



## Welcome to your Big Bear Events Training Plan!

This training plan has been designed to take you from 10k to Half Marathon with 3 or 4 training sessions per week.

On the following pages you will see:

- Your plan
- Run description page

These events are a great opportunity to run further than you ever have before, in beautiful locations, with a wonderfully friendly atmosphere and great food on offer at the end of each lap.

This training plan will give you a structure to incrementally build volume and intensity in order to peak for race day.

Following a plan can be very helpful but also frustrating at times when injuries occur so please listen to your body if you feel injury on the horizon.

Having a plan to follow will help you improve your running but it is also useful to have some flexibility, if you are not feeling great on a particular day then hold a little back. On the other side of that coin if you are having a day where you are feeling good it is ok to give a little extra that session.

Keep the big picture in mind so that you can feel the best you can on race day but enjoy the training and push yourself.

We are capable of more than we think . . .  
Josh Merrett - Strength & Conditioning

