|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |  |
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| $\begin{aligned} & \text { F } \\ & \hline \mathbf{U} \\ & \mathbf{U} \\ & \hline \end{aligned}$ | Recovery run, 40mins and full stretch | AM - Recovery run, 30 mins // PM Threshold: warm-up, $10 \mathrm{mins}+4 \times 5 \mathrm{mins}$ with 60seconds recovery jog between efforts + cool-down, 10mins | Recovery Run, 45mins | AM - Recovery run, 30mins // PM Recovery run, 40mins | Rest | Kenyan Hills: warmup, $10 \mathrm{mins}+3 \times 7$ mins with 2 mins recovery jog between efforts + cool-down, 10mins | Long Run, 90 mins. Easy run off road if possible |  |
| $\begin{aligned} & \mathbf{N} \\ & \hdashline \mathbf{U} \\ & \mathbf{U} \\ & \hline \end{aligned}$ | Recovery run, 30 mins plus Cross Training, 30 mins focus on body weight exercises + Stretch | AM - Recovery Run, 40mins // PM - <br> Threshold: warm-up, $10 \mathrm{mins}+4 \times 6 \mathrm{mins}$ <br> @ Threshold with 60seconds recovery jog between efforts + cool-down, 10 mins | Recovery Run, 45mins | AM - Recovery Run, 30mins // PM Steady Undulating Run, 40mins | Pilates or 40 minutes of body conditioning exercises | Kenyan Hills: warmup, $10 \mathrm{mins}+3 \times 8$ mins with 2 mins recovery jog between efforts + cool-down, 10mins | Long Run, 90mins. Easy run off road if possible |  |
| $\begin{aligned} & \text { M } \\ & \hdashline \mathbf{y} \\ & \mathbf{U} \\ & \hline \end{aligned}$ | Rest or Recovery Run, 30mins | AM - Recovery Run, 40mins // PM - <br> Threshold: warm-up, 10mins $+3 \times 8 \mathrm{mins}$ with 60seconds recovery jog between efforts + cool-down, 10mins | Recovery Run, 45mins | AM - Recovery Run, 30mins // PM Recovery Run, $40 \mathrm{mins}+20 \mathrm{mins}$ Body Conditioning | Recovery Run, 35mins + Body Weight Exercises, 15mins | Kenyan Hills: warmup, 10mins + $3 x$ 10 mins with 2 mins recovery jog between efforts + cool-down, 10mins | Long Run, 90mins. Easy run off road if possible |  |
| $\begin{aligned} & \text { 寸 } \\ & \text { y } \\ & \text { U } \\ & \mathbf{Z} \end{aligned}$ | Rest | Recovery Run, 45 mins + Stretch | Steady Pace Run, $60 \mathrm{mins}+$ Stretch | Recovery Run, 40mins + Body Weight Exercises, 15 mins | Rest + Sports Massage | Threshold: 15 min warm-up, 20 mins @ Threshold, 15 mins cool down + stretch | Long Run, 60mins. Easy run on road |  |


| w/C | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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| $\begin{aligned} & \text { n } \\ & \vdots \\ & \vdots \\ & \mathbf{0} \\ & \hline \end{aligned}$ | Cross Training, 30 mins focus on body weight exercises + Stretch | AM - Recovery run, 30 mins + Stretch // PM - Threshold/10k session: warm-up, 10mins + 10mins @ Threshold +5x 2mins @ 10K with 90 seconds recovery between each effort +10 mins @ Threshold + cooldown, 10 mins | Recovery run, 45 mins + Stretch | AM - Recovery Run, 40mins // PM Mixed pace session Easy pace, 10mins + Steady pace, 15 mins <br> + Threshold, 15mins <br> + Easy pace, 10 mins | Recovery Run, 40mins + Full Stretch | Threshold + hills Session: warm-up, $10 \mathrm{mins}+$ Threshold, 10mins + Kenyan Hills, 10 mins 2 mins recovery jog + Threshold +10 mins Kenyan Hills, + cool-down, 10mins | Long Run, 105mins. Easy run off road if possible |
