targets to rush towards.

Plan times show the opening week, largest training week and longest individual training outing. Event duration and strength work are excluded. Backyard rehearsal windows include between-yard resets.

CHECK YOUR FIT BEFORE YOU CHOOSE

Choose the number of run days you already tolerate. The 8-week edition is specific preparation on an established base. For 12 or 16 weeks, check that the opening week matches your current training; extra calendar weeks do not replace the entry requirements.

WHAT YOU RECEIVE

A self-guided day-by-day plan with session instructions, effort guidance, strength support, lighter weeks, event preparation and recovery advice. Choose a downloadable PDF or the Final Surge calendar edition. Personal messaging, weekly reviews and individual changes are separate coaching services.

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Begin with purpose.*

EXPERIENCED RUNNER

Half Marathon Momentum

Build an effort you can hold, kilometre after kilometre.



HALF MARATHON PERFORMANCE

4 / 5 RUNS PER WEEK

8, 12 OR 16 WEEKS

IS THIS YOUR STARTING POINT?

You have completed a half marathon, maintained at least six months of consistent running and already tolerate your selected four or five runs each week. You want a structured build that develops your ability to sustain an effort across 21.1 km.

WHAT YOU WILL WORK ON

Threshold intervals progress towards longer half-marathon effort blocks. Easy runs and endurance outings support that work, giving you opportunities to refine your pace judgement as well as your fitness. You will practise an effort you can sustain, with recovery and a taper built into the preparation.

WHAT YOU NEED TO MAKE ROOM FOR

Plan for both the longer outing and the purposeful midweek sessions. Keep enough room in your schedule to complete the easy running and recover between demanding days. Your weekly time commitment changes through the build, so check the opening and peak figures before deciding which frequency fits.

CHOOSING YOUR EDITION

The starting requirements include your weekly running time, run frequency and comfortable long outing. Eight weeks suits a runner whose foundation is already in place. Twelve or sixteen weeks offers more time to progress from the listed entry load, while still requiring consistent recent training.

Find your fit.

Your starting point. Your training commitment.

Meet both the experience requirements on the facing page and the starting figures below. For an 8-week edition, sustain this run frequency and weekly time for the preceding six weeks; for 12 or 16 weeks, for the preceding four weeks.

EDITION weeks / runs	BASE weekly time	BASE long outing	PLAN opening week	PLAN peak week	PLAN longest outing
8 wk / 4 runs	About 4.5 h	110 min +	4h 25m	5h 15m	2h 25m
8 wk / 5 runs	About 5.2 h	110 min +	5h 05m	6h 00m	2h 25m
12 wk / 4 runs	About 4.0 h	90 min +	3h 55m	5h 15m	2h 25m
12 wk / 5 runs	About 4.8 h	90 min +	4h 35m	6h 00m	2h 25m
16 wk / 4 runs	About 3.8 h	70 min +	3h 35m	5h 15m	2h 25m
16 wk / 5 runs	About 4.2 h	70 min +	4h 10m	6h 00m	2h 25m

Base weekly time is the amount of running/run-walking you should already tolerate. Base long outing is a comfortable outing of at least the stated duration. These are starting requirements, not targets to rush towards.

Plan times show the opening week, largest training week and longest individual training outing. Event duration and strength work are excluded. Backyard rehearsal windows include between-yard resets.

CHECK YOUR FIT BEFORE YOU CHOOSE

Choose the number of run days you already tolerate. The 8-week edition is specific preparation on an established base. For 12 or 16 weeks, check that the opening week matches your current training; extra calendar weeks do not replace the entry requirements.

WHAT YOU RECEIVE

A self-guided day-by-day plan with session instructions, effort guidance, strength support, lighter weeks, event preparation and recovery advice. Choose a downloadable PDF or the Final Surge calendar edition. Personal messaging, weekly reviews and individual changes are separate coaching services.

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Begin with purpose.*

NEW TO THE DISTANCE

The Marathon Chapter

Prepare for 42.2 km with patience, structure and purpose.



YOUR FIRST MARATHON

4 / 5 RUNS PER WEEK

8, 12 OR 16 WEEKS

IS THIS YOUR STARTING POINT?

