

| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---------------|------|--------------------------------|----------------------|--|--|---------------------|---------------------|
| Week 1 | Rest | 5 x 4 mins intervals @ 5K pace | 6 mile (steady pace) | Gym session – Deadlift x 10 leg squat x 10 Walking lunge Calf raises x 10 T-Bar press up x 10 Plank x 1 min Perform 3 sets with 1 minute rest between sets | Rest | 4 mile (tempo pace) | 8 mile (easy pace) |
| Week 2 | Rest | 6 x 2 mins intervals – hills | 7 mile (steady pace) | Gym session – Deadlift x 12 leg squat x 12 Walking lunge Calf raises x 12 T-Bar press up x 12 Plank x 1 min Perform 3 sets with 45 secs rest between sets | Rest | 5 mile (tempo pace) | 10 mile (easy pace) |
| Week 3 | Rest | 3 x 1 mile intervals @ 5K pace | 6 mile (steady pace) | Gym session – Deadlift + Swiss Ball Hamstring Curl Single leg squat + Single Leg Hop Walking lunge + Bounding Calf raises + Rebound jumps T-Bar press up + Plank Perform 3 sets of 15 reps of each pair of exercises. 30 secs rest between sets & 1 min rest between pairs | Rest | 6 mile (tempo pace) | 12 mile (easy pace) |
| Week 4 | Rest | 4 x 1 mile intervals @ 5K pace | 6 mile (steady pace) | Gym session – Deadlift + Swiss Ball Hamstring Curl Single leg squat + Single Leg Hop Walking lunge + Bounding Calf raises + Rebound jumps T-Bar press up + Plank Perform 3 sets of 20 reps of each pair of exercises. 30 secs rest between sets & 1 min rest between pairs | Rest | 5 mile (tempo pace) | 8 mile (easy pace) |
| Week 5 | Rest | 7 mile (steady pace) | Rest | 4 mile (easy pace) | Yoga/Plates/ Stretching/ Flexibility | Rest | RACE DAY |