

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 or Rest	Light Speed 4×2min on / 2min off	Easy Run Easy 2-4 km	Tempo or Hills 30 min easy + 4×20s strides	Cross-train or rest	Long Run 5 km	Rest or walk	
WEEK 2	Rest	Light Speed 6×400m at 5km pace	Easy Run Easy 15-20 min	Tempo 10 min easy + 2×5 min tempo	Cross-train	Long Run 6-7 km	Rest or walk	
WEEK 3	Active Recovery or Rest	Light Speed 5×500m steady	Easy Run Easy 20 min	Hills 4×30s + 2×45s	Cross-train	Long Run 8-9 km	Rest	
WEEK 4	Rest	Light Speed 6×400m	Easy Run Easy 20-25 min	Easy Run Easy 30-35 min	Cross-train	Long Run 50 min	Rest	
WEEK 5	Active Recovery or Rest	Light Speed 2×800m + 2×400m	Easy Run Easy 25 min	Tempo 10 min easy + 10 min tempo	Cross-train	Long Run 9-10 km	Rest Optional 20-30 min easy	
WEEK 6	Rest	Light Speed 3×800m	Easy Run Easy 30 min	Hills 6×60s hills repeat	Cross-train	Long Run 11-12 km	Rest Optional 20-30 min easy	

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		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 7	Active Recovery or Rest	Light Speed 4×1 km at goal pace	Easy Run 30-40 min	Tempo 3×6 min	Cross-train	Long Run 13-14 km	Rest Optional 30 min	
WEEK 8	Rest	Light Speed 6×400m	Easy Run 30 min	Hills 45 min easy + 6×20s strides	Cross-train	Long Run 60 min	Rest Optional 30 min	
WEEK 9	Active Recovery or Rest	Light Speed 3×1 km	Easy Run 40 min	Tempo 2×8 - 10 min	Cross-train	Long Run 14-15 km	Rest Optional 40 min	
WEEK 10	Rest	Light Speed 6×600m	Easy Run 40 min	Tempo 25 min marathon-pace	Cross-train	Long Run 12 km (down week)	Rest Optional 30 min	
WEEK 11	Active Recovery or Rest	Light Speed 10×200m	Easy Run 30 min	Hills 4×30 min + 2×45 min	Cross-train	Long Run 10-11 km	Rest Optional 30 min	
WEEK 12	Rest	Light Speed 4×400m	Rest	Easy Run Easy 4 km	Easy Run 20-30 min	Rest	Race day!	