	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST	2 x (5 mins at Easy effort, 5 mins Brisk walk) + Stretch	30 mins Cross-Training + Stretch	2 (5 mins Easy run, 5 mins Brisk walk) + Stretch	REST	45 mins Bike ride + Stretch	3 x (5 mins at Easy effort, 5 mins Walk) + Stretch
WEEK 2	30 mins Cross-Training or Yoga or Pilates + Stretch	3 x (5 mins at Easy effort, 3 mins Brisk walk) + Stretch	REST or 30 mins Cross-Training + Stretch	2 x (5 mins Walk, 10 mins at Easy effort) + Stretch	REST	60 mins Brisk walk + Stretch	3 x (7 mins at Easy effort, 3 mins Walk) + Stretch
WEEK 3	REST	25 mins Recovery run + Stretch	40 mins Cross-Training + Stretch	15 mins warm-up, 3 x 2 mins at 80% effort with 2 mins walk/jog recovery between efforts, 15 mins cool-down + Stretch	REST	60 mins Bike ride + Stretch	25 mins recovery run + Stretch
WEEK 4	40 mins Cross-Training + Stretch	REST	25 mins Recovery run on undulating terrain + Stretch	30 mins Cross-Training + Stretch	REST	5km race	30 mins Recovery run + Stretch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	REST	30 mins Cross-Training + Stretch	15 mins warm-up, 4 x 3 mins at 80% effort with 2 mins jog recovery between efforts, 15 mins cool-down + Stretch	REST	40 mins Cross-Training + Stretch	25 mins Steady undulating run - push the hills + Stretch	40 mins Long run - Easy effort + Stretch pace
WEEK 6	REST	15 mins warm-up, 4 x 3 mins at 80% effort with 90 secs jog recovery, 15 mins cool-down + Stretch	40 mins Cross-Training + Stretch	35 mins Recovery run + Stretch	REST	REST or swim	45 mins Long run - Easy effort + Stretch
WEEK 7	REST	15 mins warm-up, 2 x 6 mins at 80% effort with 3 mins jog recovery between efforts, 15 mins cool-down + Stretch	40 mins Cross-Training + Stretch	REST	30 mins run including 6 x 60 secs at 80% effort with 60 secs jog recovery between efforts + Stretch	5k Race	30 mins Long run - Easy effort
WEEK 8	REST	30 mins Cross-Training + Stretch	30 mins run including middle 10 mins at 80% effort + Stretch	REST	15 mins warm-up, 6 x 3 mins at 80% effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	60 mins Bike ride + Stretch	60 mins Long run - Easy effort + Stretch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
WEEK 9	REST	60 mins Cross-Training + Stretch	40 mins run including 2 x 8 mins at 80% effort with 4 mins jog recovery between efforts + Stretch	REST	15 mins warm-up, 5 x 4 mins at 80% effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	60 mins Cross-Training + Stretch	60 mins Long run - Easy effort + Stretch	
WEEK 10	REST	15 mins warm-up, 2 x 10 mins at 80% effort with 3 mins jog recovery between efforts, 15 mins cool-down + Stretch	REST	30 mins Recovery run + Stretch	REST	5km Race	30 mins Long run - Easy effort + Stretch	
WEEK 11	REST	60 mins Cross-Training + Stretch	45 mins run including middle 15 mins at 80% effort + Stretch	REST	15 mins warm-up, 5 x 3 mins at 80% effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	40 mins Long run - Easy effort + Stretch	
WEEK 12	REST	30 mins run including 2 x 5 mins at 80% effort with 2 mins jog recovery between efforts + Stretch	REST	25 mins Recovery run + Stretch	REST	10 mins Recovery run + Stretch	10km Race	