Week	Mon	Tue	Wed	Thu	Æ	Sat	Sun
-	4.8 km run	5 x 400	Rest or easy run	30 min tempo	Rest	6.4 km fast 60 min run	60 min run
2	4.8 km run	8 x 200	Rest or easy run	30 min tempo	Rest	6.4 km fast	65 min run
က	4.8 km run	6 x 400	Rest or easy run	35 min tempo	Rest	8.1 km fast	70 min run
4	4.8 km run	9 x 200	Rest or easy run	35 min tempo	Rest or easy run	Rest	5K Test
വ	4.8 km run 7 x 400		Rest or easy run	40 min tempo	Rest	8.1 km fast	75 min run
9	4.8 km run	10 x 200	4.8 km run 10 x 200 Rest or easy run	40 min tempo	Rest	9.7 km fast 85 min run	85 min run
7	4.8 km run	8 x 400	4.8 km run 8 x 400 Rest or easy run	45 min tempo	Rest	9.7 km fast 90 min run	90 min run
∞	3.2 km run 6 x 200	6 x 200	30 min tempo	Rest or easy run	Rest	Rest	5K Race

Miles