

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		<b>Walk/Run</b> Warm up: Brisk walk 5 min 10 x 30 seconds run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20 min	<b>Rest</b>	<b>Walk/Run</b> Warm up: Brisk walk 5 min 10 x 1 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20 min	<b>Walk/Run</b> Warm up: Brisk walk 5 min 10 x 90 seconds run / 1 min walk Cool down: 5 min walk	<b>Rest</b>
		<b>Walk/Run</b> Warm up: Brisk walk 5 min 8 x 2 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20-30 min	<b>Rest</b>	<b>Walk/Run</b> Warm up: Brisk walk 5 min 8 x 2:30 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20 min	<b>Walk/Run</b> Warm up: Brisk walk 5 min 8 x 3 min run / 1 min walk Cool down: 5 min walk	<b>Rest</b>
3		<b>Walk/Run</b> Warm up: Brisk walk 5 min 6 x 4 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 35 min	<b>Rest</b>	<b>Walk/Run</b> Warm up: Brisk walk 5 min 5 x 5 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 30 min	<b>Walk/Run</b> Warm up: Brisk walk 5 min 2 x 10 min run / 30 sec walk Cool down: 5 min walk	<b>Rest</b>
		<b>Easy Run</b> Warm up: Brisk walk 5 min Run 16 min without stopping Cool down: 5 min walk	<b>Cross Training</b> 40 min	<b>Rest</b>	<b>Easy Run</b> Warm up: Brisk walk 5 min Run 2 miles without stopping Cool down: 5 min walk	<b>Cross Training / Easy Run</b> Cross training 30 min, or Easy run 15 min	<b>Easy Run</b> Warm up: Brisk walk 5 min Run 2.5 miles without stopping	<b>Rest</b>
5		<b>Easy Run</b> Warm up: Brisk walk 5 min Run 3 miles at an easy pace	<b>Cross Training</b> 45 min	<b>Rest</b>	<b>Run</b> Warm up: Brisk walk 5 min the first half mile of each mile hard and running the second half mile of each mile	<b>Cross Training / Easy Run</b> Cross training 30 min, or Easy run 15 min	<b>Easy Run</b> Warm up: Brisk walk 5 min Run 3 miles without stopping	<b>Rest</b>
		<b>Easy Run</b> Run 3.5 miles at an easy pace	<b>Cross Training</b> 45 min	<b>Rest</b>	<b>Run</b> Warm up: Brisk walk 5 min Run 3 miles with 10 x 1 min hard running interspersed during the workout	<b>Cross Training / Easy Run</b> Cross training 30 min, or Easy run 20 min	<b>Easy Run</b> Warm up: Brisk walk 5 min Run 3.5 miles without stopping	<b>Rest</b>
7		<b>Easy Run</b> Run 4 miles at an easy pace	<b>Cross Training</b> 50 min	<b>Rest</b>	<b>Run</b> Warm up: Brisk walk 5 min 1 min hard running interspersed during	<b>Cross Training / Easy Run</b> Cross training 30 min, or Easy run 20 min	<b>Easy Run</b> Run 4 miles at an easy pace	<b>Rest</b>
		<b>Easy Run</b> Run 4.5 miles at an easy pace	<b>Cross Training</b> 50 min	<b>Rest</b>	<b>Run</b> Warm up: Brisk walk 5 min min hard running interspersed during	<b>Cross Training / Easy Run</b> Cross training 30 min, or Easy run 20 min	<b>Easy Run</b> Run 5 miles at an easy pace	<b>Rest</b>
9		<b>Easy Run</b> Run 5.5 miles at an easy pace	<b>Cross Training</b> 60 min	<b>Rest</b>	<b>Easy Run</b> Run 6 miles at an easy pace	<b>Cross Training / Easy Run</b> Cross training 30 min, or Easy run 20 min	<b>Run</b> Warm up: Brisk walk 5 min min hard running interspersed during	<b>Rest</b>
		<b>Easy Run</b> Run 4 miles at an easy pace	<b>Cross Training</b> 40-45 min	<b>Easy Run</b> Run 4 miles at an easy pace	<b>Rest</b>	<b>Easy Jog</b> 15-20 min with 4 x 75m strides	<b>Race</b> 10 k Race!	<b>Rest</b>