You have completed a half marathon, trained consistently for at least six months and already run four or five days each week. You now want to prepare for your first marathon. The eight-week edition is a finishing block for an existing marathon build, so you need to be well into your preparation before starting it.

WHAT YOU WILL WORK ON

Progressive long runs and manageable midweek training develop your marathon endurance. You will rehearse fuelling and a sustainable running or run-walk strategy, then follow a three-week taper. The plan helps you prepare for the practical decisions of marathon day as well as the running itself.

WHAT YOU NEED TO MAKE ROOM FOR

Protect time for your longer runs, eating and drinking practice, and recovery afterwards. Compare your current long-run tolerance with the entry requirement and check that the peak week fits your schedule. Your training time figures do not include strength work or the marathon itself.

CHOOSING YOUR EDITION

Select 12 or 16 weeks when its opening load matches your current base and your event date allows the full build. These editions still require established half-marathon fitness and regular running. Choose eight weeks only when you are already in a marathon build and meet its higher starting requirements.

Find your fit.

Your starting point. Your training commitment.

Meet both the experience requirements on the facing page and the starting figures below. For an 8-week edition, sustain this run frequency and weekly time for the preceding six weeks; for 12 or 16 weeks, for the preceding four weeks.

EDITION weeks / runs	BASE weekly time	BASE long outing	PLAN opening week	PLAN peak week	PLAN longest outing
8 wk / 4 runs	About 5.2 h	150 min +	5h 10m	5h 55m	3h 00m
8 wk / 5 runs	About 6.0 h	150 min +	5h 50m	6h 40m	3h 00m
12 wk / 4 runs	About 4.8 h	120 min +	4h 40m	5h 55m	3h 00m
12 wk / 5 runs	About 5.5 h	120 min +	5h 20m	6h 40m	3h 00m
16 wk / 4 runs	About 4.2 h	100 min +	4h 10m	5h 55m	3h 00m
16 wk / 5 runs	About 5.0 h	100 min +	4h 50m	6h 40m	3h 00m

Base weekly time is the amount of running/run-walking you should already tolerate. Base long outing is a comfortable outing of at least the stated duration. These are starting requirements, not targets to rush towards.

Plan times show the opening week, largest training week and longest individual training outing. Event duration and strength work are excluded. Backyard rehearsal windows include between-yard resets.

CHECK YOUR FIT BEFORE YOU CHOOSE

Choose the number of run days you already tolerate. The 8-week edition is specific preparation on an established base. For 12 or 16 weeks, check that the opening week matches your current training; extra calendar weeks do not replace the entry requirements.

WHAT YOU RECEIVE

A self-guided day-by-day plan with session instructions, effort guidance, strength support, lighter weeks, event preparation and recovery advice. Choose a downloadable PDF or the Final Surge calendar edition. Personal messaging, weekly reviews and individual changes are separate coaching services.

*Choose your edition.
Begin with purpose.*

EXPERIENCED MARATHONER

Marathon With Purpose

Make every part of your marathon build count.



MARATHON PERFORMANCE

4 / 5 / 6 RUNS PER WEEK

8, 12 OR 16 WEEKS

IS THIS YOUR STARTING POINT?

You have completed a marathon, maintained at least six months of consistent running and are familiar with long-run fuelling. You already tolerate four, five or six runs each week, depending on your chosen edition, and want a purposeful structure for your next marathon.

WHAT YOU WILL WORK ON

Aerobic running, controlled threshold work and selected marathon-effort finishes connect endurance with race-specific practice. You will rehearse your pacing and fuelling while keeping recovery visible in the week. The build supports a well-managed race effort without asking you to run every session at marathon intensity.

WHAT YOU NEED TO MAKE ROOM FOR

Consider the full peak week and the recovery around longer or more demanding days. A six-run edition needs an established six-day routine; it should fit the way you already train. Make space to practise your event nutrition and equipment during the sessions intended for that purpose.

CHOOSING YOUR EDITION

Choose the frequency first, based on what you consistently tolerate, then compare the entry load for each duration. Eight weeks is a specific preparation block on top of an existing base. The longer editions provide more weeks of progression from their listed starting requirements.

Find your fit.

