

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 weeks to go 28th March	10 min easy walk/jog	REST	REST	10 min easy walk/jog	REST	REST	15 min easy walk/jog
14 weeks to go 4th April	REST	10 min easy walk/jog	REST	10 min easy walk/jog	REST	REST	15 min easy walk/jog
13 weeks to go 11th April	REST	10 min easy walk/jog	REST	10 min jog	REST	REST	15 min jog
12 weeks to go 18th April	10 min easy walk/jog	REST	REST	10 min easy walk/jog	REST	REST	15 min jog
11 weeks to go 25th April	REST	REST	Easy 10 min jog	REST	10 min easy walk/jog	REST	20 min walk/jog
10 weeks to go 2nd May	REST	15 min jog	REST	15 min jog	REST	REST	20-25 min continuous jog
9 weeks to go 9th May	REST	15 min easy jog	REST	10-15 easy jog	REST	REST	25-30 min jog
8 weeks to go 16th May	REST	REST	10-15 min jog	REST	Optional 15 min jog	REST	15-20 min comfortable jog
7 weeks to go 23rd May	10 min easy recovery run	REST	REST	15 min comfortable jog	REST	REST	35 min jog
6 weeks to go 30th May	REST	20 min easy jog	REST	15 min comfortable jog	REST	REST	40 min jog
5 weeks to go 6th June	REST	20 min easy jog	REST	20 min comfortable jog	REST	45 min jog	REST
4 weeks to go 13th June	20 min comfortable jog	REST	REST	20 min steady jog	REST	45 min jog	REST
3 weeks to go 20th June	15 min slow jog	20 min comfortable jog	REST	25-30 min easy jog	REST	REST	60-65 min jog
2 weeks to go 27th June	REST	25 min comfortable jog	REST	15-20 min steady jog	REST	REST	60-65 min jog
RACE WEEK	REST	REST	20 min comfortable jog	REST	25 min easy jog	REST	RACE DAY 10th July