

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Stretch & strengthen	3 m run	5 x 400 5-K pace	3 m run + strength	Rest	3 m run	5 m run
2	Stretch & strengthen	3 m run	30 min tempo	3 m run + strength	Rest	3 m pace	6 m run
3	Stretch & strengthen	3.5 m run	6 x 400 5-K pace	3 m run + strength	Rest	Rest	5-K Race
4	Stretch & strengthen	3.5 m run	35 min tempo	3 m run + strength	Rest	3 m run	7 m run
5	Stretch & strengthen	4 m run	7 x 400 5-K pace	3 m run + strength	Rest	3 m pace	8 m run
6	Stretch & strengthen	4 m run	40 min tempo	3 m run + strength	Rest or easy run	Rest	10-K Race
7	Stretch & strengthen	4.5 m run	8 x 400 5-K pace	3 m run + strength	Rest	4 m pace	9 m run
8	Stretch & strengthen	4.5 m run	40 min tempo	3 m run + strength	Rest	5 m pace	10 m run
9	Stretch & strengthen	5 m run	9 x 400 5-K pace	3 m run + strength	Rest or easy run	Rest	15-K Race
10	Stretch & strengthen	5 m run	45 min tempo	3 m run + strength	Rest	5 m pace	11 m run
11	Stretch & strengthen	5 m run	10 x 400 5-K pace	3 m run + strength	Rest	3 m pace	12 m run
12	Stretch & strengthen	4 m run	30 min tempo	2 m run	Rest	Rest	Half Marathon