

	W/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Week 1	Cross-Training, 40mins + Stretch	Easy Run, 40mins	Threshold Run: warmup, 10mins + 4 x 4 mins with 90seconds recovery jog between efforts + cool-down, 10mins	Cross-Training, 45mins	REST	Steady Undulating Run, 45mins	Long Run, 75mins. Easy conversational	
	Week 2	Yoga Class or Pilates	Recovery Run, 45mins + Stretch	Threshold Run: warmup, 10mins + 4 x 5min with 90seconds recovery jog between efforts + cool-down, 10mins	Cross-Training, 30mins + Recovery Run, 30mins	REST	Kenyan Hills: warm-up, 10mins + 4 x 5mins with 2mins recovery jog between efforts + cool-down, 10mins	Long Run, 90mins. Easy conversational	
	Week 3	Yoga Class or Pilates	Threshold Run: warmup, 10mins + 5 x 5mins with 90seconds recovery jog between efforts + cool-down, 10mins	Cross-Training, 45mins + Stretch 15mins	Recovery Run, 45mins	REST	Kenyan Hills: warm-up, 10mins + 2 x 10mins with 2mins recovery jog between efforts + cool-down, 10mins	Long Run, 105mins. Easy conversational	
	Week 4	Yoga Class or Pilates	Threshold: 60mins to incl 3 x 8 mins with 2mins recovery jog between efforts	Recovery Run, 30mins + Body Weight Exercises, 15mins	Steady Undulating Run, 45mins + Stretch, 15mins	REST	Threshold: warm-up, 10mins + 3 x 10mins undulating loop with 2mins recovery between efforts + cooldown, 10mins	Long Run, 135mins. Easy conversational	

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	Week 5	REST	Threshold: warm-up, 10mins + 5 x 6mins with 90seconds recovery between efforts + cool-down, 10mins	Recovery Run, 30mins + Body Weight Exercises, 15mins + Leg Exercises, 15mins	60mins Cross-Training (20mins Core + Body Weight Exercises, 20mins + 20mins Leg Exercises)	REST	Threshold Run: warmup, 10mins + 5 x 5mins on undulating route with 60seconds recovery between efforts	Long Run, 90mins. Easy conversational	
	Week 6	REST	Threshold: warm-up, 10mins + 3 x 10mins with 2mins recovery between efforts + cooldown, 10mins	Recovery Run, 30mins + Body Weight Exercises, 15mins + Leg Exercises, 15mins	Warm-up, 15mins + 5 x 3mins @ 10K effort with 90seconds recovery between efforts + cool-down, 15mins	REST	Threshold: warm-up, 10mins + 3 x 10mins undulating loop with 90seconds recovery between efforts + cooldown, 10mins	Long Run, 150mins. Easy conversational	
	Week 7	REST or Pilates	Recovery Run, 30mins + Body Weight Exercises, 15mins + Leg Exercises, 15mins + Core, 15mins	Warm-up, 15mins + 6 x 1km @ 10K effort with 90seconds recovery jog between efforts + cool-down, 15mins	Easy Run, 40mins + Stretch, 20mins	Kenyan Hills: warmup, 10mins + 4 x 6mins with 90seconds recovery jog between efforts + cool-down, 10mins	REST	Long Run, 150mins. Easy conversational	
	Week 8	Recovery Run, 30mins + Body Weight Exercises, 15mins + Leg Exercises, 15mins	Threshold: warm-up, 10mins + 3 x 10mins with 90seconds recovery between efforts + cool-down, 10mins	Cross-Training, 45mins	Warm-up, 15mins + 6 x 1Km @ 10K effort with 90seconds recovery jog between efforts + cool-down, 15mins	10 km: warm-up, 15mins + 5 x 2 mins @ 10km effort with 90 seconds recovery jog between efforts + cool-down, 15mins	REST	Long Run, 165mins. Easy conversational	

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	Week 9	Full Stretch or Yoga Class	Recovery Run, 45mins	Threshold Run: warmup, 10mins + 4 x 8mins with 2mins recovery jog between efforts + cool-down, 10mins	Recovery Run, 40mins + Body Weight Exercises, 30mins	REST	Recovery Run, 40mins	Long Run, 90mins with last 30mins @ half marathon pace	
	Week 10	Full Stretch or Yoga Class	Warm-up, 15mins + 5 x 3 mins @ 10K with 90seconds recovery jog between efforts + cooldown, 15mins	30min Recovery Run + Stretch	Easy Pace Run, 10mins + Threshold, 10mins + Easy Pace Run, 10mins + Stretch	REST	Recovery Run, 20mins	HALF MARATHON RACE	
	Week 11	Full Stretch or Yoga Class	Leg Exercises, 15mins + Body Weight Exercises, 15mins + Core, 15mins	Threshold Run: warmup, 8mins + 3 x 10mins with 2mins recovery jog between efforts + cool-down, 10mins	Recovery Run, 45mins	REST	Recovery Run, 30mins + Full Stretch	Long Run, 180mins Easy conversational. Last 30 @ marathon pace	
	Week 12	Full Stretch or Yoga Class	Recovery Run, 45mins	Threshold Run: 75mins easy include 4 x 8mins with 90 seconds recovery jog between efforts	Warm-up, 15mins + 5 x 2 mins @ 10K with 60seconds recovery jog between efforts + cooldown, 15mins	Rest	Recovery Run, 30mins + Stretch, 20mins	Long Run, 180mins incl last 45mins @ marathon pace	

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	Week 13	REST	Warm-up, 15mins + 2x 3 x 1K @ 10K effort with 90seconds between efforts + 3mins between sets cool-down, 15mins	Cross-Training, 45 mins + Stretch	Easy Run, 70mins with middle 20mins @ Threshold effort	REST	Recovery Run, 30mins	Long Run, 150mins incl last 60mins @ marathon pace	
	Week 14	Full Stretch or Pilates	Recovery Run, 45mins	Threshold: warm-up, 10mins + 4 x 8mins with 90 seconds recovery jog between efforts + cool-down, 10mins	Cross-Training, 45mins	REST	Recovery Run, 40mins + Stretch	Long Run, 120mins incl last 60mins @ marathon pace	
	Week 15	REST	Threshold Run: warmup, 10mins + 6 x 5mins with 60seconds recovery jog between efforts + cool-down, 10mins	Cross-Training, 45 mins	75 mins with middle 25mins @ Threshold	REST or Swim	Recovery Run, 30mins + Stretch	Long Run, 70mins: Easy run, 10mins + marathon pace, 50mins + Easy run, 10mins	
	Week 16	REST	Threshold: 10mins Easy, 2 x 5mins @ Threshold with 60seconds recovery jog between efforts + 10mins Easy	REST	Recovery Run, 30mins + Stretch	REST	Easy Run, 15 - 20 mins	Your marathon: Good luck!	