

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run 5 k <i>RPE: 3-4</i>	Intervals 3 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 8 k <i>RPE: 2-3</i>	Training Run 5 k <i>RPE: 3-4</i>	28 k
2		Rest Day	Training Run 5 k <i>RPE: 3-4</i>	Intervals 3 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 8 k <i>RPE: 2-3</i>	Training Run 5 k <i>RPE: 3-4</i>	28 k
3		Rest Day	Training Run 5 k <i>RPE: 3-4</i>	Intervals 3 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 10 k <i>RPE: 2-3</i>	Training Run 5 k <i>RPE: 3-4</i>	30 k
4		Rest Day	Training Run 5 k <i>RPE: 3-4</i>	Intervals 3 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 11 k <i>RPE: 2-3</i>	Training Run 5 k <i>RPE: 3-4</i>	31 k
5		Rest Day	Training Run 7 k <i>RPE: 3-4</i>	Intervals 3 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 13 k <i>RPE: 2-3</i>	Training Run 5 k <i>RPE: 3-4</i>	35 k
6		Rest Day	Training Run 7 k <i>RPE: 3-4</i>	Intervals 3 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 15 k <i>RPE: 2-3</i>	Training Run 8 k <i>RPE: 3-4</i>	40 k
7		Rest Day	Training Run 7 k <i>RPE: 3-4</i>	Intervals 4 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 16 k <i>RPE: 2-3</i>	Training Run 7 k <i>RPE: 3-4</i>	41 k
8		Rest Day	Training Run 8 k <i>RPE: 3-4</i>	Intervals 4 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 11 k <i>RPE: 2-3</i>	Training Run 8 k <i>RPE: 3-4</i>	38 k
9		Rest Day	Training Run 8 k <i>RPE: 3-4</i>	Intervals 4 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 17 k <i>RPE: 2-3</i>	Training Run 8 k <i>RPE: 3-4</i>	44 k
10		Rest Day	Training Run 8 k <i>RPE: 3-4</i>	Intervals 4 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 20 k <i>RPE: 2-3</i>	Training Run 8 k <i>RPE: 3-4</i>	47 k
11		Rest Day	Training Run 8 k <i>RPE: 3-4</i>	Intervals 4 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 16 k <i>RPE: 2-3</i>	Training Run 10 k <i>RPE: 3-4</i>	45 k
12		Rest Day	Training Run 8 k <i>RPE: 3-4</i>	Intervals 4 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 21 k <i>RPE: 2-3</i>	Training Run 10 k <i>RPE: 3-4</i>	50 k
13		Rest Day	Training Run 8 k <i>RPE: 3-4</i>	Intervals 5 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 25 k <i>RPE: 2-3</i>	Training Run 10 k <i>RPE: 3-4</i>	56 k
14		Rest Day	Training Run 8 k <i>RPE: 3-4</i>	Intervals 5 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 20 k <i>RPE: 2-3</i>	Training Run 11 k <i>RPE: 3-4</i>	52 k
15		Rest Day	Training Run 8 k <i>RPE: 3-4</i>	Intervals 5 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 30 k <i>RPE: 2-3</i>	Training Run 11 k <i>RPE: 3-4</i>	62 k
16		Rest Day	Training Run 8 k <i>RPE: 3-4</i>	Intervals 5 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 22 k <i>RPE: 2-3</i>	Training Run 11 k <i>RPE: 3-4</i>	54 k
17		Rest Day	Training Run 8 k <i>RPE: 3-4</i>	Intervals 5 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 30 k <i>RPE: 2-3</i>	Training Run 11 k <i>RPE: 3-4</i>	62 k
18		Rest Day	Training Run 10 k <i>RPE: 3-4</i>	Intervals 5 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 34 k <i>RPE: 2-3</i>	Training Run 11 k <i>RPE: 3-4</i>	68 k
19		Rest Day	Training Run 10 k <i>RPE: 3-4</i>	Intervals 6 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 37 k <i>RPE: 2-3</i>	Training Run 11 k <i>RPE: 3-4</i>	73 k
20		Rest Day	Training Run 10 k <i>RPE: 3-4</i>	Intervals 6 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 42 k <i>RPE: 2-3</i>	Training Run 11 k <i>RPE: 3-4</i>	78 k
21		Rest Day	Training Run 10 k <i>RPE: 3-4</i>	Intervals 6 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 24 k <i>RPE: 2-3</i>	Training Run 11 k <i>RPE: 3-4</i>	60 k
22		Rest Day	Training Run 11 k <i>RPE: 3-4</i>	Intervals 6 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 42 k <i>RPE: 2-3</i>	Training Run 11 k <i>RPE: 3-4</i>	79 k
23		Rest Day	Training Run 11 k <i>RPE: 3-4</i>	Intervals 4 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 30 k <i>RPE: 2-3</i>	Training Run 10 k <i>RPE: 3-4</i>	62 k
24		Rest Day	Training Run 10 k <i>RPE: 3-4</i>	Intervals 3 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 18 k <i>RPE: 2-3</i>	Training Run 7 k <i>RPE: 3-4</i>	45 k
25		Rest Day	Training Run 10 k <i>RPE: 3-4</i>	Intervals 2 x 800m <i>then leg workout</i>	Strength Training  <i>45-60 mins</i>	Rest Day	Long Run 11 k <i>RPE: 5</i>	Training Run 7 k <i>RPE: 3-4</i>	36 k
26		Rest Day	Easy Run 5 k <i>RPE: 2-3</i>	Rest Day	Strength Training  <i>45-60 mins</i>	Easy Run 5 k <i>RPE: 2-3</i>	Easy Run 3 k <i>RPE: 2-3</i>	50K ULTRA 50 k <i>RPE: 5</i>	63 k