

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5KM PLAN	1	CORE	Rest	5W 5x3w/1r 5W	YOGA	5W 5x3w/1r 5W	5W 5x2:30w/1:30r 5W
	2	CORE	Rest	4W 5x2:30w/1:30r 4W	YOGA	4W 5x2w/2r 4W	4W 3 x 2W/2R 1 X 3W/6R 4W
	3	CORE	Rest	4W 6x2w/2r 4W	YOGA	4W 6x1:30w/2:30r 4W	4W 2km 4W
	4	CORE	Rest	4R 6x1:30w/2:30r 4W	YOGA	4R 6x1w/3r 4W	4W 3km 4W
	5	CORE	Rest	5R 4x1w/5r 5W	YOGA	5R 4x1w/7r 5W	4W 4km 4W
	6	CORE	Rest	5R 5x1w/7r 5W	YOGA	5R 3x1w/10r 5W	5km
5KM CONSOLIDATE	7	YOGA	Rest	3km	YOGA	3km	3km
	8	YOGA	Rest	3km	YOGA	3km	4km
	9	YOGA	Rest	3km	YOGA	4km	5km
	10	YOGA	Rest	2km	YOGA	2km	3km
10KM PLAN	11	CORE	Rest	4km	YOGA	3km	4km
	12	CORE	Rest	4km	YOGA	4km	5km
	13	CORE	Intervals 20	5km	YOGA	5km	6km
	14	CORE	Intervals 30	6km	YOGA	6km	7km
	15	CORE	Intervals 40	7km	YOGA	6km	8km
	16	CORE	Rest	Intervals 20	YOGA	Intervals 20	10km
10KM CONSOLIDATE	17	YOGA	Rest	6km	YOGA	6km	6km
	18	YOGA	Rest	6km	YOGA	7km	8km
	19	YOGA	Rest	7km	YOGA	8km	8km
	20	YOGA	Rest	5km	YOGA	5km	5km

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
HALF MARATHON PLAN	21	CORE	10km	Rest	YOGA	10km	Rest	10km
	22	CORE	10km	Rest	YOGA	10km	Rest	12km
	23	CORE	10km	Rest	YOGA	11km	Rest	14km
	24	CORE	5km	Rest	YOGA	5km	Rest	7km
	25	CORE	10km	Intervals 30	YOGA	12km	Rest	14km
	26	CORE	10km	Intervals 40	YOGA	13km	Rest	16km
	27	CORE	10km	Intervals 50	YOGA	14km	Rest	18km
	28	YOGA	5km	Rest	YOGA	Intervals 20	Rest	21.1km
MARATHON PLAN	29	CORE	REST	10KM	YOGA	12KM	Rest	14KM
	30	CORE	REST	10KM	YOGA	12KM	Rest	16KM
	31	CORE	REST	10KM	YOGA	12KM	Rest	18KM
	32	CORE	REST	5km	YOGA	5km	Rest	9KM
	33	CORE	REST	12km	YOGA	12km	Rest	22km
	34	CORE	REST	12km	YOGA	12km	Rest	25km
	35	CORE	REST	12km	YOGA	12km	Rest	27km
	36	YOGA	REST	6km	YOGA	6km	Rest	14km
	37	YOGA	REST	10km	YOGA	12km	Rest	31km
	38	YOGA	REST	10km	YOGA	12km	Rest	33km
	39	YOGA	REST	10km	YOGA	10km	Rest	35km
	40	YOGA	REST	7km	YOGA	7km	Rest	12km
	41	YOGA	REST	4km	YOGA	3km	Rest	42.2km

INTERVAL SESSIONS



"HARD RUNNING" IS EQUIVALENT TO YOUR 5K RACE PACE OR JUST ABOVE (NOT SPRINTING)

20 MINUTE INTERVAL SESSION

5 MINUTE EASY JOG WARM UP
10 X 30 SECONDS HARD RUNNING / 30 SECONDS SLOW JOG OR WALK
5 MINS EASY COOL DOWN

30 MINUTE INTERVAL SESSION

1KM EASY JOG WARM UP
5 X 30S EASY/20S TEMPO/10S HARD
2 MINS WALK
5 X 30S EASY/20S TEMPO/ 10S HARD
2 MINS WALK
5 X 30S EASY/20S TEMPO/ 10S HARD
2MINS WALK
1KM COOL DOWN EASY JOG

40 MINUTE INTERVAL SESSION

10 MINUTE EASY JOG WARM UP
5 X 3 MINS HARD RUN / 1 MINS SLOW JOG OR WALK
10 MINS EASY JOG WALK COOL DOWN

50 MINUTE INTERVAL SESSION

10 MINS EASY JOG WARM UP
4 X 5 MINS AT TEMPO (7 OR 8/10 RPE) WITH 2.5MINS RECOVERY BETWEEN EACH
10 MINS EASY JOG COOL DOWN

THE "NON-NEGOTIABLES"



1. STRETCH AFTER EVERY SESSION
2. DON'T NEGLECT STRENGTH AND CONDITIONING
3. RESPECT THE REST & RECOVERY
4. ENJOY IT

LINK TO A GOOD STRETCH VID

[HERE](#)