

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Run Warm up: Brisk walk 5 min Run 3 miles at an easy pace with 4 x 50m strides	Cross Training 45 min	Rest	Easy Run Warm up: Brisk walk 5 min Run 4 miles at an easy pace	Easy Run 30 min with 4 x 50 m strides	Run Warm up: Brisk walk 5 min Run 4 miles with 10 x 2 min at goal race pace / 2 min recovery jog	Rest
		Easy Run Warm up: Brisk walk 5 min Run 5 miles at an easy pace	Cross Training 40-45 min	Easy Run Warm up: Brisk walk 5 min Run 3-4 miles at an easy pace	Rest	Easy Run 15-20 min with 4 x 75m strides	Race 10k Race!	Rest