



	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
WEEK 01	6km intervals: 2x(6x30s on/30s off), 3mins rec between	day off	5km easy run	day off	6km tempo: 4x5mins, 2mins rec jog between	day off	8km steady run	25KM
WEEK 02	6km hill reps: 2x(8x20s hill sprint, 30s rec), 3mins rec between	day off	6km easy run	day off	6km tempo: 6mins, 5mins, 4mins - 2mins rec jog between	day off	10km steady run	28KM
WEEK 03	7km intervals: 10x400m, 90s rec between	day off	6km easy run	day off	8km tempo: 2x10mins, 3mins rec jog between	day off	12km steady run	33KM
WEEK 04	8km hill reps: 2x(6x40s hill sprint, 60s rec), 3mins rec between	day off	6km easy run	day off	9km tempo: 6x4mins, 90s rec jog between	day off	12km steady run	35KM
WEEK 05	9km intervals: 8x800m, 90s rec between	day off	8km easy run	day off	10km tempo: 4x5mins tempo, 1min rec jog	day off	12km steady run	39KM
WEEK 06	10km intervals: 5x1km @ 3-5km pace, 90s rec between	5km easy run	10km hill reps: 8x60sec building to 5km effort at top, 90s rec	day off	8km easy run	day off	12km progression run: 6km build up to 5km pace by final couple of mins	45KM
WEEK 07	8km easy run	10km intervals: 4x(1km, 90s rec, 400m, 90s rec)	8km easy run	day off	10km tempo: 2x10mins, 1min rec jog between	day off	14km steady run	50KM
WEEK 08	8km intervals: 12x60s, 60s rec jog between	day off	6km easy run	day off	8km tempo: 3x1km @ 5km pace, 2mins jog between	day off	10km steady run	32KM

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