

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<p>Walk for 2 minutes as a warm up after dynamic stretches.</p> <p>Run = 7 Minutes Walk = 2 Minutes</p> <p>Complete this 3 times</p> <p>Total time: 29 minutes</p>	Strength	<p>Walk for 2 minutes as a warm up after dynamic stretches.</p> <p>Run = 8 Minutes Walk = 2 Minutes</p> <p>Complete this 3 times</p> <p>Total time: 32 minutes</p>	Rest & Stretch	Strength	<p>Walk for 2 minutes as a warm up after dynamic stretches.</p> <p>Run = 9 Minutes Walk = 2 Minutes</p> <p>Complete this 3 times Cool down with a 5 minute walk.</p> <p>Total time: 40 minutes</p>	Rest & Stretch
2	<p>Walk for 2 minutes as a warm up after dynamic stretches.</p> <p>Run = 8 Minutes Walk = 1 Minutes</p> <p>Complete this 3 times</p> <p>Total time: 29 minutes</p>	Strength	<p>Intervals: Dynamic warm up NB.</p> <ol style="list-style-type: none"> Warm up slow jog for 6 minutes. Sprint 30 seconds & jog 90 seconds x3 Sprint 30 seconds & walk 90 seconds x4 Jog for 8 minutes <p>Total time: 28 minutes</p>	Rest & Stretch	Strength	<p>Walk for 2 minutes as a warm up after dynamic stretches.</p> <p>Run = 10 Minutes Walk = 2 Minutes</p> <p>Complete this 3 times Cool down with a 5 minute walk.</p> <p>Total time: 43 minutes</p>	Rest & Stretch

3	<p><i>Walk for 2 minutes as a warm up after dynamic stretches.</i></p> <p>Run = 8 Minutes Walk = 1 Minutes</p> <p>Complete this 3 times</p> <p><i>Total time: 29 minutes</i></p>	Strength	<p>Hills:</p> <ol style="list-style-type: none"> 1. Warm up jog: 8 minutes 2. 100m hill repeats x 6 with 45 second - 2 minute breather in between each interval. 3. Cool down jog: 8 minutes <p><i>Total time: Approximately 25 minutes</i></p>	Rest & Stretch	Strength	<p><i>Walk for 2 minutes as a warm up after dynamic stretches.</i></p> <p>Run = 11 Minutes Walk = 2 Minutes</p> <p>Complete this 3 times <i>Cool down with a 5 minute walk.</i></p> <p><i>Total time: 46 minutes</i></p>	Rest & Stretch
4	<p><i>Walk for 2 minutes as a warm up after dynamic stretches.</i></p> <p>Run = 10 Minutes Walk = 1 Minute</p> <p>Complete this 3 times</p> <p><i>Total time: 35 minutes</i></p>	Strength	<p>Intervals: <i>Dynamic warm up NB.</i></p> <ol style="list-style-type: none"> 1. Warm up slow jog for 6 minutes 2. Sprint 30 seconds & jog 90 seconds x4 3. Sprint 30 seconds & walk 90 seconds x3 4. Jog for 8 minutes <p><i>Total time: 28 minutes</i></p>	Rest & Stretch	Strength	<p><i>Walk for 2 minutes as a warm up after dynamic stretches.</i></p> <p>Run = 12 Minutes Walk = 2 Minutes</p> <p>Complete this set 3 times Run 5 more minutes <i>Cool down with a 5 minute walk</i></p> <p><i>Total time: 51 minutes</i></p>	Rest & Stretch

5	<p><i>Walk for 2 minutes as a warm up after dynamic stretches.</i></p> <p>Run = 11 Minutes Walk = 1 Minute</p> <p>Complete this 3 times</p> <p><i>Total time: 38 minutes</i></p>	Strength	<p>Hills:</p> <ol style="list-style-type: none"> 1. Warm up jog: 8 minutes 2. 100m hill repeats x 8 with 45 second - 2 minute breather in between each interval. 3. Cool down jog: 8 minutes <p><i>Total time: Approximately 28 minutes</i></p>	Rest & Stretch	Strength	<p><i>Walk for 2 minutes as a warm up after dynamic stretches.</i></p> <p>Run = 14 Minutes Walk = 2 Minutes</p> <p>Complete this set 3 times Run 5 more minutes <i>Cool down with a 2 minute walk</i></p> <p><i>Total time: 57 minutes</i></p>
6	<p><i>Walk for 2 minutes as a warm up after dynamic stretches.</i></p> <p>Run = 13 Minutes Walk = 1 Minutes</p> <p>Complete this twice</p> <p><i>Total time: 34 minutes</i></p>	Strength	<p>Intervals: <i>Dynamic warm up NB.</i></p> <ol style="list-style-type: none"> 1. Warm up slow jog for 6 minutes 2. Sprint 30 seconds & jog 90 seconds x5 3. Sprint 30 seconds & walk 90 seconds x3 4. Jog for 8 minutes <p><i>Total time: 30 minutes</i></p>	Rest & Stretch	Strength	<p><i>Walk for 2 minutes as a warm up after dynamic stretches.</i></p> <p>Run = 16 Minutes Walk = 2 Minutes</p> <p>Complete this set 3 times Run 5 more minutes. <i>Cool down with a 2 minute walk</i></p> <p><i>Total time: 63 minutes</i></p>

7	<p><i>Walk for 3 minutes as a warm up after dynamic stretches.</i></p> <p>Run = 15 Minutes Walk = 2 Minutes</p> <p>Complete this twice <i>Cool down with a 5 minute walk.</i></p> <p><i>Total time: 42 minutes</i></p>	Strength	<p><i>Walk for 3 minutes as a warm up after dynamic stretches.</i></p> <p>Run = 10 Minutes Walk = 2 Minutes</p> <p>Complete this twice <i>Cool down with a 5 minute walk.</i></p> <p><i>Total time: 32 minutes</i></p>	Rest & Stretch	Rest & Stretch	RACE DAY
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