

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	2M warm-up, then 8 x 400m or 75 secs, with 400m or 2-3 min recoveries, then 2M cool-down	4-7M slow	30-35 mins light fartlek	Rest	2M easy, then 3 x 1M or 6 mins at 80-85%, with 800m or 3-4 min recoveries, then 2M easy	5M easy
Week 2	Rest	2M warm-up, then 6 x 600m or 2mins, with 400m or 2-min recoveries, then 2M cool-down	4-7M slow	30-40 mins steady, inc hills	Rest	2M easy, then 3 x 2000m or 7-8 mins at 80-85%, with 1000m or 4-min recoveries, then 2M easy	6M easy
Week 3	Rest	2M warm-up, then 5 x 800m or 3 mins, with 1000m or 5-min recoveries, then 2M cool-down	4-8M slow	30-40 mins fartlek	Rest	Warm up, then 15-20 mins at 70%, then 15-20 mins at 85%-90%, then cool down	7M easy
Week 4	Rest	2M easy, then 3 sets of 3 x 500m or 90-100 secs, with 300m or 2-min recoveries and 800m or 6 mins between sets, then 2M cool-down	4-7M slow	20 mins tempo run	Rest	Warm up, then 4 x 1M or 6-8 mins, with 1200m or 4-min recoveries, then cool down	8M easy
Week 5	Rest	2-2.5M warm-up, then 10-12 x 400m or 80-90 secs, with 400m or 2-3 min recoveries, then 2.5M cool-down	Rest OR slow run	40-45 mins, inc hills	Rest	Pyramid session: 1K, 2K, 3K at slower than 10K pace, with half-length recoveries. Feel in control of the session and use good terrain	9M easy
Week 6	Rest	2-3M warm-up, then 3 sets of 3 x 600m or 3 mins, with 400m or 2-3 min recoveries and 1000m or 7 mins between sets, then 2-3M cool-down	5-8M slow	40-45 mins light fartlek	Rest	Warm up, then 5 x 1M or 6-8 mins, with 1000m or 4-min recoveries, then long, slow cool-down	9-10M easy
Week 7	Rest	2-3M warm-up, then 12-15 x 400m or 80 secs, with 400m or 2-3 min jog recoveries, then 2-3M cool-down	4-5M slow OR rest	20 mins tempo run	Rest	6-9M gradual acceleration, with last 2-3M at 10K pace	9-10M easy
Week 8	Rest	2M warm-up, then 3 x 1200m or 4 mins, with 400m or 2-3 min recoveries, then 2M cool-down	4-7M slow	30-40 mins easy	Rest	2-4M easy, then 3 x 1M at 10K pace, then 2-3M easy	9-11M easy

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Week 9	5M easy, inc strides	2-3M warm-up, then 8 x 400m or 70-80 secs, with 400m or 2-min recoveries, then 2-3M cool-down	5-7M slow	35-40 mins light fartlek	Rest	Warm up, then 20 mins fast tempo run, but not flat out	9-11M easy
Week 10	5M easy, inc strides	2-3M warm-up, then 6 x 800m or 3 mins, with 400m or 2-min recoveries, then 2-3M cool-down	4-6M slow	Out and back run: 15-18 mins out; faster back	Rest	Warm up, then 30 mins hard work on hills, then cool down	9-11M easy
Week 11	5-6M with gradual acceleration	2-3M warm-up, then 5 x 1000m or 4 mins, with 400m or 3-min recoveries, then 2-3M cool-down	Rest OR 5-7M easy	40 mins steady, inc hills	Rest	Warm up, then 2 sets of 4, 5, and 6 mins at 10M pace, with half-length recoveries and 6 mins between sets, then cool down	9-11M easy
Week 12	5-6M easy, inc strides	2-3 warm-up, then 2 sets of 7 x 400m, with 400m jog recoveries and 5-6 mins between sets, then 2-3M cool-down	5-8M slow	25-30 mins tempo run	Rest	3-5M easy, inc a few strides	RACE