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Meet both the experience requirements on the facing page and the starting figures below. For an 8-week edition, sustain this run frequency and weekly time for the preceding six weeks; for 12 or 16 weeks, for the preceding four weeks.

EDITION weeks / runs	BASE weekly time	BASE long outing	PLAN opening week	PLAN peak week	PLAN longest outing
8 wk / 4 runs	About 5.8 h	150 min +	5h 45m	6h 30m	3h 00m
8 wk / 5 runs	About 6.8 h	150 min +	6h 35m	7h 25m	3h 00m
8 wk / 6 runs	About 7.2 h	150 min +	7h 10m	8h 05m	3h 00m
12 wk / 4 runs	About 5.2 h	120 min +	5h 05m	6h 30m	3h 00m
12 wk / 5 runs	About 6.0 h	120 min +	5h 55m	7h 25m	3h 00m
12 wk / 6 runs	About 6.5 h	120 min +	6h 30m	8h 05m	3h 00m
16 wk / 4 runs	About 4.5 h	100 min +	4h 30m	6h 30m	3h 00m
16 wk / 5 runs	About 5.2 h	100 min +	5h 15m	7h 25m	3h 00m
16 wk / 6 runs	About 6.0 h	100 min +	5h 50m	8h 05m	3h 00m

Base weekly time is the amount of running/run-walking you should already tolerate. Base long outing is a comfortable outing of at least the stated duration. These are starting requirements, not targets to rush towards.

Plan times show the opening week, largest training week and longest individual training outing. Event duration and strength work are excluded. Backyard rehearsal windows include between-yard resets.

CHECK YOUR FIT BEFORE YOU CHOOSE

Choose the number of run days you already tolerate. The 8-week edition is specific preparation on an established base. For 12 or 16 weeks, check that the opening week matches your current training; extra calendar weeks do not replace the entry requirements.

WHAT YOU RECEIVE

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ROAD-TO-TRAIL RUNNER

Beyond the Bitumen

Take your running off road with confidence.



25 KM TRAIL

3 / 4 RUNS PER WEEK

8, 12 OR 16 WEEKS

IS THIS YOUR STARTING POINT?

You are comfortable running 10 km, have at least three months of consistent training and can regularly access trails. You want to prepare for a runnable 25 km trail event. The plan is designed for non-alpine trails; technical mountain racing requires preparation matched to its particular terrain and demands.

WHAT YOU WILL WORK ON

You will train by effort and time on your feet, practise efficient uphill walking and develop calm, controlled descending. Hills and weekly terrain tasks help you connect your training to the course ahead. Easy running and longer trail outings build the endurance to keep moving over changing ground.

WHAT YOU NEED TO MAKE ROOM FOR

Choose three or four running days you already tolerate and allow time to reach suitable trails. Look at your event terrain when selecting practice routes. Leave room during longer outings to become comfortable with the equipment, food and drink you expect to carry or use on the day.

CHOOSING YOUR EDITION

Use your current weekly running and comfortable outing to compare the editions on the facing page. A longer calendar does not remove the need for a running base or trail access. Select the duration that matches both your starting point and the time you can give to terrain practice.

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Meet both the experience requirements on the facing page and the starting figures below. For an 8-week edition, sustain this run frequency and weekly time for the preceding six weeks; for 12 or 16 weeks, for the preceding four weeks.

EDITION weeks / runs	BASE weekly time	BASE long outing	PLAN opening week	PLAN peak week	PLAN longest outing
8 wk / 3 runs	About 3.8 h	120 min +	3h 45m	4h 35m	2h 40m
8 wk / 4 runs	About 4.5 h	120 min +	4h 20m	5h 15m	2h 40m
12 wk / 3 runs	About 3.5 h	100 min +	3h 20m	4h 35m	2h 40m
12 wk / 4 runs	About 4.0 h	100 min +	3h 55m	5h 15m	2h 40m
16 wk / 3 runs	About 3.0 h	80 min +	2h 55m	4h 35m	2h 40m
16 wk / 4 runs	About 3.5 h	80 min +	3h 30m	5h 15m	2h 40m

Base weekly time is the amount of running/run-walking you should already tolerate. Base long outing is a comfortable outing of at least the stated duration. These are starting requirements, not targets to rush towards.

