

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		<b>Walk/Run</b> Warm up: Brisk walk 5 min 8 x 2 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20-30 min	<b>Rest</b>	<b>Walk/Run</b> Warm up: Brisk walk 5 min 8 x 3 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20 min	<b>Walk/Run</b> Warm up: Brisk walk 5 min 6 x 4 min run / 1 min walk Cool down: 5 min walk	<b>Rest</b>
		<b>Walk/Run</b> Warm up: Brisk walk 5 min 2 x 10 min run / 30 sec walk Cool down: 5 min walk	<b>Cross Training</b> 35 min	<b>Rest</b>	<b>Easy Run</b> Warm up: Brisk walk 5 min Run 16 min without stopping Cool down: 5 min walk	<b>Cross Training</b> 30 min	<b>Easy Run</b> Warm up: Brisk walk 5 min Run 3 km without stopping Cool down: 5 min walk	<b>Rest</b>
3		<b>Easy Run</b> Warm up: Brisk walk 5 min Run 4 km at an easy pace, trying not to stop	<b>Cross Training</b> 45 min	<b>Rest</b>	<b>Easy Run</b> Warm up: Brisk walk 5 min Run 5 km at an easy pace	<b>Easy Run / Cross Training</b> Easy Run 15 min, or Cross Training 30 min	<b>Easy Run</b> Run 5.5 km at an easy pace	<b>Rest</b>
		<b>Easy Run</b> Run 6.5 km at an easy pace	<b>Cross Training</b> 45 min	<b>Rest</b>	<b>Run</b> Warm up: Brisk walk 5 min min hard running interspersed during	<b>Easy Run / Cross Training</b> Easy Run 20 min, or Cross Training 30 min	<b>Easy Run</b> Run 7 km at an easy pace	<b>Rest</b>
5		<b>Easy Run</b> Run 8 km at an easy pace	<b>Cross Training</b> 50 min	<b>Rest</b>	<b>Easy Run</b> Run 9-10 km at an easy pace	<b>Easy Run / Cross Training</b> Easy Run 20 min, or Cross Training 30 min	<b>Run</b> Warm up: Brisk walk 5 min min hard running interspersed during	<b>Rest</b>
		<b>Easy Run</b> Run 6.5 km at an easy pace	<b>Cross Training</b> 40-45 min	<b>Easy Run</b> 5-7 km	<b>Rest</b>	<b>Easy Run</b> Jog 15-20 min with 4 x 75m strides	<b>Race</b> 10k Race!	<b>Rest</b>