

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7 4 mile easy	8 Peterley Manor Farm WU jog to park Drills & strides. 12 x 400m -r60sec. Cool down jog	9 Rest	10 Warm up jog 1 - 1.5m 3 mile Tempo at half marathon race pace Cood down jog/walk 1 -	11 4 mile easy	12 5 mile easy	13 9 mile easy
14 4 mile easy	15 8 x 600m r 90sec.	16 Rest	17 Warm up jog 1 - 1.5m 3 mile Tempo at half marathon race pace Cood down jog/walk 1 -	18 4 mile easy	19 6 mile easy	20 Long 10 mile
21 6 mile easy	22 6 x 800m r 120sec	23 Rest	24 Warm up jog 1 - 1.5m 4 mile Tempo at half marathon race pace Cood down jog/walk 1 -	25 5 mile easy	26 6 mile easy	27 Long 10 mile
28 5 mile easy	29 5 x 1k r 120sec	30 Rest	31 Warm up jog 1 - 1.5m 4 mile Tempo at half marathon race pace Cood down jog/walk 1 -			