

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 1	Easy Run, 30mins + Body Weight Exercises, 20mins	AM - Easy Run 30mins // PM - Threshold: warm-up, 10mins + 5 x 5mins with 60seconds recovery jog between efforts + cooldown, 10mins	Cross Training, 60mins but focus on upper body and core	AM - Easy run, 30mins // PM - Easy Run, 15mins + Threshold, 15mins + Easy Run, 15mins + Full Stretch	REST or if ok Yoga or Swim	AM - Easy run, 30mins // PM - Easy Run, 10mins + Undulating Steady run, 40mins - push the hills to 90% + 10mins Easy	Long Run, 90mins. Easy, off road if possible	
	Week 2	Recovery run, 30mins + Body Weight Exercises, 30mins	AM - Recovery Run, 30mins // PM - Threshold: warm-up, 10mins + 6 x 5mins with 60seconds recovery jog between efforts + cooldown	45mins Cross Training. Focus on upper body and core	60mins Run: 10mins Easy pace, 20mins Steady pace, 20mins Threshold 10mins Easy	REST or Yoga	AM - Recovery Run, 30mins // PM - Kenyan Hills: warm-up, 10mins + 2 x 10mins with 2mins recovery jog between sets + cooldown, 10mins	Long Run, 90mins easy off road	
	Week 3	Recovery Run, 40mins + Pilates or Full Stretch	AM - Recovery Run, 30mins // PM - Threshold: warm-up, 10mins + 3 x 10mins with 2mins recovery jog between sets + cooldown, 10mins	Easy Run, 30mins + Cross Training, 30mins	AM - Recovery Run, 30mins // PM - 60mins to include Easy run, 20 mins + Steady run, 20mins + Threshold, 20mins	REST	AM - Recovery Run, 30mins // PM - Kenyan Hills: warm-up, 10mins + 4 x 8mins with 2mins recovery jog between sets + cooldown, 10mins	Long Run, 105mins. Easy conversational	
	Week 4	Recovery Run, 40mins + Yoga Class / Pilates	AM - Recovery Run, 30mins // PM - Threshold Session: warm-up, 10mins + 3 x 12mins with 90seconds recovery jog between sets	Easy Run, 45mins or Cross Training	AM - Recovery Run, 30mins // PM - 60mins to include Easy run, 20 mins + Steady run, 20mins + Threshold, 20mins	REST	AM - Recovery Run, 30mins // PM - Kenyan Hills: warm-up, 10mins + 3 x 10mins with 2mins recovery jog between sets + cooldown, 10mins	Long Run, 105 mins. Easy conversational	

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	Week 5	Recovery Run, 30-45mins + Yoga Class / Pilates	AM - Recovery Run, 30mins // PM - Threshold Session: warm-up, 10mins + 3 x 15mins with 90seconds recovery jog between sets.	Cross Training, 60mins	AM - Recovery Run, 30mins // PM warmup, 10mins + 10mins @threshold + 5 x 3mins @10K pace + 10mins @ Threshold - all with 90sec recovery	REST	AM - Recovery Run, 30mins // PM - Kenyan Hills: warm-up, 10mins + 3 x 10mins with 90seconds recoveries	Long Run, 120mins. Easy conversational	
	Week 6	Recovery Run, 30mins + Yoga or Full Stretch	10mins Easy Run + 20mins Threshold + 10mins Easy Run	Cross Training, 60mins	15mins warm-up + 2 x 5x 400m with 30 seconds between efforts and 60seconds between sets	REST or Swim	Steady Undulating Run, 45mins or local 10K Race	Long Run, 90mins easy off road	
	Week 7	Recovery Run, 30mins + Pilates	AM - 30mins Recovery Run // PM - Threshold: 10mins Easy, 30mins Threshold + 10mins Easy	Cross Training, 45mins. Focus on core and upper body	AM - Recovery Run, 30mins // PM - warmup, 15mins + 2x (3 x 1km @ 10K effort) with 90second between efforts and 3mins between sets	REST	AM - Recovery Run, 30mins // PM - Warmup, 10mins + 6 miles @ half marathon pace + cool-down, 10mins	Long Run, 135mins. Easy conversational	
	Week 8	Recovery Run, 40mins + Full Stretch	AM - Recovery Run, 30mins // PM - Easy Run, 15mins + Threshold, 25mins + Easy Run, 15mins	Recovery Run, 30mins + Cross Training, 30mins	AM - Recovery Run, 30mins // PM warmup, 10mins + 10mins @threshold + 5 x 1K @10K pace + 10min @threshold - 90seconds recoveries	REST or Swim	AM - Recovery Run, 30mins // PM - Kenyan Hills: warm-up, 10mins + 3 x 8 mins with 90seconds recovery jog between sets	Long Run, 135mins with last 30mins @ marathon pace	