Plan times show the opening week, largest training week and longest individual training outing. Event duration and strength work are excluded. Backyard rehearsal windows include between-yard resets.

CHECK YOUR FIT BEFORE YOU CHOOSE

Choose the number of run days you already tolerate. The 8-week edition is specific preparation on an established base. For 12 or 16 weeks, check that the opening week matches your current training; extra calendar weeks do not replace the entry requirements.

WHAT YOU RECEIVE

A self-guided day-by-day plan with session instructions, effort guidance, strength support, lighter weeks, event preparation and recovery advice. Choose a downloadable PDF or the Final Surge calendar edition. Personal messaging, weekly reviews and individual changes are separate coaching services.

*Choose your edition.
Begin with purpose.*

FIRST ULTRA / ESTABLISHED RUNNER

Go Beyond 50

Build the skills to keep moving beyond the marathon.



50 KM ULTRA

4 / 5 RUNS PER WEEK

8, 12 OR 16 WEEKS

IS THIS YOUR STARTING POINT?

You have completed a marathon or comparable trail effort, trained consistently for at least six months and are comfortable fuelling during two-hour outings. You want to prepare for a runnable 50 km and can sustain the four or five running days required by your chosen edition.

WHAT YOU WILL WORK ON

Patient endurance running, trail practice and controlled hiking develop repeatable movement over longer periods. A measured long-run build and selected back-to-back outings introduce the demands of endurance weekends. Repeated fuelling rehearsals help you practise the decisions you will need later in your event.

WHAT YOU NEED TO MAKE ROOM FOR

Check that your week can accommodate both the longest outing and the selected two-day endurance weekends. Allow time to practise with your event equipment and nutrition on suitable terrain. The peak weekly figures on the facing page describe running and run-walk time; strength and preparation require additional time.

CHOOSING YOUR EDITION

Your current endurance should meet the entry figures before week one. The eight-week option is focused preparation for a runner who already has the required base. Twelve and sixteen weeks provide a longer build, but still start from established marathon or comparable trail experience.

Find your fit.

Your starting point. Your training commitment.

Meet both the experience requirements on the facing page and the starting figures below. For an 8-week edition, sustain this run frequency and weekly time for the preceding six weeks; for 12 or 16 weeks, for the preceding four weeks.

EDITION weeks / runs	BASE weekly time	BASE long outing	PLAN opening week	PLAN peak week	PLAN longest outing
8 wk / 4 runs	About 5.8 h	170 min +	5h 45m	7h 20m	3h 30m
8 wk / 5 runs	About 6.5 h	170 min +	6h 30m	8h 10m	3h 30m
12 wk / 4 runs	About 5.0 h	145 min +	5h 00m	7h 20m	3h 30m
12 wk / 5 runs	About 5.8 h	145 min +	5h 45m	8h 10m	3h 30m
16 wk / 4 runs	About 4.5 h	115 min +	4h 25m	7h 20m	3h 30m
16 wk / 5 runs	About 5.2 h	115 min +	5h 05m	8h 10m	3h 30m

Base weekly time is the amount of running/run-walking you should already tolerate. Base long outing is a comfortable outing of at least the stated duration. These are starting requirements, not targets to rush towards.

Plan times show the opening week, largest training week and longest individual training outing. Event duration and strength work are excluded. Backyard rehearsal windows include between-yard resets.

CHECK YOUR FIT BEFORE YOU CHOOSE

Choose the number of run days you already tolerate. The 8-week edition is specific preparation on an established base. For 12 or 16 weeks, check that the opening week matches your current training; extra calendar weeks do not replace the entry requirements.

WHAT YOU RECEIVE

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EXPERIENCED ULTRA RUNNER

The Hundred Project

Prepare for 100 km with a complete endurance routine.



100 KM ULTRA

5 / 6 RUNS PER WEEK

8, 12 OR 16 WEEKS

IS THIS YOUR STARTING POINT?

You have recently completed a 50 km ultra, have at least a year of consistent running and already tolerate back-to-back training days. You can sustain five or six runs each week. The eight-week edition requires an active 100 km build already in progress.

