

Target Time	25+ Min	22.30-25:00	20:00-22:30	Sub 20
<b>Week 1</b>				
Monday	5k Easy AT	5k Easy AT	5k Easy AT	8k Easy AT
Tuesday	4k Easy AT	5k Easy AT	6k Easy AT	10k Easy AT
Wednesday	Rest	Rest	Rest	6k Easy AT
Thursday	6k Easy AT	6k Easy AT	7k Easy AT	10k Easy AT
Friday	Rest	Rest	Rest	Rest
Saturday	4k Easy AT	5k Easy AT	6k Easy AT	8k Easy AT
Sunday	7k Easy AT	10k Easy AT	10k Easy AT	12k Easy AT
<b>Week 2</b>				
Monday	4k Easy AT	5k Easy AT	6k Easy AT	8k Easy AT
Tuesday	LT 90s /45s x10 +3k	LT 90s /45s x15 +4k	LT 3' /30s x10 + 4k	LT 6' /60s x4 + 6k
Wednesday	Rest	Rest	Rest	8k Easy AT
Thursday	5k Easy AT	6k Easy AT	7k Easy AT	6x40sec Hills & 8k Easy AT
Friday	Rest	Rest	Rest	Rest
Saturday	4k Easy AT	5k Easy AT	5k Easy AT	8k Easy AT
Sunday	8k Easy AT	10k Easy AT	12k Easy AT	14k Easy AT
<b>Week 3</b>				
Monday	6k Easy AT	6k Easy AT	8k Easy AT	10k Easy AT
Tuesday	LT 90s /45s x15 +4k	LT 90s /45s x20 +4k	LT 3' /30s x10 + 4k	LT 6' /60s x4 + 6k
Wednesday	Rest	Rest	Rest	8k Easy AT
Thursday	6k Easy AT	7k Easy AT	8k Easy AT & 5x100m Strides	6x40s Hills @5k +8k
Friday	Rest	Rest	Rest	Rest
Saturday	5k Easy AT	6k Easy AT	6k Easy AT	10k Easy AT
Sunday	8k Easy AT	8k Easy AT	10k Easy AT	12k Easy AT
<b>Week 4</b>				
Monday	6k Easy AT	6k Easy AT	8k Easy AT	8k Easy AT
Tuesday	4x40s Hills @5k +4k	4x40s Hills @5k +4k	4x40s Hills @5k +4k	6x40s Hills @5k +8k
Wednesday	Rest	Rest	Rest	8k Easy AT
Thursday	7k Easy AT	7k Easy AT	LT 8m /90s x3 + 4k	LT 10' /90s x2 + 8k
Friday	Rest	Rest	Rest	Rest
Saturday	5k Easy AT	6k Easy AT	6k Easy AT	10k Easy AT
Sunday	10k Easy AT	10k Easy AT	12k Easy AT	14k Easy AT
<b>Week 5</b>				

<b>Monday</b>	6k Easy AT	6k Easy AT	8k Easy AT	8k Easy AT
<b>Tuesday</b>	4x40s Hills @5k +4k	4x50s Hills @5k +4k	4x50s Hills @5k +4k	6x50s Hills @5k +8k
<b>Wednesday</b>	Rest	Rest	Rest	8k Easy AT
<b>Thursday</b>	4k Easy AT	LT 4' /60s x5 +5k	10k Easy AT	LT 12' /2' x2 +8k
<b>Friday</b>	Rest	Rest	Rest	Rest
<b>Saturday</b>	4k Easy AT	6k Easy AT	7k Easy AT	10k Easy AT
<b>Sunday</b>	8k Easy AT	12k Easy AT	14k Easy AT	16k Easy AT

**Week 6**

<b>Monday</b>	6k Easy AT	6k Easy AT	8k Easy AT	10k Easy AT
<b>Tuesday</b>	LT 3' /60s x8 + 4k	LT 6' /90s x3 +5k	LT 10' /90s x2 +5k	LT 10' /90s x2 +5k
<b>Wednesday</b>	Rest	Rest	Rest	8k Easy AT
<b>Thursday</b>	7k Easy AT	8k Easy AT	10k Easy AT	12k Easy AT
<b>Friday</b>	Rest	Rest	Rest	Rest
<b>Saturday</b>	5k Easy AT	5k Easy AT	8k Easy AT	4x4' @5k /4' +4k
<b>Sunday</b>	10k Easy AT	12k Easy AT	14k Easy AT	16k Easy AT

