

	W/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	<b>Week 1</b>	Cross-Training, 30mins or Pilates	Brisk Walk, 30mins or Easy run	Rest or Cross-Training, 40mins	Brisk Walk, 30mins or easy run	Rest	Pilates	Long Run/Walk: 10mins Brisk Walk, 20mins Easy Run, 10mins Brisk Walk	
	<b>Week 2</b>	Cross-Training, 40mins or Pilates	30mins Brisk Walk or Easy run + 15min Body Weight Exercises	Rest Cross-Training, 40mins	Brisk Walk, 10mins, 20mins Easy Run, 10mins Brisk Walk	Rest or Yoga	Pilates or Aerobics or Swim	Long Run/Walk: 15mins Brisk Walk, 30mins Easy Run, 15mins Brisk Walk	
	<b>Week 3</b>	Cross-Training, 40mins or Pilates	Easy Pace Run, 35mins	Cross Training, 40mins or Rest	10mins Easy Run, 5 x 2mins @ 80% effort with 60 second recovery jog between efforts + 10mins Easy run	Rest or Yoga	Cross-Training or Swim, 40mins	Long Run/Walk: 10mins Brisk Walk, 30mins Easy Run, 5mins Brisk Walk, 30mins Easy Run, 10mins Brisk Walk	
	<b>Week 4</b>	Pilates or Rest	Easy Pace Run, 35mins	Cross Training, 30mins or Rest	Steady Pace Run, 40mins	Rest or Yoga	Cross-Training or Swim, 30mins	Long Run, Easy 60mins	

	W/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	<b>Week 5</b>	Cross-Training, 45mins or Pilates	Easy Pace Run, 40mins	Rest	Threshold: warm-up, 10mins + 6 x 2mins with 60 second recovery jog between efforts + cool-down, 10mins	Rest	Pilates or Cross-Training, 40mins	Long Run/Walk: 10mins Brisk Walk, 40mins Easy Run, 5 mins Brisk Walk, 40mins Easy Run, 10mins Brisk Walk	
	<b>Week 6</b>	Rest or Swim	Easy Pace Run, 45mins	Rest + Sports Massage	Steady Pace Run, 45mins	Rest	Cross-Training, 45mins	Long Run/Walk: 15mins Brisk Walk, 75mins Easy Run, 15mins Brisk Walk	
	<b>Week 7</b>	Cross-Training, 40mins	Steady Pace Run, 45mins	Rest	Threshold: warm-up, 10mins + 4 x 3mins with 90 seconds recovery jog between efforts + cool-down, 10mins	Yoga	Cross-Training, 45mins + Stretch, 15mins	Long Run/Walk: 10mins Brisk Walk, 50mins Easy Run, 5mins Brisk Walk, 50mins Easy Run, 10mins Brisk Walk	
	<b>Week 8</b>	Rest or Pilates	Threshold: Easy Run, 10mins, 4 x 2mins with 60seconds recovery jog between efforts Easy Run, 10mins	Cross Training, 30mins or Rest	Easy Pace Run, 25mins	Rest or Yoga	5K OR 10K RACE	Long Run, Easy 60mins	

	W/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	<b>Week 9</b>	Cross-Training, 45mins	Steady Pace Run, 45mins	Rest	Threshold: warm-up, 10mins + 4 x 4mins with 90 seconds recovery jog between efforts + cool-down, 10mins	Yoga	Cross-Training, 45mins + Stretch, 15mins	Long Run/Walk: 15mins Brisk Walk, 90mins Easy Run, 15mins Brisk Walk	
	<b>Week 10</b>	Cross-Training, 45mins	Steady Undulating Run, 45mins	Rest	Threshold: warm-up, 10mins + 5 x 4mins with 90 seconds recovery jog between efforts + cool-down, 10mins	Yoga	Cross-Training, 45mins + Stretch, 20mins	Long Run/Walk: 10mins Brisk Walk, 60mins Easy Run, 10mins Brisk Walk, 60mins Easy Run, 10mins Brisk Walk	
	<b>Week 11</b>	Pilates	Steady Undulating Run, 45mins	Yoga or Sports Massage	Threshold: warm-up, 10mins + 4 x 6mins with 2mins recovery jog between sets + cool-down, 10mins	Rest or Swim	Cross-Training, 45mins + Stretch, 20mins	Long Run/Walk: 10mins Brisk Walk, 60mins Easy Run, 10mins Brisk Walk, 60mins Easy Run, 10mins Brisk Walk	
	<b>Week 12</b>	Rest or Yoga	Steady Pace Run over an undulating route, 40mins	Easy Pace Run, 30mins + Cross-Train, 30mins	Easy Pace Run, 40mins + Stretch, 20mins	Rest	Easy Pace Run, 30mins or Pilates	Steady Pace Run, 60mins	

	W/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	<b>Week 13</b>	Rest	Threshold: warm-up, 10mins + 3 x 7mins with 90seconds recovery jog between sets + cool-down, 10mins	Pilates or Yoga	Easy Pace run, 30mins + Stretch, 20mins	Rest or Swim	Easy Pace Run, 20mins and stretch	10km Race	
	<b>Week 14</b>	Rest	Steady Run, 45mins	Pilates or Yoga	Threshold: warm-up, 10mins + 3 x 7mins with 90seconds recovery jog between sets + cool-down, 10mins	Rest	Pilates	Long Run, 105mins	
	<b>Week 15</b>	Cross-Training, 30mins	Steady Run, 45mins and stretch	Rest + Sports Massage	Threshold: warm-up, 10mins + 4 x 5mins with 90seconds between sets + cool-down, 10mins	Rest	Pilates or Swim	Long Run, 60mins	
	<b>Week 16</b>	Rest	Easy Pace Run, 30mins+ Stretch	Rest + Sports Massage	Easy Run, 25mins	Rest	Easy Pace Run, 15mins	RACE DAY: GOOD LUCK!	