

Day	Type of Run	Pace	Week1 (build)	Week2 (build)	Week3 (build)	Week4 (down week)	Week5 (build)	Week6 (build)	Week7 (build)	Week8 (build)
Monday	Easy run	50-55% max heart rate	4-5 miles & strength training	4-5 miles & strength training	4-5 miles & strength training	3-4 miles & strength training	4-5 miles & strength training	4-5 miles & strength training	4-5 miles	3-4 miles
Tuesday	Tempo endurance intervals	Variable (5km-10km race pace)	5-6x ½ mile @ 5km race pace (2min rest)	3-4x 1 mile @ 10km goal race pace (2 min rest)	10x ¼ mile @ 5km race pace (90 sec rest)	5-6x ¾ mile @ 10km goal race pace (2 min rest)	10x ¼ mile @ 5km race pace (90 sec rest)	3-4x 1 mile @ 10km goal race pace (2 min rest)	2-3x 1½ mile @ 10km goal race pace (3 min rest)	6-8x ½ mile @ 5km race pace (jog 400m)
Wednesday	Easy run	50-55% max heart rate	5-6 miles	5-6 miles	5-6 miles	5-6 miles	5-6 miles	5-6 miles	5-6 miles	5 miles
Thursday	Easy run	50-55% max heart rate	5 miles & core	5 miles & core	5 miles & core	5 miles & core	5 miles & core	5 miles & core	5 miles	5 miles
Friday	Tempo run	70-75% max heart rate		3-4 miles			3.5-4.5 miles	4-5 miles		
	Long tempo intervals	70-75% max heart rate	2x 2 miles (2 min rest)		2x 3 miles (3 min rest)	5 miles			2x 2 miles (3 min rest)	3-5 miles
Saturday	N/A	N/A	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Sunday	Long run	50-55% max heart rate	8 miles	7 miles	9 miles	7 miles	10 miles	8 miles	6-7 miles	RACE!