

Target Time	2:00+	Sub 2:00	Sub 1:45	Sub 1:30
Week 1				
Monday	Recovery 30min	Recovery 30min	Recovery 30min	* 6k Easy AT
Tuesday	* 8k Easy AT	* 8k Easy AT	* 8k Easy AT - fast uphill	* 12k Easy AT
Wednesday	Rest	Rest	* 8k Easy AT	* 8k Easy AT
Thursday	* 8k Easy AT	* 10k Easy AT	* 12k Easy AT	* 4x(6min LT,60sec AT) +5k
Friday	Rest	Rest	Rest	Rest
Saturday	Recovery 30min	* 8k Easy	* 8k Easy	* 8k Easy
Sunday	* 12k Easy AT	* 14k Easy AT	* 16k Easy AT	* 16k Easy AT
Week 2	Week 1 Total 28K	Week 1 Total 40K	Week 1 Total 52K	Week 1 Total 60K
Monday	Recovery 30min	Recovery 30min	Recovery 30min	* 8k Easy AT
Tuesday	* 8k Easy AT	* 8k Easy AT - fast uphill	* 10k Easy AT - fast uphill	* 12k Easy AT - fast uphill
Wednesday	Rest	Rest	* 8k Easy AT	* 8k Easy AT
Thursday	* 8k Easy AT	* 8k Easy AT	* 4x(6min HPM,30sec AT) +6k	* 5x1k V02 + 5k
Friday	Rest	Rest	Rest	Rest
Saturday	Recovery 30min	* 8k Easy AT	* 8k Easy AT	* 8k Easy AT
Sunday	* 14k Easy AT	* 16k Easy AT	* 18k Easy AT	* 18k Easy AT
Week 3	Week 2 Total 30K	Week 2 Total 40K	Week 2 Total 56K	Week 2 Total 64K
Monday	Recovery 30min	Recovery 30min	Recovery 30min	* 8k Easy AT
Tuesday	* 8k Easy	* 8k Easy - fast uphill	* 10k Easy AT - fast uphill	* 12k Easy AT - fast uphill
Wednesday	Rest	Rest	* 8k Easy AT with 5x100m Strides	* 8k Easy AT with 5x100m Strides
Thursday	* 8x(2min HPM,30sec AT) +4k	* 8x(3min HPM,30sec AT) +4k	* 3x(8min HPM,60sec AT) +6k	* 3x(10min HPM,60sec AT) +5k
Friday	Rest	Rest	Rest	Rest
Saturday	Recovery 30min	* 8k Easy AT	* 10k Easy AT	* 10k Easy AT
Sunday	* 16k Easy AT	* 18k Easy AT	* 20k Easy AT	* 20k Easy AT
Week 4	Week 3 Total 34k	Week 3 Total 44k	Week 3 Total 60k	Week 3 Total 69k
Monday	Recovery 30min	Recovery 30min	Recovery 30min	* 8k Easy AT
Tuesday	* 9k Easy	* 10k Easy - fast uphill	* 8k Easy AT - fast uphill	* 3x(10min HPM,60s AT) +6k
Wednesday	Rest	Rest	* 8k Easy AT with 5x100m Strides	* 8k Easy AT
Thursday	* 12x(2min HPM,30sec AT) +4k	* 7x(4min HPM,60s AT) +4k	* 3x(10min HPM,60s AT) +6k	* 3x1mile V02 /3min +5k Easy
Friday	Rest	Rest	Rest	Rest
Saturday	Recovery 30min	* 8k Easy AT	* 10k Easy AT	* 10k Easy AT
Sunday	* 14k Easy AT	* 16k Easy AT	* 18k Easy AT	* 16k Easy AT
Week 5	Week 4 Total 33k	Week 4 Total 43k	Week 4 Total 56k	Week 4 Total 64k

Monday	Recovery 30min	Recovery 30min	Recovery 30min	* 8k Easy AT with 5x100m Strides
