

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Cross Training 30 min	Interval Run Warm up: 5 min brisk walk 5 x 1 min hard run, 90 sec jog Cool down: 5 min brisk walk	Distance Run 3 km	Rest Day	Threshold Workout Warm up: 1 km 2 x 5 min at tempo pace with 90 sec recovery Cool down: 1 km	Rest or Cross Training Rest or 20 min cross training	Long Run 3 km
		Cross Training 30-45 min	Interval Run Warm up: 2 km jog 10 x 1 min hard run, 60 sec jog Cool down: 5 min jog	Distance Run 5 km	Rest Day	Threshold Workout Warm up: 2 km 5 x 3 min at tempo pace with 90 sec recovery Cool down: 2 km	Rest or Cross Training Rest or 20 min cross training	Long Run 5 km
2		Cross Training 30-45 min	Speed Workout Warm up: 2-3 km 10x 400m at 5k pace with 200m jog Cool down: 2-3 km	Distance Run 5 km	Rest Day	Threshold Workout Warm up: 2 km 5 x 4 min at tempo pace with 90 sec recovery Cool down: 2 km	Rest or Easy Run Rest or 7-8 km easy	Long Run 6.5 km
		Cross Training 30-45 min	Speed Workout Warm up: 2-3 km 6 x 800m at 5k pace with 200m jog Cool down: 2-3 km	Distance Run 7 km	Rest Day	Threshold Workout Warm up: 2 km 4 x 5 min at tempo pace with 90 sec recovery Cool down: 2 km	Rest or Easy Run Rest or 7-8 km easy + 4 x 75m strides	Long Run 8 km
3		Cross Training 40-45 min	Speed Workout Warm up: 2-3 km 6 x 1000m at 5k pace with 200m jog Cool down: 2-3 km	Distance Run 7 km	Rest Day	Threshold Workout Warm up: 2 km 3 x 7 min at tempo pace with 90 sec recovery Cool down: 2 km	Rest or Easy Run Rest or 7-8 km easy + 4 x 75m strides	Long Run 10 km
		Cross Training 40-45 min	Speed Workout Warm up: 2-3 km 1 x 1600m at 5k pace with 200m jog; 4 x 800m at 5k pace with 200m jog Cool down: 2-3 km	Distance Run 7 km	Rest Day	Threshold Workout Warm up: 2 km 2 x 10 min at tempo pace with 90 sec recovery Cool down: 2 km	Rest or Easy Run Rest or 7-8 km easy + 4 x 75m strides	Long Run 11 km
4		Cross Training 45 min	Speed Workout Warm up: 2-3 km 4x 800m at 5k pace with 200m jog; 4 x 400m at mile pace with 200m jog Cool down: 2-3 km	Distance Run 7 km	Rest Day	Tempo Run Warm up: 2 km 20 min tempo pace Cool down: 2 km	Rest or Easy Run Rest or 7-8 km easy + 4 x 75m strides	Long Run 10 km with the last 2 at goal half marathon pace
		Cross Training 45 min	Speed Workout Warm up: 2-3 km 6 x 1000m at 5k pace with 200m jog Cool down: 2-3 km	Distance Run 8 km	Rest Day	Tempo Run Warm up: 2 km 25 min tempo pace Cool down: 2 km	Rest or Easy Run Rest or 7-8 km easy + 4 x 75m strides	Long Run 12-13 km
5		Cross Training 45 min	Speed Workout Warm up: 2-3 km 3-4 x 1600m at 5k pace with 400m jog Cool down: 2-3 km	Distance Run 8 km	Rest Day	Tempo Run Warm up: 2 km 30 min tempo pace Cool down: 2 km	Rest or Easy Run Rest or 7-8 km easy + 4 x 75m strides	Long Run 15 km
		Cross Training 45 - 60 min	Speed Workout Warm up: 2-3 km 5 x 1200m at 5k pace with 200m jog Cool down: 2-3 km	Distance Run 10 km	Rest Day	Tempo Run Warm up: 2 km 35 min tempo pace Cool down: 2 km	Rest or Easy Run Rest or 7-8 km easy + 4 x 75m strides	Long Run 16 km
6		Cross Training 45 - 60 min	Speed Workout Warm up: 2-3 km 6-8 x 600m at mile pace with 200m jog Cool down: 2-3 km	Distance Run 11 km	Rest Day	Tempo Run Warm up: 2 km 30 min tempo pace Cool down: 2 km	Rest or Easy Run Rest or 7-8 km easy + 4 x 75m strides	Time Trial or Race 10k
		Cross Training 45 - 60 min	Speed Workout Warm up: 2-3 km 10 x 400m at mile pace with 200m jog Cool down: 2-3 km	Distance Run 11 km	Rest Day	Tempo Run Warm up: 2 km 40 min tempo pace Cool down: 2 km	Rest or Easy Run Rest or 7-8 km easy + 4 x 75m strides	Long Run 16 km
7		Cross Training 45 - 60 min	Speed Workout Warm up: 2-3 km 6 x 1000m at 5k pace with 200m jog Cool down: 2-3 km	Distance Run 12 km	Rest Day	Tempo Run Warm up: 2 km 40 min tempo pace Cool down: 2 km	Rest or Easy Run Rest or 7-8 km easy + 4 x 75m strides	Long Run 19 km
		Cross Training 45 - 60 min	Speed Workout Warm up: 2-3 km 8 x 800m at 5k pace with 200m jog Cool down: 2-3 km	Distance Run 11 km	Rest Day	Threshold Workout Warm up: 2 km 2 x 10 min at tempo pace with 90 sec recovery Cool down: 2 km	Rest or Easy Run Rest or 7-8 km easy + 4 x 75m strides	Long Run 11 km
8		Cross Training 30-40 min	Speed Workout Warm up: 2 km jog 4 x 800m at goal half marathon pace with 200m jog Cool down: 2 km	Easy Run 7-8 km	Rest Day	Shake Out Run 20 min + 4 x 75m strides	Race Half Marathon!	Rest Day