| $\begin{aligned} & 0 \\ & \vdots \\ & \vdots \\ & \vdots \end{aligned}$ | Rest or Recovery Run, 30mins | Warm-up, 10mins + 10mins @ Threshold +5x3mins @ 10K effort with 90seconds recovery +10 mins @ Threshold + cooldown, 10mins | Recovery Run, 60mins + Body Weight Exercises, 15 mins | AM - Recovery Run, 30mins // PM Mixed pace session 45mins run: Recovery run, 15 mins + Steady pace, $15 \mathrm{mins}+$ Threshold, 15mins | 45 mins Cross Training with focus on body conditioning and core + Stretch | AM - Recovery Run, 30mins // PM 45 mins Undulating Run, push 4-5 hills to 90\% effort | Long Run, 120mins. <br> Easy relaxed introduce more on road |
| $\begin{aligned} & \text { N } \\ & \text { ■ } \\ & \mathbf{\#} \\ & \hline \end{aligned}$ | Recovery Run 30 mins or Cross Training, 30mins focus on body weight exercises + Stretch | AM - Recovery Run, 30mins // PM -warm-up, 10mins + 3 x 10mins @ Threshold with 2 mins recovery jog between each effort + cool-down, 10mins | Steady Pace Run, 60 mins | AM - Recovery Run, 30mins // PM - 10k session: warm-up, 15mins + $6 \times 1 \mathrm{~km}$ @ 10K with 90seconds recovery jog between efforts + cool-down, 15mins | 45 mins Cross Training with focus on body conditioning and core + Stretch | 45mins steady Undulating Run, but push 4-5 hills to 90\% effort | Long Run, 120mins easy but with last 30mins @ half marathon pace effort |
|  | Rest and full stretch | AM - Recovery Run, 30mins // PM 50mins Run: 15mins Easy +20 mins Threshold + 15mins Easy | Recovery run, 45mins | 10k session: warmup, 15 mins $+5 \times 2$ minutes @ 10K with 60seconds recovery jog between efforts + cool-down, 15mins | Rest and full stretch | Recovery Run, 30mins + Full Stretch | Race a $10 \mathrm{~K}=\mathrm{OR}=$ warm-up, 15 mins +3 x 2miles@10K pace with 3 mins recovery jog between effors cool-down, 15 mins |


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| $\begin{gathered} 0 \\ \text { r } \\ \text { d } \\ 3 \end{gathered}$ | Recovery Run 30 mins + Cross Training, 30mins focus on body weight exercises + Stretch | Recovery run, 45 mins + Stretch | AM - Recovery Run, 30mins // PM 45 mins undulating with the middle 25mins @ Threshold | Rest and full stretch | AM - Recovery Run, 30mins // PM - <br> warm-up, 15 mins +6 x 1km @ 10K pace with 90seconds recovery jog between efforts + cool-down, 15mins | Recovery run, 45 mins + Stretch | Long Run, 120mins easy but with last 40mins @ half marathon pace |  |
| $\begin{aligned} & 0 \\ & \text { 을 } \\ & \text { © } \\ & 3 \end{aligned}$ | Rest | AM - Recovery Run, 30mins // PM - <br> Warm-up, 15mins + Threshold, $15 \mathrm{mins}+$ $4 \times 1 \mathrm{~km}$ @10K pace + 15mins @ Threshold with 90seconds recovery jog between efforts + cool-down, 15mins | Recovery Run, 30mins + Cross Training, 30mins (focus on upper body and core) | 45mins Steady Undulating Run, but push the hills to 90\% effort | Recovery Run, 40mins + Stretch, 20 mins | AM - Recovery Run, 30mins // PM - <br> Warm-up, 10mins +10 mins @ <br> Threshold with 60seconds recovery jog + $3 \times 1 \mathrm{~K}$ @ 10K pace with 90seconds recovery jog between efforts +10 mins @ Threshold | Long Run, 100 mins easy run |  |