WHAT YOU WILL WORK ON

Extended trail outings and selected endurance weekends develop your preparation for a runnable 100 km. Equipment checks, nutrition rehearsals and aid-station routines sit alongside the running. You will practise how to organise your effort and keep making useful decisions between support points.

WHAT YOU NEED TO MAKE ROOM FOR

Plan for substantial training time and recovery around the longer outings and back-to-back days. You will need opportunities to use your kit and practise carrying or accessing food and drink. Compare the peak week with your available time, and consider the additional travel and preparation involved in trail sessions.

CHOOSING YOUR EDITION

Use the entry table to check both your weekly endurance and your comfortable long outing. Twelve or sixteen weeks can provide more preparation time when you already meet their starting requirements. Eight weeks is appropriate only within an existing 100 km build, with its required recent consistency.

Find your fit.

Your starting point. Your training commitment.

Meet both the experience requirements on the facing page and the starting figures below. For an 8-week edition, sustain this run frequency and weekly time for the preceding six weeks; for 12 or 16 weeks, for the preceding four weeks.

EDITION weeks / runs	BASE weekly time	BASE long outing	PLAN opening week	PLAN peak week	PLAN longest outing
8 wk / 5 runs	About 8.5 h	220 min +	8h 20m	10h 40m	4h 30m
8 wk / 6 runs	About 9.0 h	220 min +	8h 55m	11h 20m	4h 30m
12 wk / 5 runs	About 7.5 h	185 min +	7h 30m	10h 40m	4h 30m
12 wk / 6 runs	About 8.2 h	185 min +	8h 05m	11h 20m	4h 30m
16 wk / 5 runs	About 6.8 h	150 min +	6h 35m	10h 40m	4h 30m
16 wk / 6 runs	About 7.2 h	150 min +	7h 10m	11h 20m	4h 30m

Base weekly time is the amount of running/run-walking you should already tolerate. Base long outing is a comfortable outing of at least the stated duration. These are starting requirements, not targets to rush towards.

Plan times show the opening week, largest training week and longest individual training outing. Event duration and strength work are excluded. Backyard rehearsal windows include between-yard resets.

CHECK YOUR FIT BEFORE YOU CHOOSE

Choose the number of run days you already tolerate. The 8-week edition is specific preparation on an established base. For 12 or 16 weeks, check that the opening week matches your current training; extra calendar weeks do not replace the entry requirements.

WHAT YOU RECEIVE

A self-guided day-by-day plan with session instructions, effort guidance, strength support, lighter weeks, event preparation and recovery advice. Choose a downloadable PDF or the Final Surge calendar edition. Personal messaging, weekly reviews and individual changes are separate coaching services.

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EXPERIENCED ULTRA RUNNER

The Long Way Home

Prepare for the demands that arrive beyond daylight.



100 MILE ULTRA

5 / 6 RUNS PER WEEK

8, 12 OR 16 WEEKS

IS THIS YOUR STARTING POINT?

You have completed an 80-100 km event or a 50-mile ultra, have at least 18 months of consistent endurance training and are comfortable with back-to-back days. You can sustain five or six weekly runs. This is an event-specific block for experienced ultra runners preparing for 100 miles.

WHAT YOU WILL WORK ON

Extended outings and selected two-day endurance weekends develop your existing base. Controlled night practice, fuelling rehearsals and crew planning help you prepare for the practical demands beyond daylight. You will develop routines for a long event without attempting to cover the full race distance in training.

WHAT YOU NEED TO MAKE ROOM FOR

Reserve time for substantial endurance weekends, recovery and equipment preparation. Arrange suitable opportunities for the prescribed night practice and plan how you will rehearse nutrition and crew communication. Check your chosen edition against your event terrain and support arrangements.

CHOOSING YOUR EDITION

Choose a duration whose starting load already fits your recent training. The eight-week edition is a focused block on top of a developed ultra base. The 12- and 16-week options give you more preparation time, while still requiring the experience and current endurance listed here and on the facing page.

Find your fit.

Your starting point. Your training commitment.

Meet both the experience requirements on the facing page and the starting figures below. For an 8-week edition, sustain this run frequency and weekly time for the preceding six weeks; for 12 or 16 weeks, for the preceding four weeks.

