

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 1	Cross Training, 30 mins OR Yoga/Pilates Class	3 sets: 5 mins walk + 2 min easy run + stretch	Rest	2 sets: 5 min walk + 3 mins easy recover run + stretch	Rest	Brisk walk, 60 mins + stretch	Bike ride, 35 mins or 35 Cross Training	
	Week 2	Rest	3 sets: 5 mins walk + 2 min easy run + stretch	Cross training, 30 mins + stretch	2 sets: 5 min brisk walk + 3 mins easy run + stretch	Rest	Bike ride, 40 mins	Rest or Brisk walk, 60 mins + stretch	
	Week 3	Rest	2 sets: 3 min easy recovery run + 5 mins brisk walk + stretch	Cross training, 40 mins or Aerobics + stretch	2 sets: 5 min easy recovery run + 5 mins walk + stretch	Rest	Bike ride, 40 mins or 40 mins brisk walk	Rest	
	Week 4	Cross Training, 30 mins OR Yoga/Pilates Class	3 sets: 5 min easy recovery run + 3 mins walk + stretch	Rest OR Cross Training, 40 mins + stretch	2 sets: 5 min brisk walk + 5 mins easy recover run + stretch	Rest	Brisk walk, 60 mins + stretch	Bike ride, 40 mins	

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	Week 5	Rest	Recovery Run, 10mins + stretch	Cross Training, 40mins + stretch	2 sets: 5 min brisk walk + 5 mins easy recover run + stretch	Rest	Bike ride, 60mins + stretch	Easy Run, 15mins + stretch	
	Week 6	Cross Training, 40 mins +stretch	Rest	Easy Run 15 mins+ stretch	Cross training, 40 mins or Aerobics +stretch	Rest	Rest	5 mins briskwalk + EasyRun, 20 mins +5 mins brisk+ 5	
	Week 7	Cross Training, 40 mins +stretch	Rest	Easy Run 20 mins + stretch	Cross training, 45 mins or Aerobics + stretch	Rest	Pilates or 15 brisk walk + full stretch	5 mins brisk walk + Easy Run, 20 mins + 5 mins brisk walk + stretch	
	Week 8	Rest	Cross Training, 45 mins + stretch	5 mins brisk walk + Easy Run, 20 mins + mins brisk walk + stretch	Rest	Cross Training, 40 mins + stretch	Undulating walk/run: 25 mins + stretch	Rest	

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	Week 9	Rest	Easy Run, 25 mins + stretch	Cross Training, 40 mins + stretch	Undulating walk/run: 25 mins + stretch	Rest	Rest OR Swim	Long Run, easy conversational pace, 30 mins + stretch	
	Week 10	Rest	Easy Run, 20 mins + stretch	Cross Training, 40 mins + stretch	Rest	5 mins brisk walk + Easy Run, 10 mins + 5 mins brisk walk + stretch	5km Park Run	Rest or Bike ride, 40 mins + Stretch	
	Week 11	30 Cross Training or Aerobics Class	10 mins jog warmup, 3 x 2 mins @ 80% effort with 2 mins jog recovery between efforts, 10 mins jog cool down + stretch	Rest	3 mins walk, 15 mins easy pace run, 3 mins walk, 15 mins easy pace run + stretch	Rest	Rest or Bike ride, 40 mins or Swim + Stretch	30 mins easy pace run + stretch	
	Week 12	30 Cross Training or Aerobics Class	10 mins jog warmup, 3 x 2 mins @ 80% effort with 2 mins easy jog recovery between efforts, 10 mins jog cool down + stretch	Rest	3 mins walk, 15 mins easy pace run, 3 mins walk, 15 mins easy pace run + stretch	Rest	Rest or Bike ride, 40 mins or Swim + Stretch	30 mins easy pace run + stretch	

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	Week 13	Rest	Cross Training, 50 mins + stretch	10 mins jog warmup, 4 x 2 mins @ 80% effort with 2 mins easy jog recovery between efforts, 10 mins jog cool down + stretch	Rest	Cross Training, 40 mins + stretch	Rest	Long Run, easy conversational pace, 35 mins + stretch	
	Week 14	Rest	10 mins warm-up, 20 mins steady effort, 10 mins cool down + stretch	Rest	Easy Recovery Run, 30 mins + stretch	Rest	5km Park Run or Steady Run, 30 mins + stretch	Rest	
	Week 15	Rest	Cross Training, 45 mins + stretch	Rest	10 mins jog warmup, 4 x 3 mins at Threshold: warm-up, 10mins + 6 x 2mins at 80% effort with 60 second recovery jog between efforts + cool-down, 10mins	Rest or Swim	Bike ride, 60 mins + stretch	Long Run, easy conversational pace, 40 mins + stretch	
	Week 16	30 Cross Training or Aerobics Class	30 mins run inc., 5 x 2 mins at Threshold: warm-up, 10mins + 6 x 2mins at 80% effort with 60 second recovery jog between efforts + cool-down, 10mins	Rest	Easy Recovery Run, 25 mins + stretch	Rest	Bike ride, 60 mins + stretch	Long Run, easy conversational pace, 45 mins + stretch	