

	W/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 1	REST:	Easy Pace Run, 30mins +stretch	Cross-Training, 40mins + stretch	Steady Run, 30mins	REST	Cross-Training, 30 mins + Stretch	Long Run/Walk: 90mins (10mins walk + 20min easy run, repeat 3 times)	
	Week 2	Pilates Class or Cross-Training, 30 mins	Easy Pace Run, 30 mins	Cross-Training, 40 mins	Threshold Run: warmup, 10mins + 4 x 3 mins effort with 20seconds jog recovery between + cool-down, 10mins	REST	Cross-Training, 30 mins + Stretch	Long Run/Walk: 105mins (walk, 10mins + easy run, 25mins; repeat 3 times)	
	Week 3	Pilates Class or Cross-Training, 30 mins	Easy Pace Run, 30 mins	Cross-Training, 30 mins	Threshold Run: warmup, 10mins + 3 x 4mins effort with 20seconds jog recovery between sets + cooldown, 10mins	REST	Cross-Training, 30 mins + Stretch	Long Run/Walk: 105mins (walk, 10mins + easy run, 25mins; repeat 3 times)	
	Week 4	REST or Yoga	Cross-Training, 2 x 20mins + stretch (Bike /Row / Step)	Recovery Run, 30mins	Threshold Run: warmup, 10mins + 4 x 4mins effort with 90seconds jog recovery between sets + cool-down, 10mins	REST	Easy Cross-Training, 30mins	Long Run/Walk: 105mins (walk 5mins, easy run, 30mins; repeat 3 times)	

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	Week 5	REST	Steady Undulating Run: 40mins.	Cross-Training, 30 mins	Threshold Run: warmup, 10mins + 4 x 4mins effort with 90seconds jog recovery between sets + cooldown, 10mins	REST	Cross-Training, 30 mins	Long Run/Walk: 120mins (walk 5mins, run, 35mins; repeat 3 times)	
	Week 6	REST	Steady Run, 40mins + Stretch, 20mins	Cross-Training, 40mins + stretch	Steady Undulating Run, 40mins	REST	Cross-Training, 30 mins + Stretch	Long Run/Walk: 90mins (walk 5mins, easy run 25mins; repeat 3 times)	
	Week 7	Yoga	Recovery Run, 30 mins + Body Weight Exercises, 15mins	Threshold Run: warmup, 10mins + 4 x 5mins with 90seconds Jog Recovery between each set + cool-down, 10mins	Recovery Run, 35mins	REST	Cross-Training, 45mins	Long Run/Walk: 135mins (walk, 5mins + easy run, 40mins; repeat 3 times)	
	Week 8	REST	Recovery Run, 25mins + Body Weight Exercises, 15mins	Threshold Run: warmup, 10mins + 4 x 5mins with 90seconds Jog Recovery between each set + cool-down, 10mins	REST	Steady Undulating Run, 40mins	Cross-Training, 20mins + Body Weight Exercises, 20mins	Long Run/Walk: 160mins (walk, 5mins + easy run, 35mins; repeat 4 times)	

	W/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 9	Yoga+ Full Stretch	Recovery Run, 30mins	Cross Training, 20mins + Stretch + Body Weight Exercises, 20mins	45mins undulating including 4 x 5mins @ 80% effort with 2mins recovery jog	REST	Swim + Cross Training, 30mins	Long Run, 80mins easy. Take a brief walk if required.	
	Week 10	Yoga or Pilates Class	Cross-Training, 3 x 20mins (Body Weight, 20mins + Core, 20mins + Leg Exercises, 20mins) + Stretch	Threshold Run: warmup, 10mins + 4 x 5mins effort with 90seconds Jog Recovery between sets + cool-down, 10mins	REST	Recovery Run, 30mins	REST	HALF MARATHON RACE or run a half marathon distance @ marathon pace	
	Week 11	REST or Yoga	Cross-Training, 30mins + Stretch	Threshold Run: warmup, 10mins + 4 x 6mins effort with 2mins Jog Recovery between sets + cooldown, 10mins	REST	Recovery Run, 30mins + Body Weight Exercises, 15mins	REST	Long Run/Walk: 180mins (walk, 5mins + easy run, 55mins; repeat 3 times)	
	Week 12	Yoga or Pilates Class	60 mins: 20min Row, 20mins Step, 20mins Cross Trainer	Recovery Run, 30mins	Threshold Run: warmup, 10mins + 3 x 8mins effort with 2mins Jog Recovery between sets + cooldown, 10mins	REST	Recovery Run, 20mins + Stretch	Long Run/Walk: 200mins (walk, 5mins + easy run, 45mins; repeat 4 times)	

	W/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 13	Pilates Class	Cross-Training, 3 x 20mins Steady effort + Stretch	Steady Undulating Run, 45mins	REST	Easy Run, 40mins + Body Weight Exercises, 20mins	Cross-Training, 30mins + Stretch	Long Run/Walk: 180mins (25mins @ marathon pace, 5mins walk x 5)	
	Week 14	Yoga or Stretch	Cross-Training, 20mins + Body Weight Exercises, 20mins + Row, 20mins	REST	Threshold Run: warmup, 10mins + 5 x 5mins with 90seconds Jog Recovery between sets + cool-down, 10mins	REST	Recovery Run, 30mins	Long Run, 120mins (25mins @ marathon pace, 5mins walk x 4)	
	Week 15	REST - Yoga or Pilates Class	Recovery Run, 30mins	Threshold Run: warmup, 10mins + 3 x 5mins effort with 2mins Jog Recovery between sets + cooldown, 10mins	Cross-Training, 30mins + Stretch	REST	Recovery Run, 30mins	Long Run, 60mins with last 30mins @ target marathon pace	
	Week 16	REST - Yoga or Pilates Class	Threshold Run: warmup, 10mins + 2 x 5mins with 60seconds Jog Recovery between sets + cool-down, 10mins	REST	Easy Pace Run, 25mins	REST	Easy Pace Run, 15mins with last 5mins @ marathon pace	Marathon	