

# TARGET TIME 4:30

## WEEK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	ER 30	SR 30	REST / CT	SR 30	REST	ER 30	LR 45
2	ER 30	SR 30	REST / CT	SR 30	REST	ER 30	LR 60
3	RR 30	TR 3x6 - 5 min recovery + 15 warm up / cool down jog	REST / CT	KH (10 uphill effort) + 15 warm up / cool down jog	REST + STR session	RR 40 or REST if tired	LR 75
4	REST + STR	TR 2x10 - 5 min rec. jog	REST / CT	KH (15 uphill effort)	REST	RR 30	LR 85
5	REST	TR 2x12 - 5 min recovery jog	REST / CT	KH (22 uphill effort)	REST	RUN 35 (inc 5x2 hard with 2 rec)	LR 95
6	RECOV- ERY WEEK	RR 25	REST / CT	TR 15 + 15 warm up / cool down jog	REST+ STR session	RR 25	LR 105
7	RR 40	TR 2x15 - 4 min recov- ery jog	REST / CT	KH (25 uphill effort)	REST + STR	RR 40	LR 120
8	REST	TR 20 + 15 warm up / cool down jog	REST / CT	LI - 4x5 at 10k pace - 3 min rec.jog	REST	Run 30 over hills push on uphills	LR 135
9	REST	TR 2x20 - 5 min recov- ery jog	REST / CT	C/T 60	MR 60 with 4x5 efforts at 10k pace - 5 min recovery jog	RR 30 + STR	LR 150
10	REST	RR 30 + STR	INT - 4x3 @ 10k pace - 2 min recovery	C/T 30	REST	RR 20 inc. 5 x 30 sec strides + STR	RACE A HALF MTHN
11	REST	RR 30	REST / CT	MR 75 @ MP	REST	INT - 6x3 @ 10k pace with 2 min recovery	LR 160 (40 easy, 90 MP, 30 easy)
12	REST	RUN 75 (inc 30 @ T'hold pace)	REST / CT	MR 90, 60 @ MP then 30 @ T'hold pace)	REST	RUN 40 (inc 5x3 @ 10k pace - 2 min. recovery	LR 180 (60 easy, 90 MP, 30 easy)
13	REST	TR 30	REST / CT	MR 75 @ MP	REST	INT - 4x5 @ 10k pace with 2 min recovery	LR 180 (60 easy, 90 MP, 30 easy)
14	REST	TR 25	REST / CT	MR 90, last 45 @ MP	REST	RUN 40 (inc 5x3 @ 10k pace - 2 min. recovery	LR 120 (60 easy, 60 MP)
15	REST	CT 30 + STR	RUN 35 (inc 15 @ T'hold pace)	REST	TR 2x10 with 3 min recovery	STR - 30	LR 60 @ MP
16	REST	RUN 30 (15 @ MP)	REST	RR 20 (inc 6x30 sec pick-ups)	REST	15 very easy jog	<b>THE BIG DAY</b>