

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 5.5 miles	5K PHASE
			10 x 2 min walk 1 min run		10 x 2 min walk 1 min run			1.5 miles (walk if needed)		
		Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Walk / Run	Long Run		
			15 x 1 min walk 1 min run		15 x 1 min walk 1 min run		15 x 1 min walk 1 min run	2 miles (walk if needed)		
2		Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Walk / Run	Long Run	Around 8 miles	
			15 x 0.5 min walk 1.5 min run		15 x 0.5 min walk 1.5 min run		15 x 0.5 min walk 1.5 min run	2.5 miles (walk if needed)		
3		Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Walk / Run	Long Run	Around 9 miles	
			10 x 1 min walk 2 min run		10 x 1 min walk 2 min run		5k			
4		Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Rest Day		Around 8 miles	
			2.5 miles <i>RPE: 3-4</i>		1.5 miles <i>RPE: 3-4</i>		2.5 miles <i>RPE: 3-4</i>	45-60 mins		4 miles <i>RPE: 2-3</i>
5		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	10.5 miles	
			2.5 miles <i>RPE: 3-4</i>	1.5 miles <i>RPE: 3-4</i>		2.5 miles <i>RPE: 3-4</i>	45-60 mins	4 miles <i>RPE: 2-3</i>		
6		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	11 miles	
			3 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 3-4</i>	45-60 mins	5 miles <i>RPE: 2-3</i>		
7		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	15 miles	
			3 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 3-4</i>	45-60 mins	5 miles <i>RPE: 2-3</i>		
8		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training		16 miles	
			3 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 3-4</i>	45-60 mins	10k		

5K PHASE

10K PHASE