Tuesday	* 10k Easy AT	* 12k Easy AT	* 12k Easy AT - fast uphill	* 3x(10min HPM,60s AT) +6k
Wednesday	Rest	Rest	* 8k Easy AT with 5x100m Strides	* 10k Easy AT
Thursday	* 10x(3min HPM,30sec AT) +4k	* 3x(10min HPM,60s AT) +4k	* 2x(15min HPM,60s AT) +6k	* 2x(15min HPM,60s AT) +6k
Friday	Rest	Rest	Rest	Rest
Saturday	Recovery 30min	* 8k Easy AT	* 10k Easy AT	* 10k Easy AT
Sunday	* 16k Easy AT	* 18k Easy AT	* 20k Easy AT	* 20k Easy
Week 6	Week 5 Total 36k	Week 5 Total 47k	Week 5 Total 62k	Week 5 Total 72k
Monday	Recovery 30min	Recovery 30min	Recovery 30min	* 8k Easy AT with 5x100m Strides
Tuesday	* 10k Easy AT	* 10k Easy - fast uphill	* 4x1k V02 /3min +8 Easy	* 6x1k HMP /30s +6k
Wednesday	Rest	Rest	* 8k Easy AT with 5x100m Strides	* 8k Easy AT with 5x100m Strides
Thursday	* 4x(6min HMP,1min AT) +4k	* 20 HM, 1 AT, 10 HM +4k	* 4x(10min HPM,60s AT) +5k	* 4x(10min HPM,60s AT) +5k
Friday	Rest	Rest	Rest	Rest
Saturday	Recovery 30min	* 8k Easy AT	* 10k Easy AT	* 10k Easy AT
Sunday	* 18k Easy AT	* 20k Easy AT	* 22k Easy AT	* 22k Easy AT
Week 7	Week 6 Total 38k	Week 6 Total 48k	Week 6 Total 65k	Week 6 Total 74k
Monday	Recovery 30min	Recovery 30min	Recovery 30min	* 8k Easy AT with 5x100m Strides
Tuesday	* 10k Easy AT	* 3x1k V02 /3min +7k Easy	* 4x1k V02 /3min +8 Easy	* 8x1k HMP /30s +6k
Wednesday	Rest	Rest	* 8k Easy AT with 5x100m Strides	* 10k Easy AT
Thursday	* 3x(8min HMP, 1min AT) +4k	* 2x15min HMP +6k Easy	* 4x(10min HPM,60s AT) +5k	* 4k Easy, 6k HMP, 4k Easy
Friday	Rest	Rest	Rest	Rest
Saturday	Recovery 30min	* 8k Easy AT	* 10k Easy AT	* 8k Easy AT
Sunday	* 16k Easy AT	* 18k Easy AT	* 24k Easy AT	* 24k Easy AT
Week 8	Week 7 Total 36k	Week 7 Total 46k	Week 7 Total 67k	Week 7 Total 78k
Monday	Recovery 30min	Recovery 30min	Recovery 30min	* 6k Easy AT
Tuesday	* 3x800m V02 /3min +6k Easy	* 3x1k V02 /2min +8k Easy	* 4k Fartlek, 6k Easy	* 12k Easy AT
Wednesday	Rest	Rest	* 8k Easy AT with 5x100m Strides	* 8k Easy AT
Thursday	* 20min HMP + 6k Easy	* 30min HMP + 6k Easy	* 2x(20min HPM,60s AT) +4k	* 4x(6min LT,60sec AT) +5k
Friday	Rest	Rest	Rest	Rest
Saturday	Recovery 30min	* 8k Easy AT	* 10k Easy AT	* 8k Easy
Sunday	* 18k Easy AT	* 20k Easy AT	* 18k Easy , Last 6 at HMP	* 16k Easy AT Last 6 HMP
Week 9	Week 8 Total 39k	Week 8 Total 50k	Week 8 Total 58k	Week 8 Total 60k
Monday	Recovery 30min	Recovery 30min	Recovery 30min	* 8k Easy AT with 5x100m Strides
