

Week	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES	
1	Rest, Walk, XT	Run/Walk. 10 x (Run 45secs, Walk 90secs)	Run/Walk. 8 x (Run 60secs, Walk 90secs)	Rest, Walk, XT	Hill walk Try and find somewhere to walk with some undulation or light hills/trails. Walk hard on the uphills 45 mins	Rest, Walk or XT	Run/Walk. 60mins. Include at least 7 x 2min runs during the 60mins taking as much time to walk in between as required.	Strides - these are light efforts running hard (not a sprint) to stretch the legs out at the end of the run. Normally 4-6 is enough and at around 60-80 metres with a 30sec break in between each one.	
2	Rest, Walk, XT	Run/Walk. 10 x (Run 90secs, Walk 90secs)	Run/Walk . 8 x (Run 2mins, Walk 2mins)	Rest, Walk, XT	Run/Walk 20min walk 4 x 2min run, walk 2mins 20 min walk to finish	Rest, Walk or XT	Run/Walk. 70mins. Include 7 x 3min runs during the 70mins taking as much time to walk in between as required		
3	Rest, Walk, XT	Run/Walk 10 x (Run 2mins, Walk 2mins)	Run/Walk . 6 x (Run 3mins, Walk 2mins)	Rest, Walk, XT	Walk. 40mins over flat course.	PARKRUN. Run/Walk PARKRUN 5km course. (Run 4min, walk 2mins) for the 5km distance	Walk 60mins over flat course		
4	Rest, Walk, XT	Run/Walk 8 x (Run 3mins, Walk 2mins)	Run/Walk . 3 x (Run 5mins, Walk 3mins)	Rest, Walk, XT	Run/Walk 15 min walk 4 x 3min run, walk 2mins 15 min walk to finish	Rest, Walk or XT	Run/Walk. 80mins. Include 4 x 8min runs during the 80mins taking as much time to walk in between as required		
5	Rest, Walk, XT	Run/Walk 6 x (Run 4mins, Walk 2mins)	Run/Walk . 2 x (Run 10mins, Walk 5mins)	Rest, Walk, XT	Walk. 40mins over flat course.	PARKRUN. Run/Walk PARKRUN 5km course. (Run 7min, walk 2mins) for the 5km distance	Run. Walk 8mins. Run 20mins. Walk 8mins. Run 15mins. Walk 8mins		
6	Rest, Walk, XT	Run/Walk 3 x (Run 8mins, Walk 2mins)	Run. 5min walk warm up. 20min straight run! 5min walk cool down	Rest, Walk, XT	Run/Walk On an undulating route. 8 x (Run 2mins, Walk 1min)	Rest, Walk or XT	Run. Walk 10mins. Run 20mins. Walk 10mins. Run 15mins. Walk 10mins		
7	Rest, Walk, XT	Run/Walk 3 x (Run 10mins, Walk 2mins)	Run. 5min walk warm up. 30min straight run! 5min walk cool down	Rest, Walk, XT	Run/Walk On an undulating route. 6 x (Run 3mins, Walk 1min)	Rest, Walk or XT	Run. Walk 5mins. Run 30mins. Walk 5mins. Run 15mins. Walk 8mins		TAPER
8	Rest, Walk, XT	Run/Walk 6 x (Run 4mins, Walk 2mins)	Run. 5min walk warm up. 20min run. 5min walk cool down	Rest, Walk, XT	Walk for 40mins. Include 6 x 90sec runs during the 40mins with a 2min walk between the 90 sec efforts	Rest or Walk	PB Events 10k		Race Week