

|  |               | <b>MONDAY</b>            | <b>TUESDAY</b>                                      | <b>WEDNESDAY</b>  | <b>THURSDAY</b>                                     | <b>FRIDAY</b>  | <b>SATURDAY</b>  | <b>SUNDAY</b>                                |  |
|--|---------------|--------------------------|---|---|---|--|--|--|--|
|  | <b>Week 1</b> | Rest/Pilates or Aerobics | Easy effort Run, 35mins                             | Steady effort Run, 45mins   | Rest  | Cross-Train, 40mins focus on general body conditioning | Steady Undulating Run, 40mins  | Long Run, 60mins. Easy conversational effort |  |
|  | <b>Week 2</b> | Rest/Pilates or Aerobics | 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 |  |
|  | <b>Week 3</b> | Rest/Pilates or Aerobics | 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  |  |
|  | <b>Week 4</b> | 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, 60mins. Easy conversational effort |  |

|  | W/C           | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY                                      | FRIDAY   | SATURDAY   | SUNDAY  |  |
|--|---------------|--|--|---|---|--|--|---|--|
|  | <b>Week 5</b> | 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  |  |
|  | <b>Week 6</b> | Cross-Train, 30mins or Pilates                               | Threshold: warm-up, 10mins + 4 x 6mins with 60seconds recovery jog between efforts + cool-down, 10mins | Cross Train 45 mins focus on upper body and core + stretch  | Steady Undulating Run, 45mins                 | Rest   | Threshold: warm-up, 10mins + 5 x 5mins with 60seconds recovery jog between efforts + cool-down, 10mins | Long Run, 90 mins. Easy conversational effort |  |
|  | <b>Week 7</b> | 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   | 10 km Race or 10km trail run at race effort  | Easy run 50 mins + full stretch               |  |
|  | <b>Week 8</b> | Rest OR 30mins Cross Training (focus on upper body and core) | Easy effort Run, 30mins + Stretch  | Threshold: warm up, 10mins + 3 x 8mins with 2mins recovery jog between efforts + cool down, 10mins      | 30mins Easy run + 30mins Cross Training       | 10 km: warm-up, 15mins + 5 x 2 mins @ 10km effort with 90 seconds recovery jog between efforts + cool-down, 15mins | Rest   | Long Run, 90mins + full stretch               |  |

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|--|----------------|-------------------------|---|--|---|--|---|--|--|
|  | <b>Week 9</b>  | Pilates or Full Stretch | 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   | 10 km: warm-up, 15mins + 5 x 3mins with 90 seconds recovery jog between efforts + cool-down, 15mins | Long Run, 60mins. Easy conversational                                  |  |
|  | <b>Week 10</b> | Rest or Pilates         | 10 km: warm-up, 15mins + 5 x 3mins with 90 seconds recovery jog between efforts + cool-down, 15mins | Easy effort Run, 30mins + Stretch  | Threshold: warm-up, 10mins + 4 x 3 mins with 60seconds recovery jog between efforts + cool-down, 10mins | Rest   | 20 mins easy run and stretch  | 5km or 10 km Race  |  |
|  | <b>Week 11</b> | 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, 80mins: 40mins easy then 40mins steady pace effort + stretch |  |
|  | <b>Week 12</b> | Pilates or Full Stretch | 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   | 10 km: warm-up, 15mins + 5 x 3mins with 90 seconds recovery jog between efforts + cool-down, 15mins | Long Run, 60mins. Easy conversational                                  |  |