## WEEK 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | $\underset{\substack{\text { nunutes of easy } \\ \text { unning. }}}{20}$ | REST | $\underset{\substack{\text { minutes of easy } \\ \text { unning. }}}{20}$ | REST | $\underset{\substack{\text { minutes of easy } \\ \text { unning. }}}{20}$ | 30 minutes of easy running. |

## WEEK 2

$\left.\begin{array}{|c|c|c|c|c|c|c|}\hline \text { MONDAY } & \text { TUESDAY } & \text { WEDNESDAY } & \text { THURSDAY } & \text { FRIDAY } & \text { SATURDAY } & \text { SUNDAY } \\ \hline \text { REST } & \begin{array}{c}20 \text { minutes of easy } \\ \text { running. }\end{array} & \text { REST } & \begin{array}{c}4 \times(5 \text { min at half } \\ \text { marathon pace } \\ \text { followed by } 3 \text { min jog/ }\end{array} & \text { REST } & \begin{array}{c}4 \times(5 \text { min at half } \\ \text { marathon pace }\end{array} & \begin{array}{c}40 \text { minutes of easy } \\ \text { running. }\end{array} \\ \text { followed by } 3 \text { min jog/ } /\end{array}\right]$

## WEEK 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | $\underset{\substack{\text { minutes of easy } \\ \text { unning. }}}{25 \text {. }}$ | REST | $6 \times(3 \mathrm{~min}$ efforts followed by 2 min jog walk to recover) walk to recover) | REST | $\underset{\substack{\text { minutes of easy } \\ \text { unning. }}}{20}$ | 30 minutes of easy running. |

## WEEK 4

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 30 minutes of easy running. | REST | 25 min of steady running, plus 10 min warm up and 10 min warm down | REST | $\begin{gathered} 30 \text { minutes of easy } \\ \text { running. } \end{gathered}$ | $\begin{aligned} & 50 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ |

## WEEK 5

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 30 minutes of easy running. | REST | $4 \times(3 \mathrm{~min}$ at your 5 k pace followed by 5 min jog/walk t | REST | 30 minutes of easy running. | 60 minutes of easy running. |

## WEEK 6

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 30 minutes of easy running | REST | 30 minutes of easy running. | REST | 10 minutes of easy running. | 40 minutes of easy running. |

## WEEK 7

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 20 minutes of easy | REST | 20 min a tyour raff meatano pace, then 15 minaty outh marathon pace. | REST | 25 minutes of easy unning. | 40 minutes of easy unning. |
| WEEK 8 |  |  |  |  |  |  |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 30 minutes of easy | REST | 25 minutes of steady running. | REST | 30 minutes of easy running. | 60 minutes of easy |

## WEEK 9

| MONDAY | TUESDAY | WEDNESDAY |
| :---: | :---: | :---: |
| REST | 30 minutes of easy <br> running. | REST |


| THURSDAY |
| :---: |
| 10 min run at your half marathon pace followed by 5 min run |


| SATURDAY | SUNDAY |
| :---: | :---: |
| 30 minutes of easy <br> running. | 80 minutes of easy <br> running. |

WEEK 10

$|$| MONDAY |
| :---: |
| REST |


| TUESDAY | WEDNESDAY |
| :---: | :---: |
| 40 minutes of easy <br> running. | REST |


| THURSDAY | FRIDAY |
| :---: | :---: |
| 30 min of stready <br> running, then 5 min of <br> hard running. | REST |


| SATURDAY | SUNDAY |
| :---: | :---: |
| 30 minutes of easy <br> running. | 45 minutes of easy <br> running. |

## WEEK 11

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 30 minutes of easy running. | RESt | $3 \times(6 \mathrm{~min}$ at your half marathon pace followed 2 min jog walk to recover) | REST | 30 minutes of easy running. | 45 minutes of easy running. |

## WEEK 12

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| REST | 35 minutes of easy <br> running. | REST | 20 minutes of easy <br> running. | REST | 10 minutes of easy <br> running. | EVENT DAY <br> GOOD LUCK! |

