

	Week One	Week Two	Week Three	Week Four	Week Five	Week Six	Easy days or Rest - Adapt dependant on your mileage goals. An easy run would be anything typically between 3-10miles. Easy conversational pace. Whatever your body needs that day.
Monday	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest	
Tuesday	REPS (1mile warm up, 10x1mins hard, 1mins easy, 1mile warm down)	Easy Longer Miles (8-10)	REPS (Pyramid Session - 1mile warm up, 2mins, 4mins, 6mins, 8mins, 6mins, 4mins, 2mins all hard with 2mins easy jog recovery between them, 1mile warm down)	Easy Longer Miles (8-10)	REPS (1mile warm up, 10x2mins hard, 1mins easy, 1mile warm down)	Easy Longer Miles (8-10)	REPS - Reps should be run between 5-10k pace as a guide.
Wednesday	Easy Miles or Rest	TEMPO (1mile warm up, 2x10mins at tempo pace with 5mins easy jog, 1mile warm down)	Easy Miles or Rest	TEMPO (1mile warm up, 20mins at tempo pace, 1mile warm down)	Easy Miles or Rest	TEMPO (1mile warm up, 3x8mins at tempo pace with 2mins easy recovery, 1mile warm down)	TEMPO -Tempo is your sub max. A pace that is tough but sustainable for the period of the session. We typically work between HM-Marathon Pace as a rough guide.
Thursday	Easy Longer Miles (8-10)	Easy Miles or Rest	Easy Longer Miles (8-10)	Easy Miles or Rest	Easy Longer Miles (8-10)	Easy Miles or Rest	HILLS - Hills are a great strength building exercise. We see hills as an extension of our strength programme. We use them as an opportunity to focus on form and technique. Drive from the glute and use those muscles! Pacewise we don't usually focus on this but as fast and relaxed as you can be with correct form!
Friday	HILLS (8x30seconds)	LONG HILLS (6x90seconds)	HILLS (8x30seconds)	MIXED HILLS (3x30secs, 3x60secs, 3x90secs)	HILLS (8x30seconds)	LONG HILLS (6x90seconds)	
Saturday	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest	
Sunday	LONG RUN WITH TEMPO (13miles easy with the last 3miles around 6.50-7min per mile)	LONG RUN - 15miles easy pace	LONG RUN WITH TEMPO (3miles easy, 6miles at Marathon Pace, 3miles easy)	LONG RUN - 15miles easy pace	LONG RUN WITH TEMPO (2miles easy, 5miles at marathon pace, 1mile easy, 5miles at marathon pace, 2miles easy)	LONG RUN - 15miles easy pace	Your key days are highlighted in green and although we don't believe it is absolutely necessary to complete on the suggested days we ALWAYS advocate for at least 1-2days recovery between these days to allow for adaptation and relaxation