

**Week 1**

- \* Tuesday: 4 x 400m
- \* Thursday: 5-k tempo
- \* Saturday/Sunday: 10-k long run

**Week 2**

- \* Tuesday: 4 x 800m
- \* Thursday: 7-k tempo
- \* Saturday/Sunday: 13-k long run

**Week 3**

- \* Tuesday: 3 x 1600m
- \* Thursday: 8-k tempo
- \* Saturday/Sunday: 16-k long run

**Week 4**

- \* Tuesday: 6 x 400m
- \* Thursday: 10-k tempo
- \* Saturday/Sunday: 10-k long run

**Week 5**

- \* Tuesday: 3 x 1600m
- \* Thursday: 7-k tempo
- \* Saturday/Sunday: 16-k long run

**Week 6**

- \* Tuesday: 4 x 800m
- \* Thursday: 13-k tempo
- \* Saturday/Sunday: 13-k long run

**Week 7**

- \* Tuesday: 6 x 400m
- \* Thursday: 10-k tempo
- \* Saturday/Sunday: 15-k long run

**Week 8**

- \* Tuesday: 4 x 1600m
- \* Thursday: 13-k tempo
- \* Saturday/Sunday: 20-k long run

**Week 9**

- \* Tuesday: 3 x 800m
- \* Thursday: 5-k tempo
- \* Saturday/Sunday: 10-k long run

**Week 10**

- Tuesday: 4 x 400m
- Thursday: 4-k tempo
- Saturday/Sunday: HALF MARATHON