



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3 m run Comfort Pace	Endurance Training (Circuits) 45 mins	2.5 m run (race pace)	Rest	3 m run	30 min EZ
2	Rest	3 m run Comfort Pace	Endurance Training (Circuits) 45 mins	3 m run (race pace)	Rest	3.5 m run	35-40 min EZ
3	Rest	3.5 m run Comfort Pace	Endurance Training (Circuits) 45 mins	3.5 m run (race pace)	Rest	4 m run	35-40 min EZ
4	Rest	4 m run Comfort Pace	Endurance Training (Circuits) 50 minutes	3.5 m run (race pace)	Rest	4.5 m run	40-45 min EZ
5	Rest	3 m run Comfort Pace	Endurance Training (Circuits) 50 minutes	4 m run (race pace)	Rest	5 m run	45-50 min EZ
6	Rest	3.5 m run Comfort Pace	Endurance Training (Circuits) 50 minutes	3.5 m run (race pace)	Rest	6 m run	50-55 min EZ
7	Rest	4 m run Comfort Pace	Endurance Training (Circuits) 50 minutes	4 m run (race pace)	Rest	7 m run	40-45 min EZ
8	Rest	3 m run	CT or Rest	3 m run	Rest	Rest	10K Race!