

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 1	Rest/Pilates or Aerobics	Easy effort Run, 35mins	Steady effort Run, 45mins	Rest	Cross-Train, 40mins focus on general body conditioning	Steady Undulating Run, 40mins	Long Run, 60mins. Easy conversational effort	
	Week 2	Rest/Pilates or Aerobics	Easy effort Run, 40mins	Threshold: warm-up, 10mins + 5 x 3mins with 90 seconds recovery jog between efforts + cool-down, 10mins	Easy effort Run, 40mins + Body Conditioning, 20mins	Rest	Kenyan Hills: warm-up, 10mins + 3 x 4mins with 2mins recovery jog between efforts + cool-down, 10mins	Long Run, 70mins. Easy conversational effort	
	Week 3	Rest/Pilates or Aerobics	Easy effort Run, 30mins + Cross-Train, 30mins	Threshold: 4 x 5mins with 90seconds recovery jog between efforts	Easy effort Run, 45mins + Body Conditioning, 15mins	Rest	Kenyan Hills: warm-up, 10mins + 3 x 6 mins with 2mins recovery jog between efforts + cool-down, 10mins	Long Run, 80mins Easy conversational effort	
	Week 4	Rest	Easy effort Run, 40mins + Body Conditioning, 20mins	Threshold: warm-up, 10mins + 4 x 5mins with 75 seconds recovery jog between efforts + cool-down, 10mins	Easy effort Run, 30mins + Sports Massage	Rest	Steady Undulating Run, 40 mins	Long Run, 60mins. Easy conversational effort	

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	Week 5	Cross-Train, 30mins	Easy effort Run, 30mins	Threshold: warm-up, 10mins + 6 x 4 mins with 60seconds recovery jog between efforts + cool-down, 10mins	Easy effort Run, 30mins + Cross-Train, 30mins	Rest	Kenyan Hills: warm-up, 10mins + 3 x 8 mins with 2mins recovery jog between efforts + cool-down, 10mins	Long Run, 90mins. Easy conversational effort	
	Week 6	Cross-Train, 30mins or Pilates	Threshold: warm-up, 10mins + 4 x 6mins with 60seconds recovery jog between efforts + cool-down, 10mins	Cross Train 45 mins focus on upper body and core + stretch	Steady Undulating Run, 45mins	Rest	Threshold: warm-up, 10mins + 5 x 5mins with 60seconds recovery jog between efforts + cool-down, 10mins	Long Run, 90 mins. Easy conversational effort	
	Week 7	Rest	Threshold: warm-up, 10mins + 4 x 4mins with 90seconds recovery jog between efforts + cool-down, 10mins	Easy effort Run, 30mins + Stretch	10 mins easy, 10 mins threshold, 10 mins easy	Rest	10 km Race or 10km trail run at race effort	Easy run 50 mins + full stretch	
	Week 8	Rest OR 30mins Cross Training (focus on upper body and core)	Easy effort Run, 30mins + Stretch	Threshold: warm up, 10mins + 3 x 8mins with 2mins recovery jog between efforts + cool down, 10mins	30mins Easy run + 30mins Cross Training	10 km: warm-up, 15mins + 5 x 2 mins @ 10km effort with 90 seconds recovery jog between efforts + cool-down, 15mins	Rest	Long Run, 90mins + full stretch	

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	Week 9	Pilates or Full Stretch	Easy effort Run, 30mins + Body Weight Exercises, 20mins	Threshold: warm-up, 10mins + 5 x 5mins with 60seconds recovery jog between efforts + cool-down, 10mins	Easy effort Run, 30mins + Stretch	Rest	10 km: warm-up, 15mins + 5 x 3mins with 90 seconds recovery jog between efforts + cool-down, 15mins	Long Run, 60mins. Easy conversational	
	Week 10	Rest or Pilates	10 km: warm-up, 15mins + 5 x 3mins with 90 seconds recovery jog between efforts + cool-down, 15mins	Easy effort Run, 30mins + Stretch	Threshold: warm-up, 10mins + 4 x 3 mins with 60seconds recovery jog between efforts + cool-down, 10mins	Rest	20 mins easy run and stretch	5km or 10 km Race	
	Week 11	Pilates	Easy effort Run, 30mins + Cross-Train, 30mins focus on Body Weight Exercises,	Threshold: warm-up, 10mins + 4 x 5mins with 2mins recovery jog between efforts + cool-down, 10mins	Easy Run, 30mins	Threshold: warm-up, 10mins + 5 x 3mins with 60seconds recovery jog between efforts + cool-down, 10mins	Rest	Long Run, 80mins: 40mins easy then 40mins steady pace effort + stretch	
	Week 12	Pilates or Full Stretch	Easy effort Run, 30mins + Body Weight Exercises, 20mins	Threshold: warm-up, 10mins + 5 x 5mins with 60seconds recovery jog between efforts + cool-down, 10mins	Easy effort Run, 30mins + Stretch	Rest	10 km: warm-up, 15mins + 5 x 3mins with 90 seconds recovery jog between efforts + cool-down, 15mins	Long Run, 60mins. Easy conversational	