

|  | W/c           | MONDAY                           | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY | SATURDAY   | SUNDAY                                 |  |
|--|---------------|----------------------------------|---|--|---|--------|--|--|--|
|  | <b>Week 1</b> | Cross-Training, 40mins + Stretch | Easy Run, 40mins  | Threshold Run: warmup, 10mins + 4 x 4 mins with 90seconds recovery jog between efforts + cool-down, 10mins | Cross-Training, 45mins                          | REST   | Steady Undulating Run, 45mins  | Long Run, 75mins. Easy conversational  |  |
|  | <b>Week 2</b> | Yoga Class or Pilates            | Recovery Run, 45mins + Stretch  | Threshold Run: warmup, 10mins + 4 x 5min with 90seconds recovery jog between efforts + cool-down, 10mins   | Cross-Training, 30mins + Recovery Run, 30mins   | REST   | Kenyan Hills: warm-up, 10mins + 4 x 5mins with 2mins recovery jog between efforts + cool-down, 10mins          | Long Run, 90mins. Easy conversational  |  |
|  | <b>Week 3</b> | Yoga Class or Pilates            | Threshold Run: warmup, 10mins + 5 x 5mins with 90seconds recovery jog between efforts + cool-down, 10mins | Cross-Training, 45mins + Stretch 15mins  | Recovery Run, 45mins                            | REST   | Kenyan Hills: warm-up, 10mins + 2 x 10mins with 2mins recovery jog between efforts + cool-down, 10mins         | Long Run, 105mins. Easy conversational |  |
|  | <b>Week 4</b> | Yoga Class or Pilates            | Threshold: 60mins to incl 3 x 8 mins with 2mins recovery jog between efforts                              | Recovery Run, 30mins + Body Weight Exercises, 15mins   | Steady Undulating Run, 45mins + Stretch, 15mins | REST   | Threshold: warm-up, 10mins + 3 x 10mins undulating loop with 2mins recovery between efforts + cooldown, 10mins | Long Run, 135mins. Easy conversational |  |

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|  | <b>Week 5</b> | REST   | Threshold: warm-up, 10mins + 5 x 6mins with 90seconds recovery between efforts + cool-down, 10mins  | Recovery Run, 30mins + Body Weight Exercises, 15mins + Leg Exercises, 15mins                           | 60mins Cross-Training (20mins Core + Body Weight Exercises, 20mins + 20mins Leg Exercises)             | REST   | Threshold Run: warmup, 10mins + 5 x 5mins on undulating route with 60seconds recovery between efforts              | Long Run, 90mins. Easy conversational  |  |
|  | <b>Week 6</b> | REST   | Threshold: warm-up, 10mins + 3 x 10mins with 2mins recovery between efforts + cooldown, 10mins      | Recovery Run, 30mins + Body Weight Exercises, 15mins + Leg Exercises, 15mins                           | Warm-up, 15mins + 5 x 3mins @ 10K effort with 90seconds recovery between efforts + cool-down, 15mins   | REST   | Threshold: warm-up, 10mins + 3 x 10mins undulating loop with 90seconds recovery between efforts + cooldown, 10mins | Long Run, 150mins. Easy conversational |  |
|  | <b>Week 7</b> | REST or Pilates  | Recovery Run, 30mins + Body Weight Exercises, 15mins + Leg Exercises, 15mins + Core, 15mins         | Warm-up, 15mins + 6 x 1km @ 10K effort with 90seconds recovery jog between efforts + cool-down, 15mins | Easy Run, 40mins + Stretch, 20mins   | Kenyan Hills: warmup, 10mins + 4 x 6mins with 90seconds recovery jog between efforts + cool-down, 10mins           | REST   | Long Run, 150mins. Easy conversational |  |
|  | <b>Week 8</b> | Recovery Run, 30mins + Body Weight Exercises, 15mins + Leg Exercises, 15mins | Threshold: warm-up, 10mins + 3 x 10mins with 90seconds recovery between efforts + cool-down, 10mins | Cross-Training, 45mins   | Warm-up, 15mins + 6 x 1Km @ 10K effort with 90seconds recovery jog between efforts + cool-down, 15mins | 10 km: warm-up, 15mins + 5 x 2 mins @ 10km effort with 90 seconds recovery jog between efforts + cool-down, 15mins | REST   | Long Run, 165mins. Easy conversational |  |