Tuesday	* 3x800m V02 /3min +7k Easy	* 4x1k V02 /2min +8k Easy	* 6k Fartlek, 6k Easy	* 4k Easy, 6k Fartlek, 4k Easy

Wednesday	Rest	Rest	* 8k Easy AT with 5x100m Strides	* 12k Easy AT
Thursday	* 24min HPM + 6k Easy	* 30min HM, 1 AT 10 min HM + 4k	* 2x(20min HPM,60s AT) +5k	* 7x1k HPM, /30s +5k
Friday	Rest	Rest	Rest	Rest
Saturday	Recovery 30min	* 8k Easy AT	* 10k Easy AT	* 10k Easy AT
Sunday	* 20k Easy AT	* 22k Easy AT	* 24k Easy AT, Last 6 at HMP	* 24k Easy AT, Last 8 at HMP
Week 10	Week 9 Total 42k	Week 9 Total 52k	Week 9 Total 67k	Week 9 Total 78k
Monday	Recovery 30min	Recovery 30min	Recovery 30min	* 8k Easy AT with 5x100m Strides
Tuesday	* 3x1k V02 /3min +7k Easy	* 3x1mile V02 /3min +6k Easy	* 3x1mile V02 /3min +4k Easy	* 8k Easy with 5x400m Strides
Wednesday	Rest	Rest	* 8k Easy AT with 5x100m Strides	* 10k Easy AT
Thursday	* 2x15min HMP +6k Easy	* 2x15min HMP +6k Easy	* 4x(10min HPM,60s AT) +5k	* 4x(10min HPM,60s AT) +5k
Friday	Rest	Rest	Rest	Rest
Saturday	Recovery 30min	* 8k Easy AT	* 10k Easy AT	* 10k Easy AT
Sunday	* 18k Easy AT	* 20k Easy AT	* 20k Easy AT, Last 6 at HMP	* 20k Easy AT, Last 8 at HMP
Week 11	Week 10 Total 40k	Week 10 Total 50k	Week 10 Total 60k	Week 10 Total 72k
Monday	Recovery 30min	Recovery 30min	Recovery 30min	* 8k Easy AT with 5x100m Strides
Tuesday	* 10k Easy AT	* 10k Easy AT	* 6k Easy with 5x400m Strides	* 6k Easy with 5x400m Strides
Wednesday	Rest	Rest	* 8k Easy AT	* 10k Easy AT
Thursday	* 3x1k V02 /2min +5k Easy	* 3x1k V02 /90s +7k Easy	* 3x(10min HPM,60s AT) +5k	* 3x(10min HPM,60s AT) +5k
Friday	Rest	Rest	Rest	Rest
Saturday	Recovery 30min	* 8k Easy AT	* 10k Easy AT	* 10k Easy AT
Sunday	* 14k	* 14k	* 15k Easy AT, last 5 hmp	* 15k Easy AT, last 5 HMP
Week 12	Week 11 Total 33k	Week 11 Total 42k	Week 11 Total 47k	Week 11 Total 54k
Monday	Recovery 30min	Recovery 30min	Recovery 30min	* 8k Easy AT
Tuesday	* 3x5min HMP +5k Easy	* 3x5min HMP +4k Easy	* 6k Easy with 5x200m Strides	* 6k Easy with 5x200m Strides
Wednesday	Rest	Rest	* Rest	* Rest
Thursday	* 4k Easy AT with 4x10s @5k	* 4k Easy AT with 4x10s @5k	* 5k Easy AT with 6x10s Strides	* 5k Easy AT with 6x10s Strides
Friday	Rest	Rest	Rest	Rest
Saturday	Recovery 30min	* 3k Easy AT	* 4k Easy AT with 4x10s Strides	* 4k Easy AT with 4x10s Strides
Sunday	* Race HM	* Race HM	* Race HM	* Race HM
	Week 12 Total 32k	Week 12 Total 35k	Week 12 Total 36k	Week 12 Total 44k