

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Run/Walk Warm up: 5 min brisk walk 10 x 30 sec run/ 1 min walk Cool down: 5 min walk	Cross Training 20 min	Rest Day	Run/Walk Warm up: 5 min brisk walk 10 x 1 min run / 1 min walk Cool down: 5 min walk	Cross Training 20 min	Run/Walk Warm up: 5 min brisk walk 12 x 1 min run / 1 min walk Cool down: 5 min walk	Rest Day
	2		Run/Walk Warm up: 5 min brisk walk 10 x 90 sec run/ 1 min walk Cool down: 5 min walk	Cross Training 20-30 min	Rest Day	Run/Walk Warm up: 5 min brisk walk 8 x 2 min run / 1 min walk Cool down: 5 min walk	Cross Training 20 min	Run/Walk Warm up: 5 min brisk walk 10 x 90 sec run / 30 sec walk Cool down: 5 min walk
3			Run/Walk Warm up: 5 min brisk walk 8 x 2:30 run/ 1 min walk Cool down: 5 min walk	Cross Training 30 min	Rest Day	Run/Walk Warm up: 5 min brisk walk 8 x 1 min run / 1 min walk Cool down: 5 min walk	Cross Training 20 - 30 min	Run/Walk Warm up: 5 min brisk walk 6 x 4 min run / 1 min walk Cool down: 5 min walk
	4		Run/Walk Warm up: 5 min brisk walk 5 x 5 min run/ 1 min walk Cool down: 5 min walk	Cross Training 35 min	Rest Day	Run/Walk Warm up: 5 min brisk walk 2 x 10 min run / 1 min walk Cool down: 5 min walk	Cross Training 30 min	Run/Walk Warm up: 5 min brisk walk 2 x 10 min run / 30 sec walk Cool down: 5 min walk
5			Easy Run Warm up: 5 min brisk walk Run 3 km without stopping Cool down: 5 min walk	Cross Training 40 min	Rest Day	Run Warm up: 5 min brisk walk Run 4 km without stopping Cool down: 5 min walk	Easy Run or Cross Training Run 15 min or cross training 30 min	Easy Run Warm up: 5 min brisk walk Run 4 km without stopping
	6		Run Warm up: 5 min brisk walk Run 5 km Cool down: 5 min walk	Cross Training 45 min	Rest Day	Run Warm up: 5 min brisk walk Run 3 km, running the first half mile of each mile hard, and running the second half mile of each mile easy	Easy Run or Cross Training Run 15 min or cross training 30 min	Easy Run Warm up: 5 min brisk walk 5 km
7			Easy Run 5.5 km	Cross Training 45 min	Rest Day	Run Warm up: 5 min brisk walk Run 5 km with 10 x 1 min hard running interspersed during the workout	Easy Run or Cross Training Run 15 min or cross training 30 min	Easy Run 5.5 km
	8		Easy Run 6 km	Cross Training 50 min	Rest Day	Run Warm up: 5 min brisk walk Run 5 km with 10 x 1 min hard running interspersed during the workout	Easy Run or Cross Training Run 15 min or cross training 30 min	Easy Run 6 km
9			Easy Run 7 km	Cross Training 50 min	Rest Day	Run Warm up: 5 min brisk walk Run 6.5 km with 6 x 2 min hard running interspersed during the workout	Easy Run or Cross Training Run 20 min or cross training 30 min	Easy Run 7 km
	10		Easy Run 8 km	Cross Training 60 min	Rest Day	Run Warm up: 5 min brisk walk Run 6.5 km with 4 x 3 min hard running interspersed during the workout	Easy Run or Cross Training Run 20 min or cross training 30 min	Easy Run 8 km
11			Easy Run 9 km	Cross Training 50-60 min	Rest Day	Run Warm up: 5 min brisk walk Run 6.5 km with 2 x 5 min hard running interspersed during the workout	Easy Run or Cross Training Run 20 min or cross training 30 min	Easy Run 9 km
	12		Easy Run 6.5 km	Cross Training 40-50 min	Easy Run 5-6 km	Rest Day	Shake Out Run 20 min + 4 x 75m strides	Race 10 km race!