

| Week 1    |   |
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| Monday    | Jog for 10 mins, run for 10 mins  |
| Tuesday   | Jog for 30 mins   |
| Wednesday | <a href="#">Fartlek training</a> for 30 mins in total   |
| Thursday  | Jog for 20 mins   |
| Friday    | <a href="#">Fartlek training</a> for 35 mins in total   |
| Saturday  | Rest day  |
| Sunday    | Run for 60 mins   |
| Week 2    |   |
| Monday    | Jog for 30 mins   |
| Tuesday   | <a href="#">Fartlek training</a> for 40 mins in total   |
| Wednesday | Jog for 30 mins   |
| Thursday  | <a href="#">Fartlek training</a> for 40 mins in total   |
| Friday    | Jog for 30 mins   |
| Saturday  | Rest day  |
| Sunday    | Run for 60 mins   |
| Week 3    |   |
| Monday    | Jog for 30 mins   |
| Tuesday   | <a href="#">Fartlek training</a> for 45 mins in total   |
| Wednesday | Jog for 10 mins, run for 35 mins  |
| Thursday  | Sprint for 30 secs, 3 mins recovery jog. Repeat 3 times, then jog for 15 mins.  |
| Friday    | Jog for 40 mins   |
| Saturday  | Jog for 15 mins   |
| Sunday    | <a href="#">Fartlek training</a> for 70 mins in total   |
| Week 4    |   |
| Monday    | Jog for 30 mins   |
| Tuesday   | Train at maximum effort for 60 secs, walk for 3 mins. Repeat 3 times.   |
| Wednesday | Jog for 45 mins   |
| Thursday  | Jog for 10 mins, run for 35 mins  |
| Friday    | Jog for 15 mins, run for 15 mins, jog for 15 mins   |
| Saturday  | Rest day  |
| Sunday    | Run for 60 mins   |
| Week 5    |   |
| Monday    | Jog for 30 mins   |
| Tuesday   | Train at maximum effort for 60 secs, walk for 3 mins, train at maximum effort for 45 secs, walk for 3 mins, train at maximum effort for 30 secs, walk for 3 mins. Repeat 6 times. |
| Wednesday | Jog for 45 mins   |
| Thursday  | Run for 45 mins   |

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| <b>Friday</b>    | Train at maximum effort for 70 secs, walk for 3 mins, train at maximum effort for 45 secs, walk for 2 mins, train at maximum effort for 30 secs, walk for 3 mins. Repeat 3 times. |
| <b>Saturday</b>  | Rest day  |
| <b>Sunday</b>    | Run for 60 mins   |
| <b>Week 6</b>    |   |
| <b>Monday</b>    | Jog for 30 mins   |
| <b>Tuesday</b>   | Train at maximum effort for 75 secs, walk for 3 mins. Repeat 3 times.   |
| <b>Wednesday</b> | Jog for 45 mins   |
| <b>Thursday</b>  | Run for 25 mins   |
| <b>Friday</b>    | Jog for 20 mins   |
| <b>Saturday</b>  | Jog for 15 mins, walk for 10 mins   |
| <b>Sunday</b>    | Race – 10k. If you don't race, run for 60 mins.   |
| <b>Week 7</b>    |   |
| <b>Monday</b>    | If you raced on Sunday take a rest day. If you didn't race, jog for 15 mins, run for 10 mins.   |
| <b>Tuesday</b>   | If you raced on Sunday jog for 30 mins. If you didn't race, do <a href="#">Fartlek training</a> for 60 mins in total.   |
| <b>Wednesday</b> | Jog for 60 mins   |
| <b>Thursday</b>  | Jog for 10 mins, run for 30 mins, jog for 20 mins   |
| <b>Friday</b>    | Run for 60 mins, jog for 10 mins, walk for 10 mins  |
| <b>Saturday</b>  | Rest day  |
| <b>Sunday</b>    | <a href="#">Fartlek training</a> for 75 mins in total   |
| <b>Week 8</b>    |   |
| <b>Monday</b>    | Jog for 25 mins, run for 10 mins, jog for 25 mins   |
| <b>Tuesday</b>   | Train at maximum effort for 60 secs, walk for 3 mins. Repeat 6 times.   |
| <b>Wednesday</b> | Jog for 60 mins   |
| <b>Thursday</b>  | <a href="#">Fartlek training</a> for 75 mins in total   |
| <b>Friday</b>    | Jog for 25 mins   |
| <b>Saturday</b>  | Rest day  |
| <b>Sunday</b>    | Jog for 90 mins   |
| <b>Week 9</b>    |   |
| <b>Monday</b>    | Jog for 30 mins   |
| <b>Tuesday</b>   | Train at maximum effort for 75 secs, walk for 3 mins, train at maximum effort for 45 secs, walk for 2 mins, train at maximum effort for 30 secs, walk for 3 mins. Repeat 4 times. |
| <b>Wednesday</b> | Jog for 45 mins   |
| <b>Thursday</b>  | Run for 75 mins   |
| <b>Friday</b>    | Jog for 30 mins   |
| <b>Saturday</b>  | Rest day  |
| <b>Sunday</b>    | Run for 90 mins   |

**Week 10**

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|------------------|---|
| <b>Monday</b>    | Jog for 45 mins   |
| <b>Tuesday</b>   | <a href="#">Fartlek training</a> for 75 mins in total   |
| <b>Wednesday</b> | Jog for 10 mins, run for 10 mins, jog for 15 mins   |
| <b>Thursday</b>  | Train at maximum effort for 75 secs, walk for 3 mins, train at maximum effort for 60 secs, walk for 3 mins, train at maximum effort for 30 secs, walk for 2 mins. Repeat 4 times. |
| <b>Friday</b>    | Jog for 25 mins   |
| <b>Saturday</b>  | Rest day  |
| <b>Sunday</b>    | Run for 90 mins   |