

| WEEK | Date | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|------|------------------------------------|--|---------------------------|---------------------------|-----------------------------------|--|---------------------------|
| 1 | | Cross Training 45-60 min | Tempo Warm up 10 min 20-40 min at tempo pace (4:12/km 6:45/mile) Cool down 5-10 min | Easy Run 45 min | Easy Run 60 min | Rest | Target Pace Workout Warm up 10 min 4 x 2k at target pace (4:15/km 6:50/mile) with 90 sec recovery Cool down 5 min | Long Run 65 min |
| | | Cross Training 45-60 min | Intervals 10k Pace Warm up 10 min 4 x 1 mile (1.6k) at 10k pace (4:05/km 6:34/mile) with 2 min recovery Cool down 5-10 min | Easy Run 45 min | Easy Run 60 min | Rest | Target Pace Workout Warm up 10 min 5 x 2k at target pace (4:15/km 6:50/mile) with 90 sec recovery Cool down 5 min | Long Run 70 min |
| 3 | | Cross Training 45-60 min | Intervals 5k Pace Warm up 10 min 10-12 x 600m at 5k pace (3:55/km 6:18/mile) with 90 sec recovery Cool down 5-10 min | Easy Run 45 min | Easy Run 60 min | Rest | Hills Warm up 10 min 6-10 x 100m, jog back down recovery Cool down 5-10 min | Long Run 75 min |
| | | Cross Training 45-60 min | Tempo Warm up 10 min 20-40 min at tempo pace (4:12/km 6:45/mile) Cool down 5-10 min | Easy Run 45 min | Easy Run 60 min | Rest | Easy Run 60 min | Long Run 65 min |
| 5 | | Cross Training 45-60 min | Hills Warm up 10 min 6-10 x 100m, jog back down recovery Cool down 5-10 min | Easy Run 45 min | Easy Run 60 min | Rest | Intervals 10k Pace Warm up 10 min 4 x 1 mile (1.6k) at 10k pace (4:05/km 6:34/mile) with 2 min recovery Cool down 5-10 min | Long Run 65 min |
| | | Cross Training 45-60 min | Intervals 5k Pace Warm up 10 min 8 x 800m at 5k pace (3:55/km 6:19/mile) with 90 sec recovery Cool down 5-10 min | Easy Run 45 min | Easy Run 60 min | Rest | Target Pace Workout Warm up 10 min 6 x 2k at target pace (4:15/km 6:50/mile) with 90 sec recovery Cool down 5 min | Long Run 75 min |
| 7 | | Rest | Intervals 10k Pace Warm up 10 min 4 x 2k at 10k pace (4:05/km 6:34/mile) with 2 min recovery Cool down 5-10 min | Easy Run 40 min | Easy Run 50 min | Rest | Tempo Warm up 10 min 20-40 min at tempo pace (4:12/km 6:45/mile) Cool down 5-10 min | Long Run 65 min |
| | | Rest | Tempo Warm up 10 min 20-40 min at tempo pace (4:12/km 6:45/mile) Cool down 5-10 min | Easy Run 40 min | Rest | Easy Run 30 min or rest | Race 21k | Rest |