



Here are some key reasons why training plans are essential for runners:

1

STRUCTURE AND CONSISTENCY

A training plan provides a structured approach to running, which can help runners to be consistent with their workouts. Consistency is crucial for achieving progress and avoiding injuries.

4

INJURY PREVENTION

A training plan takes into account recovery time and rest days, which can help reduce the risk of injury. Additionally, following a plan that includes strength training and stretching can also help prevent injuries.

2

GOAL ORIENTED

A training plan helps runners set goals and work towards achieving them. Whether the goal is to run a specific distance or improve speed, a well-designed plan can help runners achieve their desired results.

5

ACCOUNTABILITY

A training plan can help keep runners accountable for their workouts. Knowing that they have a plan to follow can motivate runners to stick to their routine and make progress towards their goals.

Overall, following a well-designed training plan can help runners improve their performance, prevent injuries, and stay motivated.

3

IMPROVED PERFORMANCE

Following a training plan can help runners improve their running performance over time. By gradually increasing mileage and intensity, runners can build endurance and speed.

Our club coaches are ready to help put together a training plan aligned to your specific goal. Do tell them any considerations that they need to take into account, for example the time you have available to train. If a particular plan isn't working for you, don't be afraid to discuss it with the coach and also discuss your plan with fellow runners. It's much easier to keep to a plan when you have fellow runners supporting you and often you will find that you can join club members who are targeting similar goals.