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|  | <b>Week 9</b>  | Full Stretch or Yoga Class | Recovery Run, 45mins  | Threshold Run: warmup, 10mins + 4 x 8mins with 2mins recovery jog between efforts + cool-down, 10mins | Recovery Run, 40mins + Body Weight Exercises, 30mins  | REST   | Recovery Run, 40mins                   | Long Run, 90mins with last 30mins @ half marathon pace         |  |
|  | <b>Week 10</b> | Full Stretch or Yoga Class | Warm-up, 15mins + 5 x 3 mins @ 10K with 90seconds recovery jog between efforts + cooldown, 15mins | 30min Recovery Run + Stretch  | Easy Pace Run, 10mins + Threshold, 10mins + Easy Pace Run, 10mins + Stretch                       | REST   | Recovery Run, 20mins                   | HALF MARATHON RACE   |  |
|  | <b>Week 11</b> | Full Stretch or Yoga Class | Leg Exercises, 15mins + Body Weight Exercises, 15mins + Core, 15mins                              | Threshold Run: warmup, 8mins + 3 x 10mins with 2mins recovery jog between efforts + cool-down, 10mins | Recovery Run, 45mins  | REST   | Recovery Run, 30mins + Full Stretch    | Long Run, 180mins Easy conversational. Last 30 @ marathon pace |  |
|  | <b>Week 12</b> | Full Stretch or Yoga Class | Recovery Run, 45mins  | Threshold Run: 75mins easy include 4 x 8mins with 90 seconds recovery jog between efforts             | Warm-up, 15mins + 5 x 2 mins @ 10K with 60seconds recovery jog between efforts + cooldown, 15mins | Rest   | Recovery Run, 30mins + Stretch, 20mins | Long Run, 180mins incl last 45mins @ marathon pace             |  |

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|  | <b>Week 13</b> | REST                       | Warm-up, 15mins +<br>2x<br>3 x 1K @ 10K effort<br>with 90seconds<br>between efforts +<br>3mins between sets<br>cool-down, 15mins  | Cross-Training, 45<br>mins<br>+ Stretch   | Easy Run, 70mins<br>with<br>middle 20mins @<br>Threshold effort | REST         | Recovery Run,<br>30mins              | Long Run, 150mins<br>incl<br>last 60mins @<br>marathon pace                               |  |
|  | <b>Week 14</b> | Full Stretch or<br>Pilates | Recovery Run,<br>45mins   | Threshold: warm-up,<br>10mins + 4 x 8mins<br>with 90 seconds<br>recovery jog<br>between<br>efforts + cool-down,<br>10mins | Cross-Training,<br>45mins                                       | REST         | Recovery Run,<br>40mins<br>+ Stretch | Long Run, 120mins<br>incl<br>last 60mins @<br>marathon pace                               |  |
|  | <b>Week 15</b> | REST                       | Threshold Run:<br>warmup,<br>10mins + 6 x<br>5mins with<br>60seconds<br>recovery jog<br>between<br>efforts + cool-down,<br>10mins | Cross-Training, 45<br>mins  | 75 mins with middle<br>25mins @ Threshold                       | REST or Swim | Recovery Run,<br>30mins<br>+ Stretch | Long Run, 70mins:<br>Easy run, 10mins +<br>marathon pace,<br>50mins + Easy run,<br>10mins |  |
|  | <b>Week 16</b> | REST                       | Threshold: 10mins<br>Easy, 2 x 5mins @<br>Threshold with<br>60seconds recovery<br>jog<br>between efforts +<br>10mins Easy         | REST  | Recovery Run,<br>30mins<br>+ Stretch                            | REST         | Easy Run, 15 - 20<br>mins            | Your marathon:<br>Good luck!  |  |