

## WEEK 1

| MONDAY | TUESDAY                     | WEDNESDAY | THURSDAY                    | FRIDAY | SATURDAY                    | SUNDAY                      |
|--------|-----------------------------|-----------|-----------------------------|--------|-----------------------------|-----------------------------|
| REST   | 35 minutes of easy running. | REST      | 35 minutes of easy running. | REST   | 25 minutes of easy running. | 50 minutes of easy running. |

## WEEK 2

| MONDAY | TUESDAY                     | WEDNESDAY | THURSDAY  | FRIDAY | SATURDAY                    | SUNDAY                      |
|--------|-----------------------------|-----------|---|--------|-----------------------------|-----------------------------|
| REST   | 35 minutes of easy running. | REST      | 5 x (3 min run at your current 10K pace, with 2 min jog between each effort to recover) | REST   | 25 minutes of easy running. | 60 minutes of easy running. |

## WEEK 3

| MONDAY | TUESDAY                     | WEDNESDAY | THURSDAY   | FRIDAY  | SATURDAY                    | SUNDAY                      |
|--------|-----------------------------|-----------|--|---|-----------------------------|-----------------------------|
| REST   | 35 minutes of easy running. | REST      | 10 min easy jog warm up, 20 min run at hard & controlled pace. 10 min easy jog to warm down. | 12 x (1 min easy run followed by 1 min of easy walking) | 25 minutes of easy running. | 50 minutes of easy running. |

## WEEK 4

| MONDAY | TUESDAY                     | WEDNESDAY | THURSDAY                    | FRIDAY | SATURDAY                    | SUNDAY                      |
|--------|-----------------------------|-----------|-----------------------------|--------|-----------------------------|-----------------------------|
| REST   | 35 minutes of easy running. | REST      | 25 minutes of easy running. | REST   | 25 minutes of easy running. | 30 minutes of easy running. |

## WEEK 5

| MONDAY | TUESDAY                     | WEDNESDAY | THURSDAY  | FRIDAY | SATURDAY                    | SUNDAY                      |
|--------|-----------------------------|-----------|---|--------|-----------------------------|-----------------------------|
| REST   | 35 minutes of easy running. | REST      | 4 x (6 min at current 10 mile pace, with a 3 min walk/jog between to recover) | REST   | 25 minutes of easy running. | 50 minutes of easy running. |

## WEEK 6

| MONDAY | TUESDAY                     | WEDNESDAY | THURSDAY   | FRIDAY | SATURDAY                    | SUNDAY                      |
|--------|-----------------------------|-----------|--|--------|-----------------------------|-----------------------------|
| REST   | 35 minutes of easy running. | REST      | 10 x (1 min at current 3km pace, with a 75 second walk/jog between to recover) | REST   | 25 minutes of easy running. | 60 minutes of easy running. |

## WEEK 7

| MONDAY | TUESDAY                     | WEDNESDAY | THURSDAY  | FRIDAY | SATURDAY                    | SUNDAY                      |
|--------|-----------------------------|-----------|---|--------|-----------------------------|-----------------------------|
| REST   | 35 minutes of easy running. | REST      | 7 x (2 min at current 5km pace, with a 1.5 min walk/jog between to recover) | REST   | 25 minutes of easy running. | 50 minutes of easy running. |

## WEEK 8

| MONDAY | TUESDAY                     | WEDNESDAY | THURSDAY  | FRIDAY | SATURDAY                    | SUNDAY                      |
|--------|-----------------------------|-----------|---|--------|-----------------------------|-----------------------------|
| REST   | 35 minutes of easy running. | REST      | 6 x (3 min at current 10km pace, with a 2 min walk/ jog between to recover) | REST   | 25 minutes of easy running. | 50 minutes of easy running. |

## WEEK 9

| MONDAY | TUESDAY                     | WEDNESDAY | THURSDAY   | FRIDAY | SATURDAY                    | SUNDAY                      |
|--------|-----------------------------|-----------|--|--------|-----------------------------|-----------------------------|
| REST   | 35 minutes of easy running. | REST      | 10 min easy jog to warm up, 10 min at half marathon pace, followed by 8 min at current 10K pace. Then 10 min easy jog. | REST   | 25 minutes of easy running. | 45 minutes of easy running. |

## WEEK 10

| MONDAY | TUESDAY                     | WEDNESDAY | THURSDAY                    | FRIDAY | SATURDAY | SUNDAY                |
|--------|-----------------------------|-----------|-----------------------------|--------|----------|-----------------------|
| REST   | 35 minutes of easy running. | REST      | 20 minutes of easy running. | REST   | REST     | EVENT DAY. GOOD LUCK! |