

| WEEK | Date | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|------|--|-----------------------|---|---|--------------------------------|--|-------------|
| 1 | | Run | Cross Training | Rest | Easy Run | Easy Run | Run | Rest |
| | | Warm up: Brisk walk 5 min Run 5 km at an easy pace with 4 x 50m strides | 45 min | | Warm up: Brisk walk 5 min Run 6-7 km at an easy pace | 30 min with 4 x 50 m strides | Warm up: Brisk walk 5 min Run 6-7 km with 10 x 2 min at goal race pace / 2 min recovery | |
| 2 | | Easy Run | Cross Training | Easy Run | Rest | Easy Run | Race | Rest |
| | | Warm up: Brisk walk 5 min Run 8 km at an easy pace | 40-45 min | Warm up: Brisk walk 5 min Run 5-7 km at an easy pace | | 15-20 min with 4 x 75m strides | 10k Race! | |