

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Walk/Run Warm up: Brisk walk 5 min 10 x 30 seconds run / 1 min walk Cool down: 5 min walk	Cross Training 20 min	Rest	Walk/Run Warm up: Brisk walk 5 min 10 x 1 min run / 1 min walk Cool down: 5 min walk	Cross Training 20 min	Walk/Run Warm up: Brisk walk 5 min 10 x 90 seconds run / 1 min walk Cool down: 5 min walk	Rest
	2	Walk/Run Warm up: Brisk walk 5 min 8 x 2 min run / 1 min walk Cool down: 5 min walk	Cross Training 20-30 min	Rest	Walk/Run Warm up: Brisk walk 5 min 8 x 2:30 min run / 1 min walk Cool down: 5 min walk	Cross Training 20 min	Walk/Run Warm up: Brisk walk 5 min 8 x 3 min run / 1 min walk Cool down: 5 min walk	Rest
3		Walk/Run Warm up: Brisk walk 5 min 6 x 4 min run / 1 min walk Cool down: 5 min walk	Cross Training 35 min	Rest	Walk/Run Warm up: Brisk walk 5 min 5 x 5 min run / 1 min walk Cool down: 5 min walk	Cross Training 30 min	Walk/Run Warm up: Brisk walk 5 min 2 x 10 min run / 30 sec walk Cool down: 5 min walk	Rest
	4	Easy Run Warm up: Brisk walk 5 min Run 16 min without stopping Cool down: 5 min walk	Cross Training 40 min	Rest	Easy Run Warm up: Brisk walk 5 min Run 3 km without stopping Cool down: 5 min walk	Cross Training / Easy Run Cross training 30 min, or Easy run 15 min	Easy Run Warm up: Brisk walk 5 min Run 4 km without stopping	Rest
5		Easy Run Warm up: Brisk walk 5 min Run 5 km at an easy pace	Cross Training 45 min	Rest	Run Warm up: Brisk walk 5 min Run the first half km at an easy pace and running the second half km at a hard pace	Cross Training / Easy Run Cross training 30 min, or Easy run 15 min	Easy Run Warm up: Brisk walk 5 min Run 5 km without stopping	Rest
	6	Easy Run Run 5.5 km at an easy pace	Cross Training 45 min	Rest	Run Warm up: Brisk walk 5 min Run 5 km with 10 x 1 min hard running interspersed during the workout	Cross Training / Easy Run Cross training 30 min, or Easy run 20 min	Easy Run Warm up: Brisk walk 5 min Run 5.5 km without stopping	Rest
7		Easy Run Run 6.5 km at an easy pace	Cross Training 50 min	Rest	Run Warm up: Brisk walk 5 min 2 min hard running interspersed during the workout	Cross Training / Easy Run Cross training 30 min, or Easy run 20 min	Easy Run Run 6.5 km at an easy pace	Rest
	8	Easy Run Run 7 km at an easy pace	Cross Training 50 min	Rest	Run Warm up: Brisk walk 5 min 2 min hard running interspersed during the workout	Cross Training / Easy Run Cross training 30 min, or Easy run 20 min	Easy Run Run 8 km at an easy pace	Rest
9		Easy Run Run 9 km at an easy pace	Cross Training 60 min	Rest	Easy Run Run 9.5 km at an easy pace	Cross Training / Easy Run Cross training 30 min, or Easy run 20 min	Run Warm up: Brisk walk 5 min min hard running interspersed during the workout	Rest
	10	Easy Run Run 6.5 km at an easy pace	Cross Training 40-45 min	Easy Run Run 6-7 km at an easy pace	Rest	Easy Jog 15-20 min with 4 x 75m strides	Race 10 k Race!	Rest