	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Easy Run 30 min	6×400 m Intervals	Cross training	Easy Run 30 min + Strides	Rest Day	Long run 45 min	Rest Day
2	Easy Run 30 min	6×500 m Intervals	Cross training	Tempo 15 min	Rest Day	Long run 50 min	Rest Day
3	Easy Run 35 min	8×400 m Intervals	Cross training	Easy Run 35 min + Strides	Rest Day	Long run 55 min	Rest Day
4	Easy Run 30 min	Tempo 20 min	Cross training	5×600 m Intervals	Rest Day	Long run 60 min	Rest Day
5	Easy Run 30 min	6×600 m Intervals	Cross training	Tempo 20 min	Rest Day	Long run 65 min	Rest Day
6	Easy Run 35 min	8×500 m Intervals	Cross training	Easy Run 40 min + Strides	Rest Day	Long run 70 min	Rest Day
7	Easy Run 30 min	Tempo 25 min	Cross training	6×800 m Intervals	Rest Day	Long run 70 min	Rest Day
8	Easy Run 35 min	10×400 m Intervals	Cross training	Easy Run 40 min + Strides	Rest Day	Long run 75 min	Rest Day
9	Easy Run 30 min	Tempo 25 min	Cross training	5×1000 m Intervals	Rest Day	Long run 80 min	Rest Day
10	Easy Run 35 min	6×1000 m Intervals	Cross training	Easy Run 45 min	Rest Day	Long run 80 min	Rest Day
11	Easy Run 30 min	Tempo 30 min	Cross training	8×600 m Intervals	Rest Day	Long run 85 min	Rest Day
12	Easy Run 35 min	6×1000 m Intervals	Cross training	Easy Run 45 min + Strides	Rest Day	Long run 85 min	Rest Day
13	Easy Run 30 min	Tempo 30 min	Cross training	10×500 m Intervals	Rest Day	Long run 90 min	Rest Day
14	Easy Run 35 min	7×1000 m Intervals	Cross training	Easy Run 45 min	Rest Day	Long run 90 min	Rest Day
15	Easy Run 30 min	Tempo 35 min	Cross training	8×800 m Intervals	Rest Day	Long run 95 min	Rest Day
16	Easy Run 35 min	5×1200 m Intervals	Cross training	Easy Run 45 min + Strides	Rest Day	Long run 95 min	Rest Day
17	Easy Run 30 min	Tempo 35 min	Cross training	10×600 m Intervals	Rest Day	Long run 80 min	Rest Day
18	Easy Run 30 min	6×1000 m Intervals	Cross training	Easy Run 40 min	Rest Day	Long run 70 min	Rest Day
19	Easy Run 25 min	Tempo 20 min	Cross training	5×400 m Intervals	Rest Day	Long run 50 min	Rest Day
20	Easy Run 20 min	Strides 6×100 m	Rest Day	Easy Run 15 min	Rest Day	Rest Day	10K