|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Г ¢ \# 3 | REST | Recovery run 25 mins | $4 \times 5$ mins @ threshold with 2 mins recovery | 30 mins cross training and 30 mins recovery run | REST | Hilly run 45 mins | Long run 60 mins |
| $N$ $\vdots$ N U 3 | Stretch session 30 mins or yoga class | $4 \times 6$ mins @ threshold with 2 mins recovery | $\begin{aligned} & \text { Cross training } \\ & 40 \text { mins } \end{aligned}$ | Interval training 5 x 2 mins at 10 km pace with 1 min recovery | REST | Hilly run 30 mins working up hills | Long run 70 mins |
| m $\vdots$ $\vdots$ \# \# | REST | Recovery run 30 mins | Threshold run $2 \times 15$ mins effort with 5 mins recovery | $\underset{\text { mins }}{\text { Cross training }} 40$ | REST | Interval training $6 x$ 3 mins at 10km pace with 1 min recovery | Long run 80 mins |
| 寸 $\stackrel{\square}{\#}$ \# 3 | REST | Threshold run $3 \times 7$ mins @ threshold plus 3 mins at 10 km pace with 3 min recovery | $\begin{aligned} & \text { Cross training } \\ & 40 \text { mins } \end{aligned}$ | REST | Recovery run 30 mins | Recovery run 30 mins | Easy long run 45 mins |


| W/C | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | REST | Threshold run $3 \times 7$ mins @ threshold plus 3 mins at 10 km pace with 3 min recovery | Cross training $3 \times 20 \mathrm{mins}$ | 60 mins including $2 \times 10$ mins @ threshold with 5 mins recovery | REST | Intervals $2 \times 2 \times 5$ mins at 10 km pace with 1 and 2 mins recovery | Long run 75 mins |
| $\begin{aligned} & 0 \\ & \underline{\square} \\ & \mathbf{\#} \\ & \mathbf{Z} \end{aligned}$ | REST | Recovery run 30 mins | 60 mins including 20 mins @ threshold | $\begin{aligned} & \text { Cross training } \\ & 2 \times 20 \text { mins } \end{aligned}$ | REST | Intervals $6 \times 3$ mins at 10k pace with 2 mins recovery | long run 80 mins |
| $\begin{aligned} & \text { N } \\ & \text { ■ } \\ & \mathbf{U} \\ & \mathbf{Z} \end{aligned}$ | REST | Threshold run $4 \times 6$ mins @ threshold plus 3 mins at 10 km pace with 2 min recovery | $\begin{gathered} \text { Cross training } 40 \\ \text { mins } \end{gathered}$ | 45 min run with 15 mins threshold | REST | Intervals $8 \times 2$ mins at 10 km pace with 1 min recovery | Long run 80 mins |
| $\begin{aligned} & \infty \\ & \boxed{ \pm} \\ & \vdots \\ & \mathbf{Z} \end{aligned}$ | REST | $\begin{aligned} & \text { Cross training } \\ & 3 \times 20 \text { mins } \end{aligned}$ | Intervals $2 \times 4 \times 2$ mins at 5 km pace with 1 and 3 min recovery | Recovery run 40 mins | REST | $2 \times 2$ miles at 10 km pace with 10 mins recovery | Long run 80 mins |


| W/C | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | REST | 45 min run with 15 mins at threshold | $\begin{aligned} & \text { Cross training } \\ & 3 \times 20 \text { mins } \end{aligned}$ | Intervals $10 \times 2$ mins at 10k pace with 1 min recovery jog | REST | Recovery run 25 mins | Long run 90 mins |  |
|  | REST | Threshold run $2 \times 15$ mins effort with 2 mins recovery | Cross training $3 \times 20 \mathrm{mins}$ | Recovery run 30 mins | REST | $2 \times 2$ miles at 10 km pace with 10 mins recovery | Long run easy 70 mins |  |
|  | REST | Threshold run 2 x 15 mins @ threshold plus 3 mins at 10km with 2 mins recovery | Recovery run 30 mins | $\begin{aligned} & \text { Cross training } \\ & 60 \text { mins } \end{aligned}$ | REST | Intervals $6 \times 2$ mins at 10 km pace with 1 min recovery | Long run easy 45 mins |  |
| $\begin{aligned} & N \\ & \mathbf{N} \\ & \mathbf{~} \\ & \mathbf{Z} \end{aligned}$ | REST | $10 \times 60$ seconds @ 10km pace with 60 seconds recovery | REST | 2 sets: $5 \times 30$ seconds @ 5 km pace with 30 seconds and 3 mins recovery | REST | Recovery run 20 mins include $5 \times 30$ seconds pick ups | 10km Race day! |  |

