

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 1	20 mins walk/run	6 mins easy, 6 mins steady, 6 mins at Threshold	30-45 mins Cross-Training	5 mins easy run warm-up, 2 x 5 mins at Threshold with 3 mins walk/jog recovery, 5 mins easy jog cool-down	REST	Swap Sunday's run to today if you prefer - or take a rest day today	30 mins easy pace Long Run	
	Week 2	15 mins Recovery Run	8mins easy, 8 mins steady, 8 mins at Threshold	30-45 mins Cross-Training	5 mins easy run warm-up, 2 x 6 mins at Threshold with 3 mins walk/jog recovery, 5 mins easy jog cool-down	REST	Swap Sunday's run to today if you prefer - or take a rest day today	30-40 mins easy pace Long Run	
	Week 3	20 mins Recovery Run	10 mins easy, 10 mins steady, 10 mins at Threshold	30-45 mins Cross-Training	5 mins easy run warm-up, 3 x 5 mins at Threshold with 3 mins walk/jog recovery, 5 mins easy jog cool-down	REST	Swap Sunday's run to today if you prefer - or take a rest day today	40 mins easy pace Long Run	
	Week 4	25 mins Recovery Run	10 mins jog warm-up, 5 x 2 mins @ Threshold + 60 secs recovery + 1 min @ 5K pace + 90 seconds walk/jog recovery 10 mins jog cool-down	30-45 mins Cross-Training	5 mins easy run warm-up, 4 x 5 mins at Threshold with 3 mins walk/jog recovery, 5 mins easy jog cool-down	REST	Swap Sunday's run to today if you prefer - or take a rest day today	50 mins easy pace Long Run	

	W/C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 5	30 mins Recovery Run	10 mins jog warm-up, 6 x 2 mins @ Threshold + 60 secs recovery + 1 min @ 5K pace + 90 seconds walk/jog recovery 10 mins jog cool down	30-45 mins Cross-Training	5 mins easy run warm-up, 3 x 7 mins at Threshold with 3 mins walk/jog recovery, 5 mins easy jog cool-down	REST	Swap Sunday's run to today if you prefer - or take a rest day today	60 mins easy pace Long Run	
	Week 6	REST	30 mins Recovery Run	30-45 mins Cross-Training	30 mins Recovery Run	REST	Swap Sunday's run to today if you prefer - or take a rest day today	30 mins easy pace Recovery Run	
	Week 7	30 mins Recovery Run	10 mins jog warm-up, 2 x 3 mins @ Threshold/2 mins @ 10K pace/1 min @ 5K pace with 90 seconds walk/jog recovery, 10 mins jog warm-down	30-45 mins Cross-Training	40 mins run including 2 x 10 mins at Threshold with 3 mins walk/jog recovery	REST	Swap Sunday's run to today if you prefer - or take a rest day today	70 mins easy pace Long Run	
	Week 8	30 mins Recovery Run	10 mins jog warm-up, 3 x 3 mins @ Threshold/2 mins @ 10K pace/1 min @ 5K pace with 90 seconds walk/jog recovery, 10 mins jog warm-down	30-45 mins Cross-Training	40 mins run including 2 x 12 mins at Threshold with 3 mins walk/jog recovery	REST	Swap Sunday's run to today if you prefer - or take a rest day today	80 mins easy pace Long Run	

	W/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 9	30 mins Recovery Run	10 mins jog warm-up, 4 x 5 mins at 5K pace with 2 mins walk/jog recovery, 10 mins jog cool-down	30-45 mins Cross-Training	40 mins run including middle 20 mins at Threshold	REST	Swap Sunday's run to today if you prefer - or take a rest day today	70 mins easy pace Long Run including last 10 mins at Threshold	
	Week 10	20 mins Recovery Run	10 mins jog warm-up, 7 x 3 mins at 5K pace with 90 seconds walk/jog recovery, 10 mins jog	30-45 mins Cross-Training	40 mins run including middle 25 mins at Threshold	REST	Swap Sunday's run to today if you prefer - or take a rest day today	60 mins easy pace Long Run including last 15 mins at Threshold	
	Week 11	REST	10 mins jog, 3 sets: 4 x 1 min @ 5K pace with 1 min walk/ jog recovery and 2 mins walk/jog recovery between sets	30-45 mins Cross-Training	40 mins run including middle 30 mins at Threshold	REST	Swap Sunday's run to today if you prefer - or take a rest day today	45 mins easy pace Long Run	
	Week 12	REST	10 mins jog warm-up, 4 x 3 mins @ 5K pace with 2 mins walk/jog recovery, 10 mins jog cool-down	REST	30 mins Recovery Run	REST		5K RACE DAY	