

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| Mon | Rest day | Rest day | Rest day | Rest day | Rest day | Rest day |
| Tues | 30 minutes easy run/recovery run | 30 minutes easy run/recovery run | 30 minutes easy run/recovery run | 40 minutes easy run/recovery run | 40 minutes easy run/recovery run | 40 minutes easy run/recovery run |
| Wed | Strength & Conditioning | Strength & Conditioning | Strength & Conditioning | Strength & Conditioning | Strength & Conditioning | Strength & Conditioning |
| Thur | Rest day | Rest day | Rest day | Rest day | Rest day | Rest day |
| Fri | 30 minutes fast running | 30 minutes fast running | 30 minutes fast running | 30 minutes fast running | 40 minutes fast running | 30 minutes fast running |
| Sat | Rest day | Rest day | Rest day | Rest day | Rest day | Rest day |
| Sun | Long run: 5km race | Long run: 40 minutes | Long run: 8km | Long run: 12km | Long run: 11.5km | Long run: 15km |

| | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 |
|------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| Mon | Rest day | Rest day | Rest day | Rest day | Rest day | Rest day |
| Tues | 40 minutes easy run/recovery run | 40 minutes easy run/recovery run | 40 minutes easy run/recovery run | 40 minutes easy run/recovery run | 40 minutes easy run/recovery run | 40 minutes easy run/recovery run |
| Wed | Strength & Conditioning | Strength & Conditioning | Strength & Conditioning | Strength & Conditioning | Strength & Conditioning | Strength & Conditioning |
| Thur | Rest day | Rest day | Rest day | Rest day | Rest day | 30 minutes easy run/recovery run |
| Fri | 40 minutes fast running | 40 minutes fast running | 50 minutes fast running | 40 minutes fast running | 40 minutes fast running | Rest day |
| Sat | Rest day | Rest day | Rest day | Rest day | Rest day | Half marathon race (21km) |
| Sun | Long run: 15km | Long run: 17km | Long run: 19km | Long run: 15km | Long run: 10km (at race pace) | |