

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 mins of easy running	REST	35 mins of easy running	REST	25 mins of easy running	50 mins of easy running

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 mins of easy running	REST	5 x 3 min run at your current 10km pace, with 2 min jog between each effort to recover	REST	25 mins of easy running	60 mins of easy running

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 mins of easy running	REST	10 mins easy jog warm up, 20 min run at hard & controlled pace. 10 min easy jog to warm down.	12 x 1 minute of easy run followed by 1 min of easy walking	25 mins of easy running	50 mins of easy running

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 mins of easy running	REST	25 mins of easy running	REST	25 mins of easy running	30 mins of easy running

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 mins of easy running	REST	4 x 6min at current 10 mile pace with a 3 min walk/jog between to recover	REST	25 mins of easy running	50 mins of easy running

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 mins of easy running	REST	10 x 1 at current 3km pace, with a 75 second walk/jog between to recover	REST	25 mins of easy running	50 mins of easy running

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 mins of easy running	REST	7 x 2 at current 5km pace, with a 1.5 min walk/jog between to recover	REST	25 mins of easy running	60 mins of easy running

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 mins of easy running	REST	6 x 3 at current 10km pace with a 2 min walk/jog between to recover	12 x 1 minute of easy run followed by 1 min of easy walking	25 mins of easy running	50 mins of easy running

WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 mins of easy running	REST	10 mins easy jog to warm up, then 10 min at half marathon pace, followed by 8 min at current 10km pace. Then 10 min easy jog	REST	25 mins of easy running	30 mins of easy running

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 mins of easy running	REST	25 mins of easy running	REST	REST	Event day!