



WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
Week 1	Easy 3M - 10:19 mins/mile	Rest	Easy 4M - 10:19 mins/mile	Steady 2M - 09:09 mins/mile	Rest	Easy 3M - 10:19 mins/mile	Easy 7M - 10:19 mins/mile
Week 2	Rest	Easy, 2 x 1.5M fast 1M With 400m recoveries, Easy Easy 1M - 10:19 mins/mile	Easy 5M - 10:19 mins/mile	Easy, Tempo, 2M Easy Easy 1M - 10:19 mins/mile Tempo - 08:47 mins/mile	Rest	Easy 3M - 10:19 mins/mile Parkrun	Easy 8M - 10:19 mins/mile
Week 3	Rest	Easy, 3 x fast 1M With 400m recoveries, Easy Easy 1M - 10:19 mins/mile	Easy 6M - 10:19 mins/mile	Easy Steady 1M 2M Easy Easy 1M - 10:19 mins/mile Steady - 09:09 mins/mile	Rest	Easy 3M - 10:19 mins/mile Parkrun	Easy 9M - 10:19 mins/mile
Week 4	Rest	Easy, 4 x 800m fast 1M With 200m recoveries, Easy Easy 1M - 10:19 mins/mile	Easy 7M - 10:19 mins/mile	Easy, Tempo, 2M Easy Easy 1M - 10:19 mins/mile Tempo - 08:47 mins/mile	Rest	Easy 3M - 10:19 mins/mile	Easy, /10k 1M Race, 5M Easy Easy 1M - 10:19 mins/mile Race - 08:23 mins/mile
Week 5	Rest	Easy, Fartlek, 1M 4M Easy Easy 1M - 10:19 mins/mile	Easy 5M - 10:19 mins/mile	Steady 5M - 09:09 mins/mile	Rest	Easy 3M - 10:19 mins/mile Parkrun	Easy 11M - 10:19 mins/mile
Week 6	Rest	Easy, 8 x 2 mins 1M uphill, Easy back, Easy 1M - 10:19 mins/mile	Easy 6M - 10:19 mins/mile	Easy, Tempo, 2M Easy Easy 1M - 10:19 mins/mile Tempo - 08:47 mins/mile	Rest	Easy 3M - 10:19 mins/mile Parkrun	Easy 13M - 10:19 mins/mile
Week 7	Rest	Easy and strides, 1M then 10 x 400m with 200m Easy recoveries, then Easy Easy 1M - 10:19 mins/mile	Easy 7M - 10:19 mins/mile	Steady 6M - 09:09 mins/mile	Rest	Easy 3M - 10:19 mins/mile	Easy 15M - 10:19 mins/mile
Week 8	Rest	Easy, 12 x 200m 1M With 200m Easy recoveries, then Easy 1M Easy - 10:19 mins/mile	Easy 7M - 10:19 mins/mile	Easy, Tempo, 2M Easy Easy 1M - 10:19 mins/mile Tempo - 08:47 mins/mile	Rest	Easy 3M - 10:19 mins/mile	Race (ideally half- marathon) or Tempo 15M - 08:47 mins/mile
Week 9	Rest	Easy and strides, 1M then 10 x 90 secs uphill, Easy back, then Easy Easy 1M - 10:19 mins/mile	Easy 7M - 10:19 mins/mile	Steady 8M - 09:09 mins/mile	Rest	Easy 3M - 10:19 mins/mile	Easy 17M - 10:19 mins/mile
Week 10	Rest	Easy, 3 x 1.5M fast 1M with 400m Easy recoveries, then Easy 1M	Easy 10M -	Easy, Tempo, 2M Easy Easy 1M - 10:19	Rest	Easy 3M - 10:19	Half-marathon (aim for sub-1:50)



		Easy - 10:19 mins/mile	10:19 mins/mile	Tempo - 08:47 mins/mile		mins/mile	
Week 11	Rest	Easy, Fartlek, 1M then 5M Easy Easy 1M - 10:19 mins/mile	Easy 6M - 10:19 mins/mile	Steady 8M - 09:09 mins/mile	Rest	Easy 3M - 10:19 mins/mile	Easy 19M - 10:19 mins/mile
Week 12	Rest	Easy and strides, 4 x 1M fast with 200m (90 secs) Easy recoveries, then Easy Easy 1M - 10:19 mins/mile	Easy 7M - 10:19 mins/mile	Easy, Tempo, 1M, 2M Easy 1M - 10:19 mins/mile Tempo - 08:47 mins/mile	Rest	Easy 3M - 10:19 mins/mile	21M
Week 13	Rest	Easy and strides, 1M x 90 secs uphill, Easy back, then Easy 1M Easy - 10:19 mins/mile	Easy 7M - 10:19 mins/mile	Easy, Tempo, 1M, 2M Easy 1M - 10:19 mins/mile Tempo - 08:47 mins/mile	Rest	Easy 3M - 10:19 mins/mile	Easy 20M - 10:19 mins/mile
Week 14	Rest	Easy 1M - 10:19 mins/mile, 6x800m fast with 100m recoveries	Easy 6M - 10:19 mins/mile	Steady 7M - 09:09 mins/mile	Rest	Easy 3M - 10:19 mins/mile	Easy 18M - 10:19 mins/mile
Week 15	Rest	Easy, then 8 x 400m 1M (90 secs) fast with 200m (2-min) Easy recoveries, then Easy 1M Easy - 10:19 mins/mile	Easy 5M - 10:19 mins/mile	Easy, Tempo, then 3M Easy 1M - 10:19 mins/mile Tempo - 08:47 mins/mile	Rest	Easy 3M - 10:19 mins/mile	Steady 12M - 09:09 mins/mile
Race Week	Rest	Easy, 10x200m fast (40 secs) with 100m (30 secs) recoveries, then Easy Easy 1M - 10:19 mins/mile	Easy 3M - 10:19 mins/mile	Rest	Rest	Easy 2M - 10:19 mins/mile	Race day!

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