|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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| $\begin{aligned} & \bar{Y} \\ & \mathbf{u} \\ & \mathbf{u} \end{aligned}$ | REST or Pilates or Aerobics + Stretch | 15 mins Run/Walk + Stretch | REST | $4 \times(2$ mins at Easy effort +60 secs Walk + 2 mins at Easy effort) + Stretch | REST | Swap Sunday's run to today if you prefer - or take a REST day today | 5 mins Walk, 5 mins at Easy effort, 5 mins walk, 5 mins at Easy effort + Stretch |
| $\begin{aligned} & \mathbf{N} \\ & \mathbf{Y} \\ & \mathbf{U} \\ & \mathbf{U} \end{aligned}$ | REST | 20 mins Run/Walk + | REST | 5 mins at Easy effort, 3 mins Walk, 5 mins at Easy effort, 3 mins Walk, 5 mins at Easy effort + Stretch | REST | Swap Sunday's run to today if you prefer - or take a REST day today | 2 mins walk, 6 mins at Easy effort, 2 mins walk, 6 mins at Easy effort, 2 mins walk, 6 mins at Easy effort + Stretch |
| $m$ u $\mathbf{u}$ 3 | 30 Cross-Training or Aerobics + Stretch | 15 mins Recovery run + Stretch | REST | 10 mins at Easy effort, 5 mins Walk, 10 mins at Easy effort + Stretch | REST | Swap Sunday's run to today if you prefer - or take a REST day today | 15 mins at Easy effort + Stretch |
| $\begin{aligned} & \dot{J} \\ & \vdots \\ & \mathbf{u} \\ & \mathbf{u} \end{aligned}$ | REST | 5 mins at Easy effort, 5 mins at Steady effort run, 5 mins at Easy effort + Stretch | REST | 3 mins Walk, 15 mins at Easy effort, 3 mins Walk, 15 mins at Easy effort + Stretch | REST | Swap Sunday's run to today if you prefer - or take a REST day today | 20 mins at Easy effort + Stretch |


|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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| $\begin{aligned} & \text { n } \\ & \text { צ } \\ & \mathbf{u} \\ & \mathbf{u} \end{aligned}$ | 30 Cross-Training or Aerobics + Stretch | 15 mins warm-up, 3 $\times 3$ mins at $80 \%$ effort with 2 mins easy jog between efforts, 15 mins cool-down + Stretch | REST | 3 mins walk, 18 mins at Easy effort, 3 mins walk, 18 mins at Easy effort + Stretch | REST | Swap Sunday's run to today if you prefer - or take a REST day today | 30 mins at Easy effort + Stretch |
| $\begin{aligned} & 0 \\ & \underline{y} \\ & \mathbf{u} \\ & \mathbf{u} \end{aligned}$ | 30 Cross-Training or Aerobics + Stretch | 15 mins warm-up, 4 x 3 mins at $80 \%$ effort with 2 mins easy jog between efforts, 15 mins cool-down + Stretch | REST | 5 mins walk, 25 mins at Easy effort, 5 mins walk + Stretch | REST | Swap Sunday's run to today if you prefer - or take a REST day today | 40 mins at Easy effort + Stretch |
| N u $\mathbf{u}$ $\mathbf{u}$ | REST | 20 mins Recovery run + Stretch | 40 mins Cross Training + Stretch | 20 mins at Easy effort + Stretch | REST | Swap Sunday's run to today if you prefer - or take a REST day today | 20 mins at Easy effort + Stretch |
| $\begin{aligned} & \infty \\ & \underline{u} \\ & \mathbf{u} \\ & \mathbf{u} \end{aligned}$ | Pilates or Aerobics <br> + Stretch | 15 mins warm-up, 5 $\times 3$ mins at $80 \%$ effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch | REST | 5 mins at Easy effort, 5 mins at Steady effort, 5 mins at $80 \%$ effort, 5 mins at Easy effort + Stretch | REST | Swap Sunday's run to today if you prefer - or take a REST day today | 40 mins at Easy effort + Stretch |


|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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| $\begin{aligned} & \text { a } \\ & \text { Y } \\ & \mathbf{w} \\ & \mathbf{u} \end{aligned}$ | REST | 15 mins warm-up, 3 $\times 5$ mins at $80 \%$ effort with 2 mins jog recovery between efforts, 15 mins cool-down + Stretch | $\begin{aligned} & 40 \text { mins Cross- } \\ & \text { Training + Stretch } \end{aligned}$ | 6 mins at Easy effort, 6 mins steady, 6 mins at 80\% effort, 6 mins at Easy effort + Stretch | REST | Swap Sunday's run to today if you prefer - or take a REST day today | 50 mins at Easy effort + Stretch |
| 으 ㄴ $\mathbf{u}$ $\mathbf{u}$ | REST | 15 mins warm-up, 3 $\times 6$ mins at $80 \%$ effort with 2 mins jog recovery between efforts, 15 mins cool-down + Stretch | REST | 8 mins at Easy effort, 8 mins steady, 8 mins at 80\% effort, 8 mins at Easy effort + Stretch | REST | Swap Sunday's run to today if you prefer - or take a REST day today | 60 mins at Easy effort + Stretch |
| F ப $\mathbf{U}$ 3 | REST | 15 mins warm-up, 4 <br> $\times 5$ mins at $80 \%$ effort with 2 mins jog recovery between efforts, 15 mins cool-down + Stretch | REST | 10 mins at Easy effort, 10 mins at Steady effort, 10 mins at Easy effort <br> + Stretch | REST | Swap Sunday's run to today if you prefer - or take a REST day today | 30 mins at Easy effort + Stretch |
| $\begin{aligned} & N \\ & \mathbf{N} \\ & \mathbf{U} \\ & \mathbf{U} \end{aligned}$ | REST | 15 mins warm-up, 3 $\times 5 \mathrm{mins}$ at $80 \%$ effort with 2 mins jog recovery between efforts, 15 mins cool-down + Stretch | REST | 20 mins Recovery run + Stretch | REST | 10 mins Recovery run + Stretch | 5km Race |

