

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage	
1		Rest Day	Walk / Run 10 x 2 min walk 1 min run	Rest Day	Walk / Run 10 x 2 min walk 1 min run	Strength Training 45-60 mins	Rest Day	Long Run 2.5k (walk if needed)	Around 9k	5K PHASE
2		Rest Day	Walk / Run 15 x 1 min walk 1 min run	Rest Day	Walk / Run 15 x 1 min walk 1 min run	Strength Training 45-60 mins	Walk / Run 15 x 1 min walk 1 min run	Long Run 3k (walk if needed)	Around 13k	
3		Rest Day	Walk / Run 15 x 0.5 min walk 1.5 min run	Rest Day	Walk / Run 15 x 0.5 min walk 1.5 min run	Strength Training 45-60 mins	Walk / Run 15 x 0.5 min walk 1.5 min run	Long Run 4k (walk if needed)	Around 15k	
4		Rest Day	Walk / Run 10 x 1 min walk 2 min run	Rest Day	Walk / Run 10 x 1 min walk 2 min run	Strength Training 45-60 mins	Rest Day	5 k	Around 13k	
5		Rest Day	Training Run 4 k RPE: 3-4	Training Run 3 k RPE: 3-4	Rest Day	Training Run 4 k RPE: 3-4	Strength Training 45-60 mins	Long Run 6 k RPE: 2-3	17 k	10K PHASE
6		Rest Day	Training Run 4 k RPE: 3-4	Training Run 3 k RPE: 3-4	Rest Day	Training Run 4 k RPE: 3-4	Strength Training 45-60 mins	Long Run 7 k RPE: 2-3	18 k	
7		Rest Day	Training Run 5 k RPE: 3-4	Training Run 7 k RPE: 3-4	Rest Day	Training Run 5 k RPE: 3-4	Strength Training 45-60 mins	Long Run 8 k RPE: 2-3	25 k	
8		Rest Day	Training Run 5 k RPE: 3-4	Training Run 7 k RPE: 3-4	Rest Day	Training Run 5 k RPE: 3-4	Strength Training 45-60 mins	10 k	27 k	
9		Rest Day	Training Run 5 k RPE: 3-4	Training Run 7 k RPE: 3-4	Rest Day	Training Run 5 k RPE: 3-4	Strength Training 45-60 mins	Long Run 8 k RPE: 2-3	25 k	HALF MARATHON PHASE
10		Rest Day	Training Run 5 k RPE: 3-4	Training Run 7 k RPE: 3-4	Rest Day	Training Run 5 k RPE: 3-4	Strength Training 45-60 mins	Long Run 11 k RPE: 2-3	28 k	
11		Rest Day	Training Run 7 k RPE: 3-4	Training Run 8 k RPE: 3-4	Rest Day	Training Run 7 k RPE: 3-4	Strength Training 45-60 mins	Long Run 12 k RPE: 2-3	34 k	
12		Rest Day	Training Run 7 k RPE: 3-4	Training Run 8 k RPE: 3-4	Rest Day	Training Run 7 k RPE: 3-4	Strength Training 45-60 mins	Long Run 10 k RPE: 2-3	32 k	
13		Rest Day	Training Run 7 k RPE: 3-4	Training Run 8 k RPE: 3-4	Rest Day	Training Run 7 k RPE: 3-4	Strength Training 45-60 mins	Long Run 15 k RPE: 2-3	37 k	MARATHON PHASE
14		Rest Day	Training Run 7 k RPE: 3-4	Training Run 10 k RPE: 3-4	Rest Day	Training Run 7 k RPE: 3-4	Strength Training 45-60 mins	Long Run 17 k RPE: 2-3	41 k	
15		Rest Day	Training Run 7 k RPE: 3-4	Training Run 10 k RPE: 3-4	Rest Day	Training Run 7 k RPE: 3-4	Strength Training 45-60 mins	Half Marathon 21.1 k RPE: 2-3	45 k	
16		Rest Day	Training Run 8 k RPE: 3-4	Training Run 11 k RPE: 3-4	Rest Day	Training Run 8 k RPE: 3-4	Strength Training 45-60 mins	Long Run 17 k RPE: 2-3	44 k	
17		Rest Day	Training Run 8 k RPE: 3-4	Training Run 11 k RPE: 3-4	Rest Day	Training Run 8 k RPE: 3-4	Strength Training 45-60 mins	Long Run 22 k RPE: 2-3	49 k	MARATHON PHASE
18		Rest Day	Training Run 8 k RPE: 3-4	Training Run 11 k RPE: 3-4	Rest Day	Training Run 8 k RPE: 3-4	Strength Training 45-60 mins	Long Run 25 k RPE: 2-3	52 k	
19		Rest Day	Training Run 8 k RPE: 3-4	Training Run 11 k RPE: 3-4	Rest Day	Training Run 8 k RPE: 3-4	Strength Training 45-60 mins	Long Run 29 k RPE: 2-3	56 k	
20		Rest Day	Training Run 8 k RPE: 3-4	Training Run 11 k RPE: 3-4	Rest Day	Training Run 8 k RPE: 3-4	Strength Training 45-60 mins	Long Run 25 k RPE: 2-3	52 k	
21		Rest Day	Training Run 8 k RPE: 3-4	Training Run 13 k RPE: 3-4	Rest Day	Training Run 8 k RPE: 3-4	Strength Training 45-60 mins	Long Run 33 k RPE: 2-3	62 k	MARATHON PHASE
22		Rest Day	Training Run 7 k RPE: 3-4	Training Run 7 k RPE: 3-4	Rest Day	Training Run 7 k RPE: 3-4	Strength Training 45-60 mins	Long Run 16 k RPE: 2-3	37 k	
23		Rest Day	Training Run 5 k RPE: 3-4	Training Run 5 k RPE: 3-4	Rest Day	Training Run 5 k RPE: 3-4	Strength Training 45-60 mins	Long Run 10 k RPE: 2-3	25 k	
24		Rest Day	Training Run 5 k RPE: 3-4	Rest Day	Easy Run 3 k RPE: 2-3	Rest Day	Easy Run 3 k RPE: 2-3	MARATHON 42.2 k RPE: 5	52.7 k	