

	Week One	Week Two	Week Three	Week Four	Week Five	Week Six
Monday	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest
Tuesday	REPS (1mile warm up, 10x1mins hard, 1mins easy, 1mile warm down)	Easy Longer Miles (8-10)	REPS (Pyramid Session - 1mile warm up, 2mins, 4mins, 6mins, 8mins, 6mins, 4mins, 2mins all hard with 2mins easy jog recovery between them, 1mile warm down)	Easy Longer Miles (8-10)	REPS (1mile warm up, 10x2mins hard, 1mins easy, 1mile warm down)	Easy Longer Miles (8-10)
Wednesday	Easy Miles or Rest	TEMPO (1mile warm up, 2x10mins at 6.50-7min per mile with 5mins easy jog, 1mile warm down)	Easy Miles or Rest	TEMPO (1mile warm up, 20mins at Marathon Pace, 1mile warm down)	Easy Miles or Rest	TEMPO (1mile warm up, 3x8mins at Marathon Pace with 2mins easy recovery, 1mile warm down)
Thursday	Easy Longer Miles (8-10)	Easy Miles or Rest	Easy Longer Miles (8-10)	Easy Miles or Rest	Easy Longer Miles (8-10)	Easy Miles or Rest
Friday	HILLS (8x30seconds)	LONG HILLS (6x90seconds)	HILLS (8x30seconds)	MIXED HILLS (3x30secs, 3x60secs, 3x90secs)	HILLS (8x30seconds)	LONG HILLS (6x90seconds)
Saturday	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest	Easy Miles or Rest
Sunday	LONG RUN WITH TEMPO (13miles easy with the last 3miles around 6.50-7min per mile)	LONG RUN - 15miles easy pace	LONG RUN WITH TEMPO (3miles easy, 6miles at Marathon Pace, 3miles easy)	LONG RUN - 15miles easy pace	LONG RUN WITH TEMPO (2miles easy, 5miles at marathon pace, 1mile easy, 5miles at marathon pace, 2miles easy)	LONG RUN - 15miles easy pace