

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 6 mile easy	2 5 mile easy	3 Long 10 mile
4 6 mile easy	5 4 x 1200 r 150sec	6 Rest	7 Warm up jog 1 - 1.5m 4 mile Tempo at half marathon race pace Cood down jog/walk 1 -	8 5 mile easy	9 5 mile easy	10 Long 12 mile
11 5 mile easy	12 WU jog 1 -1.5m 6 x 1 mile at HM race pace less 10 sec with 800m jog rec. CD jog/walk 1 -1.5m	13 Rest	14 Warm up jog 1 - 1.5m 5 mile Tempo at half marathon race pace Cood down jog/walk 1 -	15 6 mile easy	16 5 mile easy	17 Long 10 mile
18 5 mile easy	19 WU jog 1 -1.5m 4 x 1.5 mile at HM race pace less 10 sec with 800m jog rec. CD jog/walk 1 -1.5m	20 Rest	21 Warm up jog 1 - 1.5m 5 mile Tempo at half marathon race pace Cood down jog/walk 1 -	22 5 mile easy	23 6 mile easy	24 Long 12 mile
25 6 mile easy	26 WU jog 1 -1.5m 3 x 2 mile at HM race pace less 10 sec with 800m jog rec. CD jog/walk 1 -1.5m	27 Rest	28 Warm up jog 1 - 1.5m 5 mile Tempo at half marathon race pace Cood down jog/walk 1 -	29 6 mile easy	30 5 mile easy	