

Miles		KMs						
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
1	4.8 km run	5 x 400	Rest or easy run	30 min tempo	Rest	6.4 km fast	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	
3	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	
5	4.8 km run	7 x 400	Rest or easy run	40 min tempo	Rest	8.1 km fast	75 min run	
6	4.8 km run	10 x 200	Rest or easy run	40 min tempo	Rest	9.7 km fast	85 min run	
7	4.8 km run	8 x 400	Rest or easy run	45 min tempo	Rest	9.7 km fast	90 min run	
8	3.2 km run	6 x 200	30 min tempo	Rest or easy run	Rest	Rest	5K Race	