

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	MILEAGE	EASY %
Week 1	6M Easy - 06:26 mins/mile	4M Easy - 06:26 mins/mile with some short sprints at the end	8M Easy - 06:26 mins/mile	2M Easy, 5M Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	4M Easy - 06:26 mins/mile (recovery)	5M Steady - 05:43 mins/mile or cross-country	10M Easy, 2M Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	46 Miles	73.91%
Week 2	6M Easy - 06:26 mins/mile	1M Easy, 6*1500m fast with 200m Easy, 1M Easy Easy - 06:26 mins/mile	9M Easy - 06:26 mins/mile	2M Easy, 3M Tempo, 2M Easy Easy - 06:26 mins/mile Tempo - 05:29 mins/mile	4M Easy - 06:26 mins/mile (recovery)	5M Steady - 05:43 mins/mile or cross-country	12M Easy, 2M Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	53 Miles	69.81%
Week 3	6M Easy - 06:26 mins/mile	1M Easy, 4*2400m fast with 400m Easy, 1M Easy Easy - 06:26 mins/mile	8M Easy(AM) - 06:26 mins/mile, 3M Recovery (PM)	2M Easy, 7M Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	4M Easy - 06:26 mins/mile (recovery)	5M Steady - 05:43 mins/mile or cross-country	16M Easy - 06:26 mins/mile	61 Miles	67.21%
Week 4	6M Easy - 06:26 mins/mile	1M Easy, 7*800m fast with 200m Easy, 1M Easy Easy - 06:26 mins/mile	9M Easy (AM) - 06:26 mins/mile, 3M Recovery (PM)	1M Easy, 4M Tempo 1M Easy (AM), 3M Recovery (PM) Easy - 06:26 mins/mile Tempo - 05:29 mins/mile	4M Easy - 06:26 mins/mile (recovery)	5M Easy or Parkrun + 2M Easy Easy - 06:26 mins/mile	1M Easy, 6M race, 1M Easy Easy - 06:26 mins/mile	50 Miles	72%
Week 5	6M Easy - 06:26 mins/mile	1M Easy, 6M Fartlek (mixed pace), 1M Easy Easy - 06:26 mins/mile	10M Easy (AM) - 06:26 mins/mile, 3M Recovery (PM)	1M Easy, 4M Tempo 1M Easy (AM), 3M Recovery (PM) Easy - 06:26 mins/mile Tempo - 05:29 mins/mile	4M Easy - 06:26 mins/mile (recovery)	5M Easy or Parkrun + 2M Easy Easy - 06:26 mins/mile	12M Easy, 4M Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	61 Miles	77.05%
Week 6	6M Easy - 06:26 mins/mile	1M Easy, 15*2 mins hill run with easy recovery, 1M Easy Easy - 06:26 mins/mile	11M Easy (AM) - 06:26 mins/mile, 3M Recovery (PM)	2M Easy, 7M Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	4M Easy - 06:26 mins/mile (recovery)	5M Easy or Parkrun + 2M Easy Easy - 06:26 mins/mile	12M Easy + 6M in middle Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	62 Miles	72.58%
Week 7	6M Easy - 06:26 mins/mile	1M Easy, 15*400m fast with 200m Easy, 1M Easy Easy - 06:26 mins/mile	12M Easy (AM) - 06:26 mins/mile, 3M Recovery (PM)	2M Easy, 8M Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	4M Easy - 06:26 mins/mile (recovery)	5M Easy or Parkrun + 2M Easy Easy - 06:26 mins/mile	15M Easy + 5M in middle Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	65 Miles	75.38%
Week 8	6M Easy - 06:26 mins/mile	1M Easy with strides, 16*200 meters fast with 200 meter easy recovery, 1M Easy Easy - 06:26 mins/mile	10M Easy (AM) - 06:26 mins/mile, 3M Recovery (PM)	1M Easy, 3M Tempo 1M Easy (AM), 3M Recovery (PM) Easy - 06:26 mins/mile Tempo - 05:29 mins/mile	4M Easy - 06:26 mins/mile (recovery)	5M Easy - 06:26 mins/mile with strides	1M Easy, (13M) Half Marathon Race, 1M Easy Easy - 06:26 mins/mile	55 Miles	67.27%



