

	Week One	Week Two	Week Three	Week Four	Week Five	Week Six
Monday	Short Easy Miles or Rest	Short Easy Miles or Rest	TOTAL REST	Short Easy Miles or Rest	TOTAL REST	Short Easy Miles or Rest
Tuesday	Easy longer run (70mins)	Easy longer run (70mins)	Easy longer run (80mins)	Easy longer run (70mins)	Easy longer run (90mins)	Easy longer run (70mins)
Wednesday	HILLS - 30mins easy running and then 10x30seconds (walk/jog back down recovery)	REPS - 10x3mins (2mins recovery)	HILLS - 40mins easy running and then 8x45seconds (walk/jog back down recovery)	REPS - 4x5mins (2mins recovery)	HILLS - 30mins easy running and then 6 x 1minute (walk/jog back down recovery)	REPS - 20x1minute (1minute recovery)
Thursday	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest
Friday	TEMPO (10k)	Easy longer run (70mins)	TEMPO (8miles)	Easy longer run (70mins)	TEMPO (10miles)	Easy longer run (70mins)
Saturday	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest
Sunday	EASY LONG RUN - 1hr 45mins	LONG RUN WORKOUT (18miles) - 2miles easy, 5x2miles at MP (1mile float between), 2miles easy	EASY LONG RUN - 1hr 45mins	LONG RUN WORKOUT (17miles) - 3miles easy, 3x3miles at MP (1mile float between), 3miles easy	EASY LONG RUN - 1hr 45mins - 2hr 15	LONG RUN WORKOUT (21miles) - 6miles easy, 10miles float pace, 1mile easy, 3miles MP, 1mile easy

Week Seven	Week Eight	Week Nine	Week Ten	Taper	Taper
TOTAL REST	Short Easy Miles or Rest	TOTAL REST	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest
Easy longer run (90mins)	Easy longer run (70mins)	Easy longer run (90mins)	Easy longer run (70mins)	Short Easy Miles or Rest	Short Easy Miles or Rest
HILLS - 40mins easy running and then 5x1minutes 5min easy recovery and then 5x30seconds (walk/jog back down recovery)	REPS - 2mins, 4mins, 6mins, 8mins, 6mins, 4mins, 2mins (2mins recovery after each)	HILLS - 30mins easy running and then 6x2mins (walk/jog back down recovery)	REPS - 6mins, 4x1mins, 6mins, 4x1mins, 6mins, 4x1mins (2mins recovery after each 6mins and 1min recovery after each 1min rep)	HILLS - 30mins easy running and then 6 x 1minute (walk/jog back down recovery)	REPS - 10x1mins (2mins recovery)
Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	30mins
TEMPO (HM)	Easy longer run (70mins)	TEMPO (15miles)	Easy longer run (70mins)	TEMPO (2x4miles with 5mins easy recovery)	20mins
Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest
EASY LONG RUN - 2hr15 - 2hr45	LONG RUN WORKOUT (22miles) Bens favourite! 5miles easy, 5miles at MP, 5miles easy, 5miles at MP, 2miles easy	EASY LONG RUN - 2hrs- 2hrs 30	LONG RUN WORKOUT (24miles) - Lilys favourite! 2miles easy, 7x2miles (1mile float between), 2miles easy	LONG RUN (75mins)	MARATHON