

	Week beginning 15th July	Week beginning 22nd July	Week beginning 29th July	Week beginning 5th August	Week beginning 12th August	Week beginning 19th August	Week beginning 26th August
Mon	30 minute Cross Training easy OR a conditioning class	30 minute Cross Training easy OR a conditioning class	30 minute Cross Training easy OR a conditioning class	30 minute Cross Training easy OR a conditioning class	30 minute Cross Training easy OR a conditioning class	30 minute Cross Training easy OR a conditioning class	30 minute Cross Training easy OR a conditioning class
Tues	10 min warm up run followed by 4 x 400m at planned race pace then 10 min easy run (2 min walk/jog between each rep)	10 min warm up run followed by 6 x 6 minutes at planned race pace then 10 min easy run (2 min walk/jog between each rep)	warm up followed by 2 x 12 mins at threshold pace with 2 x 2 mins walk/gentle jog in between	10 min warm up run followed by 6 x 200m at planned race pace then 10 min easy run (2 min walk/jog between each rep)	10 min warm up run followed by hill reps at planned race pace	10 min warm up run followed by 6 x 400m at planned race pace then 10 min easy run (2 min walk/jog between each rep)	warm up run followed by 10 x 1 mins at threshold pace 2 min walk/jog in between
Weds	Pilates or core class or 30 min swim	Pilates or core class or 30 min swim	Pilates or core class or 30 min swim	Pilates or core class or 30 min swim	Pilates or core class or 30 min swim	Pilates or core class or 30 min swim	Pilates or core class or 30 min swim
Thurs	5 miles easy run	5 miles easy run	5 miles easy run	6 miles easy run	5 miles easy run	5 miles easy run	6 miles easy pace
Fri	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Sat	parkrun include 5 min warm up and stretch afterwards	parkrun include 5 min warm up and stretch afterwards	parkrun include 5 min warm up and stretch afterwards	parkrun include 5 min warm up and stretch afterwards	parkrun include 5 min warm up and stretch afterwards	parkrun include 5 min warm up and stretch afterwards	parkrun include 5 min warm up and stretch afterwards
Sun	6 miles easy pace	6 miles easy pace	6 miles easy pace	7 miles easy pace	7 miles easy pace	6 miles easy pace	7 miles easy pace

Pace

Easy 1 min slower than predicted race pace

Steady predicted race pace

Threshold 30 secs quicker than predicted race pace

	Week beginning 2nd September	Week beginning 9th September	Week beginning 16th September	Week beginning 23rd September	Week beginning 30th September	Week beginning 7th October	Week beginning 14th October
Mon	30 minute Cross Training easy OR a conditioning class	30 minute Cross Training easy OR a conditioning class	30 minute Cross Training easy OR a conditioning class	30 minute Cross Training easy OR a conditioning class	30 minute Cross Training easy OR a conditioning class	30 minute Cross Training easy OR a conditioning class	30 minute Cross Training easy OR a conditioning class
Tues	warm up followed by pyramid 200m, 400m, 600m, 400m, 200m at planned race pace	warm up followed by 200m shuttle runs at threshold pace	4 x mile reps at threshold pace	warm up followed by 2 x 18 mins at threshold pace with 2 x 2 mins walk/gentle jog in between	warm up followed by 5km at easy pace	10 min warm up run followed by 6 x 400m at planned race pace then 10 min easy run (2 min walk/jog between each rep)	5km easy run
Weds	Pilates or core class or 30 min swim	Pilates or core class or 30 min swim	Pilates or core class or 30 min swim	Pilates or core class or 30 min swim	Pilates or core class or 30 min swim	Pilates or core class or 30 min swim	Pilates or core class or 30 min swim
Thurs	5 miles steady run	5 miles steady run	6 miles steady run	6 miles steady run	6 miles steady run	5 miles steady run	5km easy run
Fri	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Sat	parkrun include 5 min warm up and stretch afterwards	parkrun include 5 min warm up and stretch afterwards	parkrun include 5 min warm up and stretch afterwards	parkrun include 5 min warm up and stretch afterwards	parkrun include 5 min warm up and stretch afterwards	parkrun include 5 min warm up and stretch afterwards	Rest
Sun	7 miles easy pace	7 miles easy pace	8 miles easy pace	7 miles easy pace	7 miles easy pace	6 miles easy pace	RACE DAY!!!