

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