

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage						
1		Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Rest Day	Long Run	Around 9k	5K PHASE					
			10 x 2 min walk 1 min run		10 x 2 min walk 1 min run			2.5k (walk if needed)							
			Rest Day		Walk / Run			Rest Day			Walk / Run	Strength Training	Walk / Run	Long Run	Around 13k
					15 x 1 min walk 1 min run						15 x 1 min walk 1 min run		45-60 mins	15 x 1 min walk 1 min run	
2		Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Walk / Run	Long Run	Around 15k						
			15 x 0.5 min walk 1.5 min run		15 x 0.5 min walk 1.5 min run		45-60 mins	15 x 0.5 min walk 1.5 min run			4k (walk if needed)				
3		Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Rest Day	5 k	Around 13k						
			10 x 1 min walk 2 min run		10 x 1 min walk 2 min run		45-60 mins								
4		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	17 k						
			4 k <i>RPE: 3-4</i>	3 k <i>RPE: 3-4</i>		4 k <i>RPE: 3-4</i>	45-60 mins	6 k <i>RPE: 2-3</i>							
5		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	18 k						
			4 k <i>RPE: 3-4</i>	3 k <i>RPE: 3-4</i>		4 k <i>RPE: 3-4</i>	45-60 mins	7 k <i>RPE: 2-3</i>							
6		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	25 k						
			5 k <i>RPE: 3-4</i>	7 k <i>RPE: 3-4</i>		5 k <i>RPE: 3-4</i>	45-60 mins	8 k <i>RPE: 2-3</i>							
7		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	10 k	27 k						
			5 k <i>RPE: 3-4</i>	7 k <i>RPE: 3-4</i>		5 k <i>RPE: 3-4</i>	45-60 mins								
8		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	10 k	27 k						
			5 k <i>RPE: 3-4</i>	7 k <i>RPE: 3-4</i>		5 k <i>RPE: 3-4</i>	45-60 mins								

5K PHASE

10K PHASE