

WEEK 1

MONDAY 19 JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	35 minutes of easy running.	Rest Day	35 minutes of easy running.	Rest Day	25 minutes of easy running.	50 minutes of easy running.

WEEK 2

MONDAY 26 JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	35 minutes of easy running.	Rest Day	Start with a 10 min warm up. Run 6 minutes at a pace between your 10k and Half Marathon goal pace followed by 2½ minutes jog/walk to recover, repeated 3 times. Finish off with a 10 min warm down.	Rest Day	25 minutes of easy running.	60 minutes of easy running.

WEEK 3

MONDAY 3 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	35 minutes of easy running.	Rest Day	20 minutes of hard even running, with 10 minutes warm up and 10 minutes warm down.	Rest Day	25 minutes of easy running.	50 minutes of easy running.

WEEK 4

MONDAY 10 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	35 minutes of easy running.	Rest Day	Start with a 10 min warm up. Run 3 minutes at your 10k goal pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down.	Rest Day	25 minutes of easy running.	60 minutes of easy running.

WEEK 5

MONDAY 17 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	35 minutes of easy running.	Rest Day	Start with a 10 min warm up. Run 6 minutes at your 10 mile goal pace followed by 3 minutes jog/walk to recover, repeated 4 times. Finish off with a 10 min warm down.	Rest Day	25 minutes of easy running.	50 minutes of easy running.

WEEK 6

MONDAY 24 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	30 minutes of easy running.	Rest Day	30 minutes of easy running.	Rest Day	25 minutes of easy running.	30 minutes of easy running.

WEEK 7

MONDAY 31 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	35 minutes of easy running.	Rest Day	Start with a 10 min warm up. Run 1 minute at your 3k goal pace followed by 75 seconds jog/walk to recover, repeated 10 times. Finish off with a 10 min warm down.	Rest Day	25 minutes of easy running.	70 minutes of easy running.

WEEK 8

MONDAY 7 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	35 minutes of easy running.	Rest Day	Start with a 10 min warm up. Run efforts of 10 minutes, 8 minutes and 5 minutes at your 10 mile goal pace. Follow each with 3 a minute jog/walk to recover. Finish off with a 10 min warm down.	Rest Day	25 minutes of easy running.	80 minutes of easy running.

WEEK 9

MONDAY 14 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	35 minutes of easy running.	Rest Day	40 minutes of steady running at ¾ effort of your normal steady pace.	Rest Day	25 minutes of easy running.	90 minutes of easy running.

WEEK 10

MONDAY 21 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	35 minutes of easy running.	Rest Day	Start with a 10 min warm up. Run 10 minutes at your half marathon goal pace followed by 3 minutes jog/walk to recover, repeated 4 times. Finish off with a 10 min warm down. You should be relaxed and in control.	Rest Day	25 minutes of easy running.	60 minutes of easy running.

WEEK 11

MONDAY 28 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	35 minutes of easy running.	Rest Day	50 minutes of easy running.	Rest Day	25 minutes of easy running.	45 minutes of easy running.

WEEK 12

MONDAY 4 SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	35 minutes of easy running.	Rest Day	25 minutes of easy running.	Rest Day	10 minutes of easy jogging or rest.	