Week 9	6M Easy - 06:26 mins/mile	1M Easy, 6M Fartlek (mixed pace), 1M Easy Easy - 06:26 mins/mile	9M Easy (AM) - 06:26 mins/mile, 3M Recovery (PM)	2M Easy, 10M Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	4M Easy - 06:26 mins/mile (recovery)	5M Easy or Parkrun + 2M Easy Easy - 06:26 mins/mile	15M Easy, 5M Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	67 Miles	68.66%
Week 10	6M Easy - 06:26 mins/mile	1M Easy, 3*3000m fast with 400m easy recovery, 1M Easy Easy - 06:26 mins/mile	10M Easy (AM) - 06:26 mins/mile, 3M Recovery (PM)	1M Easy, 4M Tempo 1M Easy (AM), 3M Recovery (PM) Easy - 06:26 mins/mile Tempo - 05:29 mins/mile	4M Easy - 06:26 mins/mile (recovery)	5M Easy - 06:26 mins/mile with strides	1M Easy, (13M) Half Marathon Race, 1M Easy Easy - 06:26 mins/mile	60 Miles	61.67%
Week 11	6M Easy - 06:26 mins/mile	1M Easy, 6M Fartlek (mixed pace), 1M Easy Easy - 06:26 mins/mile	11M Easy (AM) - 06:26 mins/mile, 3M Recovery (PM)	1M Easy, 4M Tempo 1M Easy (AM), 3M Recovery (PM) Easy - 06:26 mins/mile Tempo - 05:29 mins/mile	4M Easy - 06:26 mins/mile (recovery)	5M Easy or Parkrun + 2M Easy Easy - 06:26 mins/mile	20M Easy , 2M Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	68 Miles	82.35%
Week 12	6M Easy - 06:26 mins/mile	1M Easy, 15*2 mins hill run, with easy recovery, 1M Easy Easy - 06:26 mins/mile	10M Easy (AM) - 06:26 mins/mile, 3M Recovery (PM)	1M Easy, 5M Tempo 1M Easy (AM), 3M Recovery (PM) Easy - 06:26 mins/mile Tempo - 05:29 mins/mile	4M Easy - 06:26 mins/mile (recovery)	5M Easy or Parkrun + 2M Easy Easy - 06:26 mins/mile	12M Easy + 8M in middle Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	64 Miles	73.44%
Week 13	6M Easy - 06:26 mins/mile	1M Easy, 12*400m fast with 200m easy recovery, 1M Easy Easy - 06:26 mins/mile	9M Easy - 06:26 mins/mile	1M Easy, 3M Tempo 1M Easy (AM), 3M Recovery (PM) Easy - 06:26 mins/mile Tempo - 05:29 mins/mile	4M Easy - 06:26 mins/mile (recovery)	5M Easy or Parkrun + 2M Easy Easy - 06:26 mins/mile	14M Easy, 8M Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	59 Miles	76.27%
Week 14	6M Easy - 06:26 mins/mile	1M Easy, 8*800m fast with 100m easy recovery, 3M Easy Easy - 06:26 mins/mile	11M Easy - 06:26 mins/mile	2M Easy, 10M Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	4M Easy - 06:26 mins/mile (recovery)	5M Easy or Parkrun + 2M Easy Easy - 06:26 mins/mile	16M Easy, 2M Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	61 Miles	75.41%
Week 15	6M Easy - 06:26 mins/mile	1M Easy, 12*400m fast with 200m easy recovery, 1M Easy Easy - 06:26 mins/mile	6M Easy - 06:26 mins/mile	1M Easy, 3M Tempo, 1M Easy Easy - 06:26 mins/mile Tempo - 05:29 mins/mile	4M Easy - 06:26 mins/mile (recovery)	5M Easy or Parkrun + 2M Easy Easy - 06:26 mins/mile	8M Easy, 4M Steady Easy - 06:26 mins/mile Steady - 05:43 mins/mile	43 Miles	76.74%
Week 16	3M Easy - 06:26 mins/mile	1M Easy, 12*200m fast with 100m easy, 1M Easy - 06:26 mins/mile	4M Easy - 06:26 mins/mile	3M Easy - 06:26 mins/mile with strides	Rest	2M Easy - 06:26 mins/mile, with easy strides	Marathon – Kerpow!	16 Miles	87.50%

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