EDITION weeks / runs	BASE weekly time	BASE long outing	PLAN opening week	PLAN peak week	PLAN longest outing
8 wk / 5 runs	About 9.5 h	245 min +	9h 20m	12h 15m	5h 00m
8 wk / 6 runs	About 10.0 h	245 min +	10h 00m	13h 00m	5h 00m
12 wk / 5 runs	About 8.5 h	205 min +	8h 25m	12h 15m	5h 00m
12 wk / 6 runs	About 9.2 h	205 min +	9h 05m	13h 00m	5h 00m
16 wk / 5 runs	About 7.5 h	165 min +	7h 30m	12h 15m	5h 00m
16 wk / 6 runs	About 8.2 h	165 min +	8h 10m	13h 00m	5h 00m

Base weekly time is the amount of running/run-walking you should already tolerate. Base long outing is a comfortable outing of at least the stated duration. These are starting requirements, not targets to rush towards.

Plan times show the opening week, largest training week and longest individual training outing. Event duration and strength work are excluded. Backyard rehearsal windows include between-yard resets.

CHECK YOUR FIT BEFORE YOU CHOOSE

Choose the number of run days you already tolerate. The 8-week edition is specific preparation on an established base. For 12 or 16 weeks, check that the opening week matches your current training; extra calendar weeks do not replace the entry requirements.

WHAT YOU RECEIVE

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NEW TO BACKYARD RACING

One More Hour

Learn the rhythm of the yard, one hour at a time.



BACKYARD ULTRA / FIRST SIX YARDS

4 / 5 RUNS PER WEEK

8, 12 OR 16 WEEKS

IS THIS YOUR STARTING POINT?

You comfortably complete a half marathon, regularly manage two-hour outings and have at least six months of consistent training. You want to learn backyard racing and can commit to four or five runs each week. Six yards is your personal milestone within the format, rather than an official race finish.

WHAT YOU WILL WORK ON

Measured-loop rehearsals help you practise the hourly start, sustainable run-walk pacing and efficient resets. You will develop a routine for finishing a lap, taking on food and drink, and being ready for the next start. The endurance work supports your ability to repeat that process with purpose.

WHAT YOU NEED TO MAKE ROOM FOR

You will need access to a suitable measured loop and a place to practise the between-lap routine. Set aside the full rehearsal window, including the reset periods, and use it to organise your food, drink and equipment. Allow for recovery around the longer practice sessions.

CHOOSING YOUR EDITION

Select the four- or five-run option you already tolerate, then check your weekly running and comfortable outing against the table on the facing page. The eight-week edition requires an established base; longer editions still have entry requirements. Choose a schedule that gives you enough time to practise the format as well as the running.

Find your fit.

Your starting point. Your training commitment.

Meet both the experience requirements on the facing page and the starting figures below. For an 8-week edition, sustain this run frequency and weekly time for the preceding six weeks; for 12 or 16 weeks, for the preceding four weeks.

EDITION weeks / runs	BASE weekly time	BASE long outing	PLAN opening week	PLAN peak week	PLAN longest outing
8 wk / 4 runs	About 5.2 h	150 min +	5h 05m	5h 40m	3h 00m
8 wk / 5 runs	About 5.8 h	150 min +	5h 45m	6h 25m	3h 00m
12 wk / 4 runs	About 4.5 h	120 min +	4h 30m	5h 40m	3h 00m
12 wk / 5 runs	About 5.2 h	120 min +	5h 10m	6h 25m	3h 00m
16 wk / 4 runs	About 4.0 h	120 min +	3h 55m	5h 55m	3h 00m
16 wk / 5 runs	About 4.8 h	120 min +	4h 35m	6h 40m	3h 00m

Base weekly time is the amount of running/run-walking you should already tolerate. Base long outing is a comfortable outing of at least the stated duration. These are starting requirements, not targets to rush towards.

Plan times show the opening week, largest training week and longest individual training outing. Event duration and strength work are excluded. Backyard rehearsal windows include between-yard resets.

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Choose the number of run days you already tolerate. The 8-week edition is specific preparation on an established base. For 12 or 16 weeks, check that the opening week matches your current training; extra calendar weeks do not replace the entry requirements.

