



WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
Week 1	Easy 5M - 07:44 mins/mile	Easy 4M - 07:44 mins/mile with some short sprints	Easy 6M - 07:44 mins/mile	Steady 5M - 06:52 mins/mile	Rest	Steady 5M - 06:52 mins/mile or cross-country	Easy 12M - 07:44 mins/mile
Week 2	Easy 5M - 07:44 mins/mile	Easy, 6*1M fast with 400m recoveries, 1M Easy 1M Easy - 07:44 mins/mile	Easy 7M - 07:44 mins/mile	Easy, 1M Tempo, 3M Easy 1M - 07:44 mins/mile Tempo - 06:35 mins/mile	Rest	Steady 5M - 06:52 mins/mile or cross-country	Easy 14M - 07:44 mins/mile
Week 3	Easy 5M - 07:44 mins/mile	Easy, 4 x 1.5M fast with 400m Easy, 1M Easy 1M Easy - 07:44 mins/mile	Easy 8M - 07:44 mins/mile	Steady 7M - 06:52 mins/mile	Rest	Steady 5M - 06:52 mins/mile or cross-country	Easy 16M - 07:44 mins/mile
Week 4	Easy 5M - 07:44 mins/mile	Easy, 7*800m fast with 200m Easy, 1M Easy 1M Easy - 07:44 mins/mile	Easy 9M - 07:44 mins/mile	Easy, 1M Tempo, 4M Easy 1M - 07:44 mins/mile Tempo - 06:35 mins/mile	Rest	Easy or parkrun + Easy 5M Easy 2M - 07:44 mins/mile	10k race + Easy 2M Race - 06:17 mins/mile Easy - 07:44 mins/mile
Week 5	Easy 5M - 07:44 mins/mile	Easy, Fartlek (mixed pace), 1M 6M Easy 1M Easy - 07:44 mins/mile	Easy 10M - 07:44 mins/mile	Easy, 1M Tempo, 4M Easy 1M - 07:44 mins/mile Tempo - 06:35 mins/mile	Rest	Easy or parkrun + Easy 5M Easy 2M - 07:44 mins/mile	Easy with last 16M 4 Steady Easy - 07:44 mins/mile Steady - 06:52 mins/mile
Week 6	Easy 5M - 07:44 mins/mile	Easy, 15*2 mins hill run, Easy back, 1M Easy 1M - 07:44 mins/mile	Easy 11M - 07:44 mins/mile	Steady 7M - 06:52 mins/mile	Rest	Easy or parkrun + Easy 5M Easy 2M - 07:44 mins/mile	Easy with 18M in middle 5M Steady Easy - 07:44 mins/mile Steady - 06:52 mins/mile
Week 7	Easy 5M - 07:44 mins/mile	Easy, 15*400m fast with 200m Easy, 1M Easy 1M Easy - 07:44 mins/mile	Easy 12M - 07:44 mins/mile	Steady 8M - 06:52 mins/mile	Rest	Easy or parkrun + Easy 5M Easy 2M - 07:44 mins/mile	Easy 20M - 07:44 mins/mile
Week 8	Easy 5M - 07:44 mins/mile	Easy with strides, 16*200 meters fast with 200-meter Easy, 1M Easy 1M Easy - 07:44 mins/mile	Easy 10M - 07:44 mins/mile	Easy, 1M Tempo, 3M Easy 1M - 07:44 mins/mile Steady - 06:52 mins/mile	Rest	Easy 4M - 07:44 mins/mile with strides	Half-marathon) race, + Easy 2M - 07:44 mins/mile
Week 9	Easy 5M - 07:44 mins/mile	Easy, Fartlek (mixed pace), 1M 6M Easy 1M Easy - 07:44 mins/mile	Easy 9M - 07:44 mins/mile	Steady 10M - 06:52 mins/mile	Rest	Easy or parkrun + Easy 5M Easy 2M - 07:44 mins/mile	Easy 20M - 07:44 mins/mile
Week 10	Easy 5M - 07:44	Easy, 3*2M fast with 400m Easy, 1M Easy 1M	Easy 10M -	Easy, 1M Tempo, 4M Easy 1M - 07:44	Rest	Easy 4M - 07:44 mins/mile with strides	Half-marathon) race, + Easy 2M -



	mins/mile	Easy - 07:44 mins/mile	07:44 mins/mile	Tempo/mile - 06:35 mins/mile			07:44 mins/mile
Week 11	Easy 5M - 07:44 mins/mile	Easy, Fartlek (mixed pace), 1M 6M Easy 1M Easy - 07:44 mins/mile	Easy 11M - 07:44 mins/mile	Easy, 1M Tempo, 4M Easy Easy 1M - 07:44 mins/mile Tempo - 06:35 mins/mile	Rest	Easy or parkrun + Easy 5M 2M Easy - 07:44 mins/mile	Easy 22M - 07:44 mins/mile
Week 12	Easy 5M - 07:44 mins/mile	Easy, 15*2 mins hill run, Easy back, 1M 1M Easy - 07:44 mins/mile	Easy 10M - 07:44 mins/mile	Easy, 1M Tempo, 5M Easy Easy 1M - 07:44 mins/mile Tempo - 06:35 mins/mile	Rest	Easy or parkrun + Easy 5M 2M Easy - 07:44 mins/mile	Easy with last 20M Steady 8M Easy - 07:44 mins/mile Steady - 06:52 mins/mile
Week 13	Easy 5M - 07:44 mins/mile	Easy, 12*400m fast with 200m Easy, 1M Easy 1M - 07:44 mins/mile	Easy 6M - 07:44 mins/mile	Easy, 1M Tempo, 3M Easy Easy 1M - 07:44 mins/mile Tempo - 06:35 mins/mile	Rest	Easy or parkrun + Easy 5M 2M Easy - 07:44 mins/mile	Easy 22M - 07:44 mins/mile
Week 14	Easy 5M - 07:44 mins/mile	Easy, 8*800m fast with 100m Easy, 1M Easy 1M - 07:44 mins/mile	Easy 8M - 07:44 mins/mile	Steady 10M - 06:52 mins/mile	Rest	Easy or parkrun + Easy 5M 2M Easy - 07:44 mins/mile	Easy 18M - 07:44 mins/mile
Week 15	Easy 5M - 07:44 mins/mile	Easy, 12*400m fast with 200m Easy, 1M Easy 1M - 07:44 mins/mile	Easy 6M - 07:44 mins/mile	Easy, 1M Tempo, then 3M Easy 1M - 07:44 mins/mile Tempo - 06:35 mins/mile	Rest	Easy or parkrun + Easy 5M 2M Easy - 07:44 mins/mile	Steady 12M - 06:52 mins/mile
Race Week	Easy 3M - 07:44 mins/mile	Easy, 12*200m fast with 100m Easy, 1M Easy 1M - 07:44 mins/mile	Easy 4M - 07:44 mins/mile	Easy 3M - 07:44 mins/mile with strides	Rest	Easy 2M - 07:44 mins/mile with strides	Marathon – Kerpow!

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Because the caffeine is chewed, it's absorbed in the mouth and kicks 3x faster than gels, giving you a boost of energy precisely when you need it – Ideal for maintaining your target pace during runs, tempos, and intervals, setting PBs at any race distance or just to overtake your racing nemesis.

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