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	Week 9	Recovery Run 40mins + Full Stretch	AM - Recovery Run, 30mins // PM - Recovery Run, 45mins	Threshold: warm-up, 10mins + 10mins @ Threshold + 5 x 1Km @ 10K pace + 10mins @ Threshold - 90seconds recovery after each effort	Cross Training, 30mins	REST	AM - 30mins Easy Run + Stretch // PM - warm-up, 10mins followed by 10mins @ Threshold 10mins of Kenyan Hills x 3 with a 3mins recovery	Long Run 150mins easy with las 40mins @ marathon pace	
	Week 10	Rest or Easy Swim +Stretch	30mins // PM - AM - Recovery Run, 30mins // PM - warmup, 10mins + 5 x 1K @ 10K pace 75seconds recovery jog after efforts + cool-down, 10mins	Recovery Run, 40mins + Stretch, 20mins	AM- 30mins Easy Pace Run // PM - 10mins Easy Run, 10mins Threshold, 10mins Easy Run	REST	20mins Very Easy Jog + Stretch	RACE A HALF MARATHON or do half marathon time trial	
	Week 11	Recovery Run, 30mins + Pilates or Full Stretch	AM - Recovery Run, 30mins // PM - Recovery Run, 40mins	15 mins @ Threshold + 5 x 1km @ 10K pace + 15 mins Threshold - 90seconds recovery jog after efforts	Cross Training, 45mins + Stretch	REST	Recovery Run, 40mins + Stretch	Long Run, 90mins - incl last 30mins @ threshold pace	
	Week 12	Recovery Run, 30mins + Full Stretch	AM - Recovery Run, 30mins // PM - 15mins Easy Run, 15mins Threshold, 15mins Easy Run	50mins Easy Pace Run off road if possible + Stretch	AM - Recovery Run, 30mins // PM - 45mins run (10mins Easy pace, 25mins Threshold, 10mins Easy)	REST	AM - Recovery Run, 30mins // PM - Warmup, 10mins + 6 x 5mins @ 10K effort with 60seconds recovery jog after each effort	Long Run, 150mins. Easy conversational	

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	Week 13	Recovery Run, 30mins + Stretch	AM - Recovery Run, 30mins // PM - Easy Pace Run, 45mins	Warm-up, 15mins + 6 x 1km @ 10K with 90seconds recovery jog + cool-down, 15mins	Recovery Run, 45mins + 15mins Leg and 15mins Body Weight Exercises	REST	Recovery Run, 30mins	Long Run, 180 mins incl last 60mins @ marathon pace	
	Week 14	Recovery Run, 40mins + Pilates	AM - Recovery Run, 30mins // PM - 10mins @ Threshold + 6 x 1km @ 10K pace with 90second recovery jog between efforts + cooldown, 15mins	Cross Training, 45mins with focus on upper body and core	AM - Recovery Run, 30mins // PM - 40mins: 10mins Easy, 20min Threshold, 10mins Easy + Full Stretch	REST	Recovery Run, 30mins	120mins incl last 60mins marathon pace	
	Week 15	REST	AM - Recovery Run, 30mins // PM - Recovery Run, 30mins	Cross Training, 45mins with focus on upper body and core	AM - Recovery Run, 30mins // PM - Threshold: 60mins. (15min warm-up, 30mins Threshold + 15mins cool-down)	REST or Swim	Warm-up, 15mins + 5 x 3mins @ 10K pace with 2mins recovery jog + cool-down, 15mins	Long Run, 60mins. Easy conversational	
	Week 16	REST or Light Yoga	Threshold: 40mins incl 4 x 5mins with 60seconds recovery between sets	REST	Recovery Run, 30mins	REST	20mins Easy Pace Run incl 5 x 20seconds strides	MARATHON	