

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Cross Training 30-45 min	Speed Workout Warm up: 2-3 km 10x 400m at 5k pace with 200m jog Cool down: 2-3 km	Distance Run 12-13 km	Rest Day	Threshold Run Warm up: 2 km 5 x 4 min at tempo pace with 90 sec rest Cool down: 2 km	Easy Run 7-8 km	Long Run 25 km
		Cross Training 45 min	Speed Workout Warm up: 2-3 km 6 x 800m at 5k pace with 200m jog Cool down: 2-3 km	Distance Run 14-15 km	Rest Day	Threshold Run Warm up: 2 km 4 x 5 min at tempo pace with 90 sec rest Cool down: 2 km	Easy Run 7-8 km + 4 x 75m strides	Long Run 29 km
3		Cross Training 45 min	Speed Workout Warm up: 2-3 km 6 x 1000m at 5k pace with 200m jog Cool down: 2-3 km	Distance Run 16 km	Rest Day	Threshold Run Warm up: 2 km 3 x 7 min at tempo pace with 90 sec rest Cool down: 2 km	Easy Run 7-8 km + 4 x 75m strides	Long Run 32 km
		Cross Training 45 min	Speed Workout Warm up: 2-3 km 6-8 x 800m at 5k pace with 200 m jog Cool down: 2-3 km	Distance Run 16 km	Rest Day	Threshold Run Warm up: 2 km 2 x 10 min at tempo pace with 90 sec rest Cool down: 2 km	Easy Run 7-8 km + 4 x 75m strides	Long Run 24 km
5		Cross Training 45-60 min	Speed Workout Warm up: 2-3 km 5 x 1200m at 5k pace with 200m jog Cool down: 2-3 km	Distance Run 16 km	Rest Day	Threshold Run Warm up: 2 km 20 min at tempo pace Cool down: 2 km	Easy Run 7-8 km + 4 x 75m strides	Long Run 32-35 km
		Cross Training 45-60 min	Speed Workout Warm up: 2-3 km 4 x 1600m at 10k pace with 200m jog Cool down: 2-3 km	Distance Run 19 km	Rest Day	Threshold Run Warm up: 2 km 25 min at tempo pace Cool down: 2 km	Easy Run 7-8 km + 4 x 75m strides	Long Run 25 km
7		Cross Training 45-60 min	Speed Workout Warm up: 2-3 km 10 x 400m at 10k pace with 200m jog Cool down: 2-3 km	Distance Run 11 km	Rest Day	Threshold Run Warm up: 2 km 2 x 10 min at tempo pace with 90 sec rest Cool down: 2 km	Easy Run 7-8 km + 4 x 75m strides	Long Run 16-19 km
		Cross Training 30-40 min	Speed Workout Warm up: 2 km 4 x 800 at goal marathon pace with 200m jog Cool down: 2 km	Distance Run 7-8 km	Rest Day	Shake Out Run 20 min + 4 x 75m strides	Marathon	Rest