

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 1	Rest	Easy effort Run, 35mins	Steady efforts Run, 40mins	Rest	Cross-Train, 40mins	Steady Undulating Run, 40mins	Long Run, 60mins. Easy conversational effort	
	Week 2	Rest + Pilates	Easy effort Run, 40mins	Threshold: warm-up, 10mins + 5 x 3mins with 90 seconds recovery jog between efforts + cool-down, 10mins	Easy effort Run, 40mins + Body Conditioning, 20mins	Rest	Kenyan Hills: warm-up, 10mins + 3 x 4mins with 2mins recovery jog between efforts + cool-down, 10mins	Long Run, 70mins. Easy conversational effort	
	Week 3	Rest	Easy effort Run, 30mins + Cross-Train, 30mins	Threshold: 4 x 5mins with 90seconds recovery jog between efforts	Easy effort Run, 45mins + Body Conditioning, 15mins	Rest	Kenyan Hills: warm-up, 10mins + 3 x 6 mins with 2mins recovery jog between efforts + cool-down, 10mins	Long Run, 80mins. Easy conversational effort	
	Week 4	Rest	Easy effort Run, 40mins + Body Conditioning, 20mins	Threshold: warm-up, 10mins + 4 x 5mins with 75 seconds recovery jog between efforts + cool-down, 10mins	Easy effort Run, 30mins + Sports Massage	Rest	Steady Undulating Run, 40 mins	Long Run, 45mins. Easy conversational effort	

	W/C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 5	Cross-Train, 30mins	Easy effort Run, 30mins	Threshold: warm-up, 10mins + 6 x 4 mins with 60seconds recovery jog between efforts + cool-down, 10mins	Easy effort Run, 30mins + Cross-Train, 30mins	REST	Kenyan Hills: warm-up, 10mins + 3 x 8 mins with 2mins recovery jog between efforts + cool-down, 10mins	Long Run, 90mins. Easy conversational effort	
	Week 6	Cross-Train, 30mins	Easy effort Run, 30mins	Threshold: warm-up, 10mins + 4 x 6 mins with 60seconds recovery jog between efforts + cool-down, 10mins	Easy effort Run, 40mins + Cross-Train, 30mins	REST	Kenyan Hills: warm-up, 10mins + 3 x 8 mins with 2mins recovery jog between efforts + cool-down, 10mins	Long Run, 90mins. Easy conversational effort	
	Week 7	Pilates	Easy effort Run, 35mins	45mins Run: 15mins Easy + 15mins Threshold + 15 mins Easy	Easy effort Run, 40mins + Pilates or Cross-Train, 30mins	REST	Threshold: warm-up, 10mins + 4 x 6mins with 60seconds recovery jog between efforts + cool-down, 10mins	Long Run, 90 mins. Easy conversational effort	
	Week 8	Rest	Threshold: warm-up, 10mins + 4 x 4mins with 90seconds recovery jog between efforts + cool-down, 10mins	Easy effort Run, 30mins + Stretch	10 mins easy, 10 mins threshold, 10 mins easy	Rest	20mins easy run and stretch	10 km Race	

	W/C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 9	Rest OR 30mins Cross Training (focus on upper body and core)	Easy effort Run, 40mins + Body Weight Exercises, 20mins	Threshold: warm-up, 10mins + 3 x 8mins with 2mins recovery jog between efforts + cool down, 10mins	30mins Easy run + 30mins Cross Training	Rest + Sports Massage	Steady Undulating Run, 45mins but push 4-5 hills up to 90%	Long Run, 90mins with last 20mins @ half marathon effort	
	Week 10	Pilates	Easy effort Run, 30mins + Stretch	Threshold: warm-up, 10mins + 5 x 5mins with 60seconds recovery jog between efforts + cool-down, 10mins	Rest	Cross-Train, 40mins + Stretch	Threshold: warm-up, 10mins + 3 x 10mins undulating with 2mins recovery jog between efforts + cool-down, 10mins	Long Run, 105mins. Easy conversational effort	
	Week 11	Rest	Easy effort Run, 40mins	40mins Run incl middle 25mins @ Threshold effort	Rest	Threshold: warm-up, 10mins + 2 x 10mins with 2mins recovery jog between efforts + cool-down, 10mins	Recovery Run, 30mins + Cross-Train, 30mins	Long Run, 120mins. Easy conversational	
	Week 12	Rest or Pilates	Easy effort Run, 30mins + Body Weight Exercises, 20mins	Threshold: warm-up, 10mins + 5 x 5mins with 60seconds recovery jog between efforts + cool-down, 10mins	Easy effort Run, 30mins + Stretch	Rest	45mins Steady Undulating Run	Long Run, 60mins. Easy conversational	

	W/C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 13	Rest or Pilates	45mins Run: (15mins Easy + 15mins Threshold + 15mins Easy)	Easy effort Run, 30mins + Stretch	Threshold: warm-up, 10mins + 5 x 3 mins with 60seconds recovery jog between efforts + cool-down, 10mins	Rest	20 mins easy run and stretch	10 km Race	
	Week 14	Rest	Easy effort Run, 40mins + Stretch, 20mins	Threshold: warm-up, 10mins + 4 x 5mins with 60seconds recovery jog between efforts + cool-down, 10mins	Easy effort Run, 30mins + Cross- Train, 30mins	Rest	Steady Undulating Run, 40mins (push 3-4 hills up to 90%)	Long Run, 80mins with last 40mins @ half marathon effort	
	Week 15	Pilates	Easy effort Run, 30mins + Cross- Train, 30mins focus on Body Weight Exercises,	Threshold: warm-up, 10mins + 4 x 5mins with 2mins recovery jog between efforts + cool-down, 10mins	Easy Run, 30mins	Threshold: warm-up, 10mins + 5 x 3mins with 60seconds recovery jog between efforts + cool-down, 10mins	Rest	Long Run, 60mins: 30mins easy then 30mins @ half marathon effort	
	Week 16	Rest	Threshold: warm-up, 10mins + Threshold, 10mins + cool-down, 10mins	Rest	30mins Easy Run	Rest	Easy run, 20mins + Stretch	RACE DAY: GOOD LUCK!	