

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Mon	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
Tues	3km easy	3km easy	3.5km easy	4km easy	3.2km easy	3.2km easy	4.8km easy	4.8km easy
Wed	15 minutes tempo	15 minutes tempo	20 minutes tempo	25 minutes tempo	30 minutes tempo	35 minutes tempo	40 minutes tempo	45 minutes tempo
Thur	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning
Fri	15 minutes easy	15 minutes easy	20 minutes easy	25 minutes speed	30 minutes speed	35 minutes speed	40 minutes speed	45 minutes speed
Sat	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
Sun	3km Fast	4km Fast	5km Fast	6km Fast	7km Fast	8km Fast	9km Fast	10km

	Week 9	Week 10	Week 11	Week 12
Mon	Rest day	Rest day	Rest day	Rest day
Tues	3.2km easy	3.2km easy	4.8km easy	4.8km easy
Wed	50 minutes tempo	50 minutes tempo	50 minutes tempo	5km race-pace run
Thur	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	3.2km easy
Fri	50 minutes speed	40 minutes speed	30 minutes speed	Rest day
Sat	Rest day	Rest day	Rest day	10km race
Sun	12km Fast	12km Fast	8km Fast	