

	W/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 1	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	
	Week 2	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	
	Week 3	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	
	Week 4	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	

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	Week 5	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	
	Week 6	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	
	Week 7	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	
	Week 8	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	

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	Week 9	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	
	Week 10	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	
	Week 11	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	
	Week 12	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	
	Week 13	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	
	Week 14	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	
	Week 15	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	
	Week 16	Rest	Easy Pace Run, 30mins+ Stretch	Rest + Sports Massage	Easy Run, 25mins	Rest	Easy Pace Run, 15mins	RACE DAY: GOOD LUCK!	