



Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest day	30 mins easy run	Rest day or cross train (weights / yoga / Pilates)	35 mins easy run	Rest day	Rest day or cross train (weights / yoga / Pilates)	40 mins easy run
2	Rest day	30 mins easy run	Rest day or cross train (weights / yoga / Pilates)	40 mins easy run	Rest day	Rest day or cross train (weights / yoga / Pilates)	45 mins easy run
3	Rest day	30 mins easy run	Rest day or cross train (weights / yoga / Pilates)	45 mins easy run	Rest day	Rest day or cross train (weights / yoga / Pilates)	50 mins easy run
4	Rest day	30 mins easy run	Rest day or cross train (weights / yoga / Pilates)	Hills 10 min warm up 6 x 60 secs uphill (2 min jog / walk back recovery) 10 min cool down	Rest day	Rest day or cross train (weights / yoga / Pilates)	50-60 mins easy run
5	Rest day	30 mins easy run	Rest day or cross train (weights / yoga / Pilates)	Hills 10 min warm up 8 x 60 secs uphill (2 min jog / walk back recovery) 10 min cool down	Rest day	Rest day or cross train (weights / yoga / Pilates)	55-65 mins easy run
6	Rest day	30 mins easy run	Rest day or cross train (weights / yoga / Pilates)	40 mins easy run	Rest day	Rest day or cross train (weights / yoga / Pilates)	60-70 min easy run
7	Rest day	30 mins easy run	Rest day or cross train (weights / yoga / Pilates)	Fartlek run 10 min warm up 10 x 1 minute at a medium fast pace) 10 min cool down	Rest day	Rest day or cross train (weights / yoga / Pilates)	70-80 min easy run
8	Rest day	30 mins easy run	Rest day or cross train (weights / yoga / Pilates)	Fartlek run 10 min warm up 7 x 90 seconds at a medium fast pace), 90 secs recovery jog / walk 10 min cool down	Rest day	Rest day or cross train (weights / yoga / Pilates)	80-90 mins easy run
9	Rest day	40 min easy run	Rest day or cross train (weights / yoga / Pilates)	Hills 10 min warm up 10 x 60 secs uphill (2 min jog / walk back recovery) 10 min cool down	Rest day	Rest day or cross train (weights / yoga / Pilates)	90 -100 min run
10	Rest day	45 min easy run	Rest day or cross train (weights / yoga / Pilates)	40 mins easy run	Rest day	Rest day or cross train (weights / yoga / Pilates)	100-120 min run
11	Rest day	45 min easy run	Rest Day	Fartlek run 10 min warm up 5 x 1 minute at a medium fast pace), 1 min recovery jog / walk 10 min cool down	Rest day	Rest Day	80-90 mins easy run
12	Rest day	30 mins easy run	Rest Day	40 mins easy run	Rest day	Rest day	Southend Half