

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 1	REST	Recovery run 25 mins	4 x 5 mins @ threshold with 2 mins recovery	30 mins cross training and 30 mins recovery run	REST	Hilly run 45 mins	Long run 60 mins	
	Week 2	Stretch session 30 mins or yoga class	4 x 6 mins @ threshold with 2 mins recovery	Cross training 40 mins	Interval training 5 x 2 mins at 10km pace with 1 min recovery	REST	Hilly run 30 mins working up hills	Long run 70 mins	
	Week 3	REST	Recovery run 30 mins	Threshold run 2 x 15 mins effort with 5 mins recovery	Cross training 40 mins	REST	Interval training 6 x 3 mins at 10km pace with 1 min recovery	Long run 80 mins	
	Week 4	REST	Threshold run 3 x 7 mins @ threshold plus 3 mins at 10km pace with 3 min recovery	Cross training 40 mins	REST	Recovery run 30 mins	Recovery run 30 mins	Easy long run 45 mins	

	W/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 5	REST	Threshold run 3 x 7 mins @ threshold plus 3 mins at 10km pace with 3 min recovery	Cross training 3 x 20 mins	60 mins including 2 x 10 mins @ threshold with 5 mins recovery	REST	Intervals 2x2x5 mins at 10km pace with 1 and 2 mins recovery	Long run 75 mins	
	Week 6	REST	Recovery run 30 mins	60 mins including 20 mins @ threshold	Cross training 2 x 20 mins	REST	Intervals 6 x 3 mins at 10k pace with 2 mins recovery	long run 80 mins	
	Week 7	REST	Threshold run 4 x 6 mins @ threshold plus 3 mins at 10km pace with 2 min recovery	Cross training 40 mins	45 min run with 15 mins threshold	REST	Intervals 8 x 2 mins at 10km pace with 1 min recovery	Long run 80 mins	
	Week 8	REST	Cross training 3 x 20 mins	Intervals 2x4x2 mins at 5 km pace with 1 and 3 min recovery	Recovery run 40 mins	REST	2 x 2 miles at 10km pace with 10 mins recovery	Long run 80 mins	

	W/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 9	REST	45 min run with 15 mins at threshold	Cross training 3 x 20 mins	Intervals 10 x 2 mins at 10k pace with 1 min recovery jog	REST	Recovery run 25 mins	Long run 90 mins	
	Week 10	REST	Threshold run 2 x 15 mins effort with 2 mins recovery	Cross training 3 x 20 mins	Recovery run 30 mins	REST	2 x 2 miles at 10km pace with 10 mins recovery	Long run easy 70 mins	
	Week 11	REST	Threshold run 2 x 15 mins @ threshold plus 3 mins at 10km with 2 mins recovery	Recovery run 30 mins	Cross training 60 mins	REST	Intervals 6 x 2 mins at 10km pace with 1 min recovery	Long run easy 45 mins	
	Week 12	REST	10 x 60 seconds @ 10km pace with 60 seconds recovery	REST	2 sets: 5 x 30 seconds @ 5km pace with 30 seconds and 3 mins recovery	REST	Recovery run 20 mins include 5 x 30 seconds pick ups	10km Race day!	