**Week 7**

<b>Monday</b>	6k Easy AT	6k Easy AT	8k Easy AT	10k Easy AT
<b>Tuesday</b>	LT 3' /60s x8 + 4k	LT 8' /90s x3 + 4k	LT 8' /90s x3 + 4k	7k LT +5k
<b>Wednesday</b>	Rest	Rest	Rest	8k Easy AT
<b>Thursday</b>	7k Easy AT	7k Easy AT	7k Easy AT	12k Easy AT
<b>Friday</b>	Rest	Rest	Rest	Rest
<b>Saturday</b>	6k Easy AT	6k Easy AT	6k Tempo +2k	4x4' @5k /3' +6k
<b>Sunday</b>	10k Easy AT	10k Easy AT	10k Easy AT	12k Easy AT

**Week 8**

<b>Monday</b>	6k Easy AT	6k Easy AT	8k Easy AT	10k Easy AT
<b>Tuesday</b>	Hills 4x80s @5k +4k	Hills 5x80s @5k +4k	Hills 6x80s @5k +4k	Hills 6x80s @5k +4k
<b>Wednesday</b>	Rest	Rest	Rest	8k Easy AT
<b>Thursday</b>	7k Easy AT	7k Easy AT	8k Easy AT	12k Easy AT
<b>Friday</b>	Rest	Rest	Rest	Rest
<b>Saturday</b>	6k Easy AT	4x3' @5k /3' +4k	4x3:30 @5k /3' +4k	5x4' @5k /4' +6k
<b>Sunday</b>	10k Easy AT	12k Easy AT	14k Easy AT	18k Easy AT

**Week 9**

<b>Monday</b>	6k Easy AT	6k Easy AT	8k Easy AT	10k Easy AT
<b>Tuesday</b>	Hills 4x80s @5k +4k	Hills 5x80s @5k +4k	Hills 6x80s @5k +4k	Hills 6x90s @5k +8k

<b>Wednesday</b>	Rest	Rest	Rest	8k Easy AT
<b>Thursday</b>	7k Easy AT	7k Easy AT	7k Easy AT	12k Easy AT
<b>Friday</b>	Rest	Rest	Rest	Rest
<b>Saturday</b>	7k Easy AT	7k Easy AT	6k Tempo +2k	6x400m Hard /3' +5k
<b>Sunday</b>	8k Easy AT	14k Easy AT	16k Easy AT	18k Easy AT
<b>Week 10</b>				
<b>Monday</b>	5k Easy AT	5k Easy AT	8k Easy AT	8k Easy AT
<b>Tuesday</b>	3x4' @5k /4' +4k	3x4' @5k /4' +4k	3x4' @5k /3' +4k	5x4' @5k /4' +8k
<b>Wednesday</b>	Rest	Rest	Rest	10k Easy AT
<b>Thursday</b>	7k Easy AT	8k Easy AT	9k Easy AT	12k Easy AT
<b>Friday</b>	Rest	Rest	Rest	Rest
<b>Saturday</b>	7k Easy AT	7k Easy AT	6x400m Hard /3' +3k	8x400m Hard /3' +5k
<b>Sunday</b>	10k Easy AT	12k Easy AT	14k Easy AT	16k Easy AT
<b>Week 11</b>				
<b>Monday</b>	5k Easy AT	5k Easy AT	8k Easy AT	10k Easy AT
<b>Tuesday</b>	4x3' @5k /3' +4k	3x4' @5k /4' +4k	4x4' @5k /3' +4k	4x5' @5k /5' +8k
<b>Wednesday</b>	Rest	Rest	Rest	10k Easy AT
<b>Thursday</b>	5k Easy AT	5k Easy AT	6k Easy AT	6x400m Hard /3' +5k
<b>Friday</b>	Rest	Rest	Rest	Rest
<b>Saturday</b>	4x400m @sub 5k /2' +3k	6x400m @Sub 5k /2' +3k	4x400m Hard /3' +3k	10k Easy AT
<b>Sunday</b>	7k Easy AT	8k Easy AT	10k Easy AT	12k Easy AT
<b>Week 12</b>				
<b>Monday</b>	3k Easy AT	5k Easy AT	7k Easy AT	2x600m Hard /10' +6k
<b>Tuesday</b>	4x2' @5k /2' +4k	3x3' @5k /3' +4k	3x3' @5k /3' +4k	10k Easy AT
<b>Wednesday</b>	Rest	Rest	Rest	3x3' @5k /3' +4k
<b>Thursday</b>	4k Easy AT with 4x10s @5k	4k Easy AT with 4x10s @5k	5k Easy AT with 6x10s @5k	10k Easy AT
<b>Friday</b>	Rest	Rest	Rest	Rest
<b>Saturday</b>	3k Easy AT	3k Easy AT	4k Easy AT with 4x10s @5k	6k Easy AT with 4x10s @5k
<b>Sunday</b>	Race	Race	Race	Race