

| WEEK | Date | Monday   | Tuesday                            | Wednesday                                 | Thursday   | Friday   | Saturday  | Sunday      |
|------|------|--|------------------------------------|---|--|--|---|-------------|
| 1    |      | <b>Walk/Run</b><br>Warm up: Brisk walk 5 min<br>10 x 30 sec run / 1 min walk<br>Cool down: 5 min walk    | <b>Cross Training</b><br>20 min    | <b>Rest</b>                               | <b>Walk/Run</b><br>Warm up: Brisk walk 5 min<br>10 x 1 min run / 1 min walk<br>Cool down: 5 min walk | <b>Cross Training</b><br>20 min  | <b>Walk/Run</b><br>Warm up: Brisk walk 5 min<br>10 x 90 sec run / 1 min walk<br>Cool down: 5 min walk             | <b>Rest</b> |
|      |      | <b>Walk/Run</b><br>Warm up: Brisk walk 5 min<br>8 x 2 min run / 1 min walk<br>Cool down: 5 min walk      | <b>Cross Training</b><br>20-30 min | <b>Rest</b>                               | <b>Walk/Run</b><br>Warm up: Brisk walk 5 min<br>8 x 3 min run / 1 min walk<br>Cool down: 5 min walk  | <b>Cross Training</b><br>20 min  | <b>Walk/Run</b><br>Warm up: Brisk walk 5 min<br>6 x 4 min run / 1 min walk<br>Cool down: 5 min walk               | <b>Rest</b> |
| 3    |      | <b>Walk/Run</b><br>Warm up: Brisk walk 5 min<br>2 x 10 min run / 30 second walk<br>Cool down: 5 min walk | <b>Cross Training</b><br>35 min    | <b>Rest</b>                               | <b>Walk/Run</b><br>Warm up: Brisk walk 5 min<br>Run 16 min without stopping<br>Cool down: 5 min walk | <b>Cross Training</b><br>30 min  | <b>Run</b><br>Warm up: Brisk walk 5 min<br>Run 3 km without stopping<br>Cool down: 5 min walk                     | <b>Rest</b> |
|      |      | <b>Easy Run</b><br>Warm up: Brisk walk 5 min<br>Run 4 km at an easy pace, trying not to stop             | <b>Cross Training</b><br>45 min    | <b>Rest</b>                               | <b>Easy Run</b><br>Warm up: Brisk walk 5 min<br>Run 5 km at an easy pace                             | <b>Cross Training / Easy Run</b><br>Cross training 30 min, or<br>Easy run 15 min | <b>Easy Run</b><br>Run 5.5 km at an easy pace   | <b>Rest</b> |
| 5    |      | <b>Easy Run</b><br>Run 6.5 km at an easy pace  | <b>Cross Training</b><br>45 min    | <b>Rest</b>                               | <b>Run</b><br>Warm up: Brisk walk 5 min<br>min hard running interspersed during                      | <b>Cross Training / Easy Run</b><br>Cross training 30 min, or<br>Easy run 20 min | <b>Easy Run</b><br>Run 6.5 km at an easy pace   | <b>Rest</b> |
|      |      | <b>Easy Run</b><br>Run 7 km at an easy pace  | <b>Cross Training</b><br>50 min    | <b>Rest</b>                               | <b>Run</b><br>Warm up: Brisk walk 5 min<br>2 min hard running interspersed during                    | <b>Cross Training / Easy Run</b><br>Cross training 30 min, or<br>Easy run 20 min | <b>Easy Run</b><br>Run 8 km at an easy pace   | <b>Rest</b> |
| 7    |      | <b>Easy Run</b><br>Run 9 km at an easy pace  | <b>Cross Training</b><br>60 min    | <b>Rest</b>                               | <b>Run</b><br>Run 9.5 km at an easy pace   | <b>Cross Training / Easy Run</b><br>Cross training 30 min, or<br>Easy run 20 min | <b>Run</b><br>Warm up: Brisk walk 5 min<br>Run 6.5 km with 4 x 3 min hard running interspersed during the workout | <b>Rest</b> |
|      |      | <b>Easy Run</b><br>Run 6.5 km at an easy pace  | <b>Cross Training</b><br>40-45 min | <b>Easy Run</b><br>5-6 km at an easy pace | <b>Rest</b>  | <b>Easy Run</b><br>Jog 15-20 min with 4 x 75m strides                            | <b>Race</b><br>10k Race!  | <b>Rest</b> |