

Notes:

- 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 1	Active Recovery	Light Speed 5×2min on / 2min off	Easy Run Easy 4-5 km	Tempo or Hills 25min easy + 6×20s strides	Cross-train	Long Run 6 km	Easy Run Easy 3 km
WEEK 2	Active Recovery	Light Speed 6×400m at 5km pace	Easy Run Easy 4-5 km	Tempo 2×6min tempo	Strength or cross-train	Long Run 7 km	Easy Run Easy 3-4 km
WEEK 3	Active Recovery	Light Speed 6×500m	Easy Run Easy 4-5 km	Hills 4×30s hill + 4×45s	Cross-train	Long Run 8 km	Easy Run Easy 3-4 km
WEEK 4	Active Recovery	Light Speed 6×600m	Easy Run Easy 5 km	Tempo or Hills Easy 35 min	Strength or cross-train	Long Run 8-9 km	Rest
WEEK 5	Active Recovery	Light Speed 3×800m + 2×400m	Easy Run Easy 5 km	Tempo 10-12 min tempo	Cross-train	Long Run 9 km	Easy Run Easy 20-30 min
WEEK 6	Active Recovery	Light Speed 4×800m	Easy Run Easy 5 km	Hills 6×60s hills	Strength or cross-train	Long Run 9-10 km	Easy Run Easy 20-30 min

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 7	Active Recovery	Light Speed 4×1 km at goal pace	Easy Run Easy 5-6 km	Tempo 3×6 min	Cross-train	Long Run 10-11 km	Easy Run Easy 30 min
WEEK 8	Active Recovery	Light Speed 8×400m	Easy Run Easy 5 km	Hills 40 min easy + 6×20s strides	Strength or cross-train	Long Run 10-11 km	Easy Run Easy 30 min
WEEK 9	Active Recovery	Light Speed 4×1 km	Easy Run Easy 5-6 km	Tempo 2×10 min	Cross-train	Long Run 11-12 km	Easy Run Easy 30-40 min
WEEK 10	Active Recovery	Light Speed 6×600m	Easy Run Easy 5-6 km	Hills 2×10 min race-pace	Cross-train	Long Run 9 km (down week)	Easy Run Easy 20-30 min
WEEK 11	Active Recovery	Light Speed 10×200m	Easy Run Easy 5 km	Tempo Fartlek 1-2-3-2-1	Strength or cross-train	Long Run 8-9 km	Easy Run Easy 20-30 min
WEEK 12	Active Recovery	Light Speed 4×400m	Rest	Easy Run Easy 3-4 km	Easy Run Easy 20min	Rest	Race day!