

A NOTE FROM HEATHER: I have to start this with a disclaimer. This is a programme that I will be following and I have a base fitness with a weekly mileage of around 40k. Therefore in order to improve my fitness using the low intensity high volume approach I will need to build from here.



	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
WEEK 01	Tempo build run 90' with 60' build pace every 15' to reach 10k pace for final 15'.	40' steady	day off	Steady run w 10k pace efforts or hills 60' w 4x5' at 7/10	45-60'	2 hours steady	Recovery run or bike 30-40' easy	6hr25'
WEEK 02	Tempo build run 90' with 60' build pace every 15' to reach 10k pace for final 15'.	40' steady	day off	60' w 4x6' at 7/10	45-60'	2hr15'	30-40' easy	6hr40'
WEEK 03	Tempo build run 90' with 60' build pace every 15' to reach 5-10k pace for final 15'.	40' steady	day off	60' w 5x5' at 7/10	45-60'	2hr15'	30-40' easy	6hr40'
WEEK 04	Tempo build run 1hr40 with 60' build pace every 15' to reach 5-10k pace for final 15'.	40' steady	day off	60' w 5x6' at 7/10	45-60'	2hr30'	30-40' easy	7hr5'
WEEK 05	Tempo build run 1hr40 with 75' build pace every 15' to reach 5-10k pace for final 15'.	40' steady	day off	70' w 5x6' at 7/10	45-60'	2hr30'	30-40' easy	7hr15'
WEEK 06	Tempo build run 1hr45 with 75' build pace every 15' to reach 5-10k pace for final 15'.	40' steady	day off	70' w 6x6' at 7/10	45-60'	2hr45'	30-40' easy	7hr30'
WEEK 07	Tempo build run 1hr45 with 75' build pace every 15' to reach 5-10k pace for final 15'.	40' steady	day off	70' w 6x6' at 7/10	45-60'	2hr45'	30-40' easy	7hr30'
WEEK 08	Tempo build run 90 with 45' build pace every 15' to reach 10k pace for final 15'.	40' steady	day off	45' w 3x4' at 7/10	day off	1hour steady	30-40' easy	4hr25'

RACE WEEK

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