

WEEKS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 - 12	Continuous Run & Strength Training	Swim & Intervals or Fartlek Run	Continuous Run	REST	Swim & Strength Training	Swim & Your choice?	REST
13 - 24	Challenging Continuous Run	Swim & Strength Training	REST	Challenging Continuous Run	Swim & Intervals or Fartlek Run	REST	Intervals or Fartlek Run & Strength Training