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EXPERIENCED ULTRA / BACKYARD RUNNER

Through the Clock

Build the routine for a day and a night on the start line.



BACKYARD ULTRA / 24-YARD AMBITION

5 / 6 RUNS PER WEEK

8, 12 OR 16 WEEKS

IS THIS YOUR STARTING POINT?

You have completed at least 80-100 km or 12 backyard yards and have established tolerance for long outings and back-to-back days. You can sustain five or six weekly runs. An existing ultra base is essential, especially for the eight-week edition. Twenty-four yards is an ambition, with no particular yard count guaranteed.

WHAT YOU WILL WORK ON

Controlled multi-yard rehearsals, endurance weekends and early-evening practice develop your hourly routine. You will work on pacing, kit, nutrition and crew communication, learning to reset and return to the start in an organised way. The emphasis is on repeatable decisions throughout each hour.

WHAT YOU NEED TO MAKE ROOM FOR

Protect the full rehearsal windows, including between-yard resets, as well as recovery around endurance weekends. You will need a suitable loop and opportunities to practise your support setup, equipment and food. Check that the peak training time fits your life alongside these practical preparations.

CHOOSING YOUR EDITION

Match your existing ultra training to the entry figures on the facing page. Eight weeks is a focused preparation block for a runner with a strong base already in place. Twelve or sixteen weeks offers a longer progression from the stated requirements. The 24-yard goal is a personal milestone within the backyard format, not an official finish.

Find your fit.

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Meet both the experience requirements on the facing page and the starting figures below. For an 8-week edition, sustain this run frequency and weekly time for the preceding six weeks; for 12 or 16 weeks, for the preceding four weeks.

EDITION weeks / runs	BASE weekly time	BASE long outing	PLAN opening week	PLAN peak week	PLAN longest outing
8 wk / 5 runs	About 9.8 h	295 min +	9h 40m	10h 45m	6h 00m
8 wk / 6 runs	About 10.2 h	295 min +	10h 15m	11h 25m	6h 00m
12 wk / 5 runs	About 8.8 h	245 min +	8h 35m	10h 45m	6h 00m
12 wk / 6 runs	About 9.2 h	245 min +	9h 10m	11h 25m	6h 00m
16 wk / 5 runs	About 7.8 h	200 min +	7h 40m	10h 45m	6h 00m
16 wk / 6 runs	About 8.2 h	200 min +	8h 15m	11h 25m	6h 00m

Base weekly time is the amount of running/run-walking you should already tolerate. Base long outing is a comfortable outing of at least the stated duration. These are starting requirements, not targets to rush towards.

Plan times show the opening week, largest training week and longest individual training outing. Event duration and strength work are excluded. Backyard rehearsal windows include between-yard resets.

CHECK YOUR FIT BEFORE YOU CHOOSE

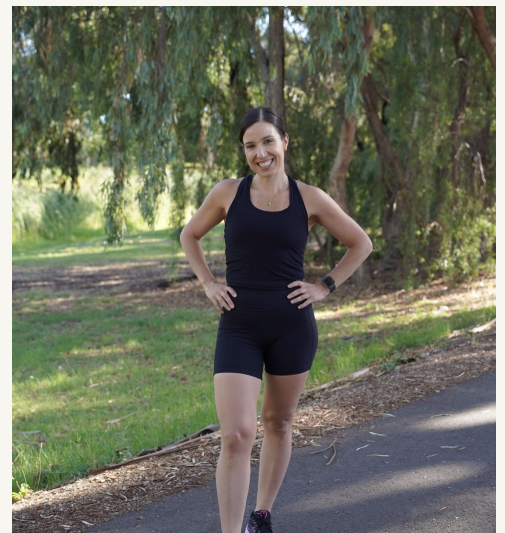
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*Choose your edition.
Begin with purpose.*

More than a finish line.





Every runner has
Two Choices.

Choose Greatness.



TWO CHOICES

RUNNING COACHING

Your goal. Your week.
Your next chapter.

14 PLAN FAMILIES / 87 EDITIONS / 8, 12 & 16 WEEKS