

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 4-6 km	Tempo or Hills 30 min easy + 6×30s strides	Cross-train or rest	Long Run 45 min	Easy Run Easy 3-5 km
WEEK 2	Rest	Light Speed 6-8×400m at 5km pace	Easy Run Easy 20-25 min	Tempo 2×5 min tempo	Cross-train	Long Run 8-10 km	Easy Run Easy 3-5 km
WEEK 3	Active Recovery	Light Speed 6×600m at 10km pace	Easy Run Easy 20-25 min	Hills 3×30s + 3×45s + 3×60s	Cross-train	Long Run 10-13 km	Easy Run Easy 3-5 km
WEEK 4	Rest	Light Speed 6×800m	Easy Run Easy 25-30 min	Easy Run Easy 35 min	Cross-train	Long Run 50-55 min	Rest
WEEK 5	Active Recovery	Light Speed 2×1200m + 4×800m	Easy Run Easy 25-30 min	Tempo 10-15 min tempo	Cross-train	Long Run 10-11 km	Easy Run Easy 20-30 min
WEEK 6	Rest	Light Speed 4×1200m	Easy Run Easy 30 min	Hills 8 km with 5-6×90s hills	Strength or cross-train	Long Run 13-16 km	Easy Run Easy 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 5×1 km at goal pace	Easy Run 30-45 min	Tempo 3×6 min	Cross-train	Long Run 16-19 km	Easy Run 30-45 min
WEEK 8	Rest	Light Speed 8-10×400m	Easy Run 30 min	Hills 45 min easy + 8×30s strides	Cross-train	Long Run 60 min	Easy Run 30 min
WEEK 9	Active Recovery	Light Speed 4-5×1200m	Easy Run 45 min	Tempo 2×10-12 min	Strength or cross-train	Long Run 17-19 km	Easy Run 45 min
WEEK 10	Rest	Light Speed 8×600m	Easy Run 45 min	Tempo 30 min marathon-pace	Cross-train	Long Run 16 km (down week)	Easy Run 30-45 min
WEEK 11	Active Recovery	Light Speed 12×200m	Easy Run 30 min	Tempo Fartlek 1-2-3-2-1	Cross-train	Long Run 13 km	Easy Run 30 min
WEEK 12	Rest	Light Speed 6×400m	Rest	Easy Run Easy 4 km	Easy Run 20-30 min	Rest	Race day!