| $\begin{aligned} & \text { F } \\ & \text { r } \\ & \text { I } \\ & 3 \end{aligned}$ | Rest | AM - Recovery Run, 30mins // PM -Warm-up, 15mins + Threshold, $15 \mathrm{mins}+$ $4 \times 1 \mathrm{~km}$ @10K pace + 15mins @ Threshold with 90seconds recovery jog between efforts + cool-down, 15mins | Recovery Run, 30mins + Cross Training, 30mins (focus on upper body and core) | 45mins Steady Run + stretch | AM - Recovery Run, 30mins // PM - <br> Warm-up, 10mins +10 mins @ Threshold with 60seconds recovery jog + $3 \times 1 \mathrm{~K}$ @ 10K pace with 90seconds recovery jog between efforts +10 mins @ <br> Threshold + cooldown, 10mins | Recovery Run, 40mins + full stretch | Long Run, 120mins easy but with last 40 mins @ half marathon pace |  |
| $\begin{aligned} & \mathbf{N} \\ & \mathbf{Y} \\ & \mathbf{U} \\ & \mathbf{S} \end{aligned}$ | Rest | AM - Recovery Run, 30mins // PM -Warm-up, 15mins + Threshold, $15 \mathrm{mins}+$ $4 \times 1 \mathrm{~km}$ @10K pace + 15mins @ Threshold with 90seconds recovery jog between efforts + cool-down, 15mins | Recovery Run, 30mins + Cross Training, 30mins (focus on upper body and core) | 45mins Steady Undulating Run, but push the hills to 90\% effort | Recovery Run, 40mins + Stretch, 20mins | AM - Recovery Run, 30mins // PM -Warm-up, 10mins +10 mins @ <br> Threshold with 60seconds recovery jog + $3 \times 1 \mathrm{~K}$ @ 10K pace with 90seconds recovery jog between efforts +10 mins @ Threshold | Long Run, 105mins. Easy run off road if possible |  |


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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Rest or Recovery Run, 40mins depending on how your legs are feeling | AM - 40mins Easy Run // PM - warmup, 15 mins $+3 x$ ( 5 x 400m @ 10K pace) with 30seconds recovery between efforts and 90seconds recovery between efforts + cool-down, 15mins | Recovery run, 45mins | AM - Recovery Run, 30mins // PM Recovery Run, 30mins 30mins | Rest | RACE $10 K=O R=$ Run a 10km Time Trial @ race effort | Long Run, 75 mins Easy conversational pace |
| $\begin{aligned} & \pm \\ & \vdots \\ & \vdots \\ & \mathbf{Z} \end{aligned}$ | Recovery Run 30 mins and full stretch | AM - Recovery Run, 40mins // PM -Warm-up, 15mins + $2 \times$ (3 x 1km @ 10K pace with 90seconds recovery between efforts and 3 mins recovery between efforts + cool-down, 15mins | Recovery Run, 40 mins and full stretch | AM - Recovery Run, 40mins // PM 45mins Run: Easy, $15 \mathrm{mins}+$ Steady, 15mins + Easy, 15 mins | Rest or Pilates | 60mins Run incl: 3 x 12mins @ Threshold with 2 mins recovery jog between efforts | Long Run, 90 mins. Easy conversational pace |
|  | Rest | AM - Recovery Run, 40mins // PM Steady Pace Run, 40mins | AM - Recovery Run, 30mins // PM 60 mins incl $6 \times 6$ mins @ Threshold with 60seconds recovery jog between efforts | Recovery run, 45mins | Warm-up, 15 mins + <br> $6 \times 3 \mathrm{mins}$ @ 10K pace with 90 seconds recovery jog between efforts + cool-down, 15 mins | Recovery Run, 30mins or REST | Long Run, 70mins: (Easy, 40min easy + 30mins @ half marathon pace) |
|  | Rest | AM - Recovery Run, 40mins // PM -warm-up, 10mins + $4 \times 5 \mathrm{mins}$ @ Threshold with 60seconds recovery jog between efforts + cool-down, 10mins | Recovery Run, $30 \mathrm{mins}+$ Stretch + Sports Massage | 30mins Easy including 6 x 20second strides | Rest | Recovery Run, 20mins + Stretch | RACE DAY: GOOD LUCK! |

