

**Week 1**

- \* Tuesday: 800m x 4 with 2min. recovery jog between
- \* Thursday: 50min.
- \* Saturday: 20 min. tempo run
- \* Sunday: 70min.

**Week 2**

- \* Tuesday: 600m x 5 with 2min. recovery jog between
- \* Thursday: 60min.
- \* Saturday: 4 x 1 mile(1600m) with 1min. jog between
- \* Sunday: 70min.

**Week 3**

- \* Tuesday: 400m x 8 with 2min. recovery jog between
- \* Thursday: 65min.
- \* Saturday: 2 x 2 mile(1600m) with 2min. jog between
- \* Sunday: 85min.

**Week 4**

- \* Tuesday: 400m x 5 with 1min. recovery jog between
- \* Thursday: 70min.
- \* Saturday: 10min. tempo with 1min. jog, 5min. tempo with 1min. jog, 10min. tempo
- \* Sunday: 90min.

**Week 5**

- \* Tuesday: 10 x 1min.20sec. hill repeats
- \* Thursday: 70min.
- \* Saturday: 5k time trial
- \* Sunday: 90min.

**Week 6**

- \* Tuesday: 600m x 4 with 600m recovery jog between
- \* Thursday: 70min.
- \* Saturday: 400m x 12 at 5k race pace with 100m recovery jog between
- \* Sunday: 90min.

**Week 7**

- \* Tuesday: 10 x 1min.20sec. hill repeats
- \* Thursday: 70min
- \* Saturday: 2 x 1200m with 3min. jog between; 3 x 400m with 1min. jog between
- \* Sunday: 90min.

**Week 8**

- \* Tuesday: 200m x 6 with 200m recovery jog between
- \* Thursday: 50min.
- \* Saturday: 5K ROAD RACE
- \* Sunday: 50 to 60min. easy

**Week 9**

- \* Tuesday: 8 x 300m at mile race pace with 300m jog between
- \* Thursday: 70min.
- \* Saturday: 2 x 1200m with 3min. jog between; 3 x 400m with 1min. jog between
- \* Sunday: 85min.

**Week 10**

- \* Tuesday: 6 x 200m with 200m recovery jog between
- \* Thursday: 50min.
- \* Saturday: **10K RACE**
- \* Sunday: rest