

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Long 10 mile
2 5 mile easy	3 WU jog 1-1.5m 2 x 3 mile at HM race pace less 10 sec with 800m jog rec. CD	4 Rest	5 Warm up jog 1 - 1.5m 6 mile Tempo at half marathon race pace Cood	6 5 mile easy	7 6 mile easy	8 Long 12 mile
9 7 mile easy	10 WU jog 1 -1.5m 3 x 2 mile at HM race pace less 10 sec with 800m jog rec. CD jog	11	12 Warm up jog 1 - 1.5m 6 mile Tempo at half marathon race pace CD	13 6 mile easy	14 5 mile easy	15 Long 10 mile
16 5 mile easy	17 WU jog 1 -1.5m 4 x 1.5 mile at HM race pace less 10 sec with 800m jog rec. CD jog	18 Rest	19 Warm up jog 1 - 1.5m 6 mile Tempo at half marathon race pace CD	20 5 mile easy	21 6 mile easy	22 Long 12 mile
23 5 mile easy	24 WU jog 1 -1.5m 4 x 1 mile at HM race pace less 10 sec with 800m jog rec. CD jog	25 Rest	26 Warm up jog 1 - 1.5m 5 mile Tempo at half marathon race pace CD	27 6 mile easy	28 5 mile easy	29 8 mile easy
30 5 mile easy	31 5 mile easy	Nov 1 Rest	Nov 2 6 mile easy	Nov 3 5 mile easy	Nov 4 3 mile easy	Nov 5 Race