



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Active Recovery	Light Speed 4×1min on / 1min off	Easy Run Easy 2-3 km	Tempo or Hills 20min easy + 4×20s strides	Cross-train	Long Run 3-4 km	Rest
WEEK 2	Active Recovery	Light Speed 5×90s on / 90s off	Easy Run Easy 2-3 km	Tempo 2×4min tempo	Cross-train	Long Run 4-5 km	Rest
WEEK 3	Active Recovery	Light Speed 6×400m at steady pace	Easy Run Easy 3 km	Hills 4×30s hill repeats	Cross-train	Long Run 5-6 km	Rest
WEEK 4	Active Recovery	Light Speed 6×400m at steady pace	Easy Run Easy 3-4 km	Tempo or Hills Easy 25-30 min	Cross-train	Long Run 6 km	Rest
WEEK 5	Active Recovery	Light Speed 3×600m at steady pace	Easy Run Easy 3-4 km	Tempo 8 min tempo	Cross-train	Long Run 6-7 km	Rest Optional 20-30 min gentle walk
WEEK 6	Active Recovery	Light Speed 4×500m at steady pace	Easy Run Easy 4 km	Hills 6×45s hills	Cross-train	Long Run 7-8 km	Rest Optional 20-30 min gentle walk

Notes:	
<ul style="list-style-type: none"> • Keep all easy runs at a relaxed, conversational pace. • Walk breaks are always allowed. • Prioritise sleep, hydration, and recovery. • Adjust paces based on how your body feels. • Tick the box as you go along to show you're one step closer to the finish line! 	

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 7	Active Recovery	Light Speed 4×800m at steady pace	Easy Run Easy 4-5 km	Tempo 2×6min tempo	Cross-train	Long Run 8-9 km	Rest Optional 30 min gentle walk
WEEK 8	Active Recovery	Light Speed 6×400m at steady pace	Easy Run Easy 4 km	Hills 30 min easy + 6×20s strides	Cross-train	Long Run 9 km	Rest Optional 20-30 min gentle walk
WEEK 9	Active Recovery	Light Speed 3×1 km at steady pace	Easy Run Easy 4-5 km	Tempo 2×8min tempo	Cross-train	Long Run 9-10 km	Rest Optional 30-40 min gentle walk
WEEK 10	Active Recovery	Light Speed 6×500m at steady pace	Easy Run Easy 4-5 km	Tempo or Hills 20 min steady	Cross-train	Long Run 8 km	Rest Optional 20-30 min gentle walk
WEEK 11	Active Recovery	Light Speed 8×200m at steady pace	Easy Run Easy 4 km	Hills 4×30s hills repeat	Cross-train	Long Run 7-8 km	Rest Optional 20 min gentle walk
WEEK 12	Active Recovery	Light Speed 4×400m at steady pace	Rest	Tempo or Hills Easy 3 km	Cross-train Easy 20 min	Rest	Race day!