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|  | **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** | **Week 6** |
| **Monday** |  |  |  |  |  |  |
| **Tuesday** | 5.7 km  Steady  35 mins | 6.0 km  Steady  36 mins | 6.8 km  Steady  40 mins | 1o min warm up  5 x 2 min at race pace / 1 min recovery  10 min warm down | 8.5 km  Steady  50 mins | 10 min warm up  20 min race pace  10 min warm down |
| **Wednesday** |  |  |  |  |  |  |
| **Thursday** | 6.0 km  Steady  36 mins | 6.8 km  Steady  45 mins | 10 min warm up  5 x 2min hill reps  10 min warm down | 7.5 km  Steady  45 mins or 3km time trial | 10 min warm up  20 min race pace  10 min warm down | 5 km  Steady  30 mins |
| **Friday** |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |
| **Sunday** | Easy run  45 mins | Easy run  50 mins | Easy run  55 mins | Easy run  60 mins | 10km practice run | **RACE DAY!!** |

Weekend = Easy Run. Don’t worry about the distance, the key is to train your body to keep going for a given period of time. Do try to include some moderate inclines in the run.