

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 1	Rest	Easy Recovery Run, 25 mins + stretch	10 mins warm-up, 4 x 5 mins at Threshold effort with 2 mins jog recovery between efforts + stretch	30 mins Cross training + 30 mins easy Recovery Run + stretch	Rest	Undulating run run: 45 mins + stretch	Long Run 60 mins, easy conversational pace + stretch	
	Week 2	Yoga/Pilates Class	10 mins warm-up, 4 x 6 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down + stretch	Cross training, 40 mins + stretch	10 mins warm-up, 5 x 2 mins at 10K effort with 60 seconds jog recovery between efforts, 10 mins cool down + stretch	Rest	Undulating run: 30 mins working harder up hills + stretch	Long Run 70 mins, easy conversational pace + stretch	
	Week 3	Rest	Easy Recovery Run, 30 mins + stretch	10 mins warm-up, 3 x 8 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down + stretch	Cross training, 40 mins + stretch	Rest	10 mins warm-up, 6 x 3 mins at 10K effort with 60 seconds jog recovery between efforts, 10 mins cool down + stretch	Long Run 80 mins, easy conversational pace + stretch	
	Week 4	Rest	Easy Recovery Run, 30 mins + stretch	10 mins warm-up, 3 x 7 mins at Threshold + 3 mins at 10K effort with 3 mins jog recovery between efforts, 10 mins cool down	Cross training, 40 mins + stretch	Rest	Easy Recovery Run, 30 mins + stretch	Long Run 45 mins, easy conversational pace + stretch	

	W/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 5	Rest	10 mins warm-up, 3 x 7 mins at Threshold with 2 mins jog recovery between efforts, 10 mins cool down	Cross training, 60 mins + stretch	50 mins run steady + stretch	Rest	10 mins warm-up, 2 sets: 2 x 5 mins at 10K effort with 1 min jog recovery between efforts/2 mins recovery between sets, 10 mins cool-down	Long Run 75 mins, easy conversational pace + stretch	
	Week 6	Rest	Easy Recovery Run, 30 mins + stretch	45 mins run inc: middle 15 mins at Threshold effort + stretch	Cross training, 60 mins + stretch	Rest	10 mins warm-up, 6 x 3 mins at 10K effort with 2 mins jog recovery between efforts, 10 mins cool down	Long Run 80 mins, easy conversational pace + stretch	
	Week 7	Rest	10 mins warm-up, 4 x 6 mins at Threshold + 2 mins at 10K effort with 2 mins recovery between efforts, 10 mins cool down	Cross training, 40 mins + stretch	45 min run inc: middle 15 mins at Threshold effort + stretch	Rest	10 mins warm-up, 8 x 2 mins at 10K effort with 60 seconds jog recovery between efforts, 10 mins cool down	Long Run 60 mins, easy conversational pace + stretch	
	Week 8	Rest	Cross Training 3 x 20 mins	10 mins warm-up, 2 sets: 4 x 2 mins at 10km effort with 1 min recovery between efforts/3 mins recovery between sets, 10 mins cool down	Easy Recovery Run, 40 mins + stretch	Rest	15 mins warm-up, 3 miles at 10km effort, 15 mins cool down + stretch	Long Run 80 mins, easy conversational pace + stretch	

	W/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 9	Rest	45 mins run inc: middle 15 mins at Threshold effort + stretch	Cross training, 60 mins + stretch	10 mins warm-up, 10 x 2 mins at 10K effort with 60 seconds jog recovery between efforts, 10 mins cool down + stretch	Rest	Easy Recovery Run, 25 mins + stretch	Long Run 90 mins, easy conversational pace + stretch	
	Week 10	Rest	10 mins warm-up, 2 x 15 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down + stretch	Cross training, 60 mins + stretch	Easy Recovery Run, 30 mins + stretch	Rest	10 mins warm-up, 3 x 7 mins at Threshold + 3 mins at 10K effort with 3 mins jog recovery between efforts, 10 mins cool down	Long Run 70 mins, easy conversational pace + stretch	
	Week 11	Rest	10 mins warm-up, 4 x 6 mins at Threshold + 3 mins at 10K effort with 2 mins recovery between efforts, 10 mins cool down	Easy Recovery Run, 30 mins + stretch	Cross training, 60 mins + stretch	Rest	10 mins warm-up, 6 x 2 mins at 10K effort with 60 seconds jog recovery between efforts, 10 mins cool down + stretch	Long Run 45 mins, easy conversational pace + stretch	
	Week 12	Easy Recovery Run, 30 mins + stretch	10 mins warm-up, 4 x 5 mins at Threshold with 60 seconds recovery between efforts, 10 mins cool down	Rest	Easy Recovery Run, 40 mins + stretch	Rest	10 mins warm-up, 2 x 2 miles at 10K efforts with 10 mins jog recovery between efforts, 10 mins cool down	Long Run 80 mins, easy conversational pace + stretch	