

### **Week 1**

- \* Day 1: Intervals, 2.5km slow warm up, 4 x 400m (at 5k race pace) with 400m recovery in between, 2.5km cool-down
- \* Day 2: 6km at about 15 sec below 10km race pace
- \* Day 3: 8km easy
- \* Day 4: 14 km moderate pace

### **Week 2**

- \* Day 1: Intervals, 2.5km slow warm up, 4 x 600m (at 5k race pace) with 400m recovery in between, 2.5km cool-down
- \* Day 2: 8km at about 20 sec below 10km race pace
- \* Day 3: 8km over a fairly hilly course
- \* Day 4: 16 km moderate pace

### **Week 3**

- \* Day 1: Intervals, 2.5km slow warm up, 4 x 800m (at 5k race pace) with 400m recovery in between, 2.5km cool-down
- \* Day 2: 10km, first 5km easy, second 5km at 10 sec per km faster
- \* Day 3: 8km easy
- \* Day 4: 18 km moderate pace

### **Week 4**

- \* Day 1: Intervals, 2.5km slow warm up, 4 x 1km (at 5k race pace) with 400m recovery in between, 2.5km cool-down
- \* Day 2: 10km, alternate easy/faster kilometers

\* Day 3: 10km easy

\* Day 4: 18 km moderate pace

### **Week 5**

\* Day 1: Intervals, 2.5km slow warm up, 3 x 1km (at 5k race pace)with 400m recovery in between, 2.5km cool-down

\* Day 2: 12km, alternate easy/faster kilometers

\* Day 3: 10km easy

\* Day 4: 18/20 km moderate pace

### **Week 6**

\* Day 1: Intervals, 2.5km slow warm up, 3 x 1km (at 5k race pace)with 400m recovery in between, 2.5km cool-down

\* Day 2: 14km, alternate easy/faster kilometers

\* Day 3: 10km RACE

\* Day 4: 10 km easy pace

### **Week 7**

\* Day 1: Intervals, 2.5km slow warm up, 4 x 400m (at 5k race pace) with 200m recovery in between, 4 x 400m (at 5k race pace) with 400m recovery in between 2.5km cool-down

\* Day 2: 12km, alternate easy/faster kilometers

\* Day 3: 10km easy

\* Day 4: 18 km easy pace

### **Week 8**

- \* Day 1: Intervals, 2.5km slow warm up, 3 x 600m (at 5k race pace) with 200m recovery in between, 3 x 600m (at 5k race pace) with 400m recovery in between 2.5km cool-down
- \* Day 2: 12km, over a hilly course
- \* Day 3: 8km easy
- \* Day 4: 15 km moderate pace

### **Week 9**

- \* Day 1: Intervals, 2.5km slow warm up, 4 x 400m (at 5k race pace)with 400m recovery in between, 2.5km cool-down
- \* Day 2: 10km, easy
- \* Day 3: 8km easy
- \* Day 4: 10/12 km easy pace

### **Week 10**

- \* Day 1: 8km easy
- \* Day 2: 6km, easy
- \* Day 3: rest
- \* Day 4: **Half Marathon Race**