

Week 1	
Monday	Run for 30 mins
Tuesday	Train at maximum effort for 75 secs, walk for 3 mins. Repeat 6 times.
Wednesday	Jog for 10 mins, run for 20 mins
Thursday	Train at maximum effort for 60 secs, walk for 3 mins. Repeat 6 times.
Friday	Jog for 10 mins, run for 20 mins
Saturday	Rest day
Sunday	Fartlek training for 45 mins in total
Week 2	
Monday	Run for 30 mins
Tuesday	Train at maximum effort for 75 secs, walk for 3 mins. Repeat 6 times.
Wednesday	Jog for 10 mins, run for 10 mins, jog for 10 mins
Thursday	Train at maximum effort for 75 secs, walk for 3 mins, train at maximum effort for 65 secs, walk for 3 mins, train at maximum effort for 55 secs, walk for 2 mins, train at maximum effort for 75 secs
Friday	Jog for 45 mins
Saturday	Rest day
Sunday	Run for 45 mins
Week 3	
Monday	Jog for 10 mins, run for 15 mins
Tuesday	Train at maximum effort for 60 secs, walk for 3 mins. Repeat 8 times.
Wednesday	Jog for 20 mins
Thursday	Run for 40 mins
Friday	Run for 20 mins
Saturday	Rest day
Sunday	Run for 35 mins
Week 4	
Monday	Jog for 10 mins, run for 10 mins
Tuesday	Train at maximum effort for 60 secs, walk for 3 mins. Repeat 8 times.
Wednesday	Jog for 10 mins, run for 5 mins, jog for 10 mins. Then train at maximum effort for 45 secs, walk for 3 mins and repeat 8 times.
Thursday	Jog for 10 mins, run for 5 mins
Friday	Run for 30 mins
Saturday	Rest day
Sunday	Run for 30 mins
Week 5	
Monday	Jog for 10 mins, run for 10 mins, jog for 10 mins
Tuesday	Run for 30 mins
Wednesday	Fartlek training for 45 mins in total
Thursday	Jog for 10 mins, run for 10 mins, jog for 10 mins

Friday	Train at maximum effort for 75 secs, walk for 3 mins. Repeat 5 times.
Saturday	Jog for 15 mins, walk for 15 mins
Sunday	Run for 40 mins

Week 6

Monday	Jog for 30 mins
Tuesday	Train at maximum effort for 60 secs, walk for 3 mins. Repeat 6 times.
Wednesday	Jog for 45 mins
Thursday	Run for 40 mins
Friday	Jog for 20 mins
Saturday	Rest day
Sunday	Race – 10k. If you don't race, run for 60 mins.

Week 7

Monday	If you raced on Sunday take a rest day. If you didn't race, jog for 30 mins.
Tuesday	If you raced on Sunday jog for 20 mins. If you didn't race, run for 35 mins.
Wednesday	Jog for 20 mins, run for 20 mins
Thursday	Run for 45 mins
Friday	Run for 30 mins
Saturday	Rest day
Sunday	Fartlek training for 70 mins in total

Week 8

Monday	Run for 30 mins
Tuesday	Train at maximum effort for 60 secs, walk for 3 mins. Repeat 6 times.
Wednesday	Jog for 10 mins, run for 20 mins
Thursday	Fartlek training for 60 mins in total
Friday	Run for 30 mins, jog for 15 mins
Saturday	Rest day
Sunday	Run for 75 mins

Week 9

Monday	Jog for 10 mins, run for 10 mins, jog for 10 mins
Tuesday	Train at maximum effort for 75 secs, walk for 3 mins. Repeat 6 times.
Wednesday	Jog for 45 mins
Thursday	Train at maximum effort for 65 secs, walk for 3 mins. Repeat 6 times.
Friday	Jog for 10 mins, run for 10 mins, jog for 10 mins
Saturday	Rest day
Sunday	Run for 75 mins

Week 10

Monday	Run for 15 mins
Tuesday	Jog for 10 mins, run for 35 mins, jog for 10 mins

Wednesday	Train at maximum effort for 70 secs, walk for 3 mins. Repeat 6 times.
Thursday	Jog for 10 mins, run for 10 mins
Friday	Fartlek training for 60 mins in total
Saturday	Walk for 15 mins
Sunday	Run for 75 mins