

## WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	35 minutes of easy running.	REST	25 minutes of easy running.	50 minutes of easy running.

## WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	5 x (3 min run at your current 10K pace, with 2 min jog between each effort to recover)	REST	25 minutes of easy running.	60 minutes of easy running.

## WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	10 min easy jog warm up, 20 min run at hard & controlled pace. 10 min easy jog to warm down.	12 x (1 min easy run followed by 1 min of easy walking)	25 minutes of easy running.	50 minutes of easy running.

## WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	25 minutes of easy running.	REST	25 minutes of easy running.	30 minutes of easy running.

## WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	4 x (6 min at current 10 mile pace, with a 3 min walk/jog between to recover)	REST	25 minutes of easy running.	50 minutes of easy running.

## WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	10 x (1 min at current 3km pace, with a 75 second walk/jog between to recover)	REST	25 minutes of easy running.	60 minutes of easy running.

## WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	7 x (2 min at current 5km pace, with a 1.5 min walk/jog between to recover)	REST	25 minutes of easy running.	50 minutes of easy running.

## WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	6 x (3 min at current 10km pace, with a 2 min walk/jog between to recover)	REST	25 minutes of easy running.	50 minutes of easy running.

## WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	10 min easy jog to warm up, then 10 min at half marathon pace, followed by 8 min at current 10K pace. Then 10 min easy jog.	REST	25 minutes of easy running.	45 minutes of easy running.

## WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	20 minutes of easy running.	REST	REST	EVENT DAY. GOOD LUCK!