

	Week beginning 25th November	Week beginning 2nd December	Week beginning 9th December	Week beginning 16th December	Week beginning 23rd December	Week beginning 30th December	Week beginning 6th January
Mon	rest day	rest day	rest day	rest day	rest day	rest day	rest day
Tues	10 min warm up run followed by 6 x 400m at steady pace with 2 min walk/jog between each rep then 10 min easy run	10 min warm up run followed by 4 x 800m at threshold pace with 2 min walk/jog between each rep then 10 min easy run	warm up followed by 2 x 18 mins at threshold pace with 2 x 2 mins walk/gentle jog in between	10 min warm up run followed by 3 x 1 mile reps at threshold pace with 2 min walk/jog in between	Christmas Eve (your choice of run)	New Year Eve (your choice of run)	warm up run followed by 10 x 200m 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	Christmas Day	New Years Day parkrun x2	Pilates or core class or 30 min swim
Thurs	5 miles easy	5 miles easy	5 miles 1 mile at race pace	5 miles 2 miles at race pace	Boxing Day Bimble 5 miles easy pace	6 miles easy pace	6 miles 2 miles at race pace
Fri	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
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	7 miles easy pace	7 miles easy pace	7 miles easy pace	8 miles easy pace	8 miles easy pace	8 miles easy pace	9 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 13th January	Week beginning 20th January	Week beginning 27th January	Week beginning 3rd February	Week beginning 10th February	Week beginning 17th February	Week beginning 24th February
Mon	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
Tues	warm up followed by pyramid 200m, 400m, 600m, 800m, 600m, 400m, 200m at threshold pace	warm up followed by hill reps at threshold pace	10 min warm up run followed by 6 x 800m reps at threshold pace gentle jog in between	warm up followed by 2 x 20 mins at threshold pace with 2 x 2 mins walk/gentle jog in between	10 min warm up run followed by 4 x 1 mile reps at threshold pace with 2 min walk/jog in between	10 min warm up run followed by 6 x 400m at planned race pace with 2 min walk/jog in between then 10 min easy run	warm up followed by 5km at easy pace
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	6 miles easy with hills	6 miles progressive	7 miles easy run	7 miles 2x2 miles at race pace	7 miles 5 miles at race pace	6 miles easy pace	5km easy run
Fri	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
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	9 miles easy pace	10 miles easy pace	11 miles easy pace	9 miles easy pace	8 miles easy pace	7 miles easy pace	RACE DAY!!!