

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUNDAY
WEEK 1 18/01	Core exercises	Hill session: 1 x 250M medium paced, 3 x 250M fast pace, 2 x 250M measured pace	REST	Fartlek: 2 x 800M. 5 min rest between sets. Tempo: 3 x 400M (12 sec between 50M splits) 3 min rest between sets	Cross Training: Swim, Walk or Bike Ride. Easy pace.	rest	LSD 40 minutes
WEEK 2 25/01	Core exercises	Interval session: 1 x 400M easy pace. 1 x 400M medium. 1 x 400M fast. 1 x 400M sprint. 1 x 400M fast. 1 x 400M measured pace	REST	Fartlek: 1 x 1200M, 1 x 1200M. 5 min rest between sets. Tempo: 1 x 400M (11 sec between 50M splits) 1 x 800M (13 sec 50M splits) 1 x 400M (11 sec splits) 3 min rest after 400M sets, 5 min rest after 800M sets	Cross Training: Swim, Walk or Bike Ride. Easy pace.	rest	LSD 45 minutes
WEEK 3 01/02	Core exercises	Maintenance run: 3KM	REST	Fartlek: 2 x 800M, 1 x 1200M. 5 min rest between sets. Tempo: 1 x 400M (11 sec between 50M splits) 3 min rest between sets, 2 x 800M (12 sec splits) 5 min rest, 1 x 400M (11 sec splits)	Cross Training: Swim, Walk or Bike Ride. Easy pace.	rest	LSD 50 minutes
WEEK 4 8/02	Core exercises	Interval session: 1 x 500M easy pace. 1 x 500M medium. 2 x 500M fast. 2 x 500M sprint. 2 x 500M fast. 1 x 500M measured pace	REST	Fartlek: 1 x 800M. 1 x 1200M. 1 x 800M 5 min rest between sets. Tempo: 1 x 400M (9 sec between 50M splits) 3 min rest. 1 x 800M (11 sec splits) 5 min rest. 1 x 1200M (12 sec splits) 5 min rest. 1 x 400M (10 sec splits)	Cross Training: Swim, Walk or Bike Ride. Easy pace.	rest	LSD 1 hr
WEEK 5 15/02	Core exercises	Maintenance run: 5KM	REST	Fartlek: 2 x 1200M. 5 min rest between sets. Tempo: 1 x 400M (9 sec between 50M splits) 3 min rest. 3 x 400M (10 sec splits) 3 min rest. 1 x 400M (9 sec splits)	Cross Training: Swim, Walk or Bike Ride. Easy pace.	rest	LSD 1 hr
WEEK 6 22/02	Core exercises	Hill session: 1 x 300M easy pace. 1 x 300M medium. 1 x 300M measured. 2 x 300M fast. 2 x 300M sprint. 2 x 300M fast. 1 x 300M measured pace.	REST	Fartlek: 2 x 1600M. 5 min rest between sets. Tempo: 1 x 400M (10 sec between 50M splits) 1 x 800M (11 sec 50M splits) 1 x 400M (9 sec splits) 3 min rest after 400M sets, 5 min rest after 800M sets	Cross Training: Swim, Walk or Bike Ride. Easy pace.	rest	LSD 1 hr
WEEK 7 29/02	Core exercises	Interval session: 1 x 500M easy pace. 1 x 500M medium. 2 x 500M fast. 3 x 500M sprint. 2 x 500M fast. 1 x 500M measured pace	REST	Fartlek: 3 x 800M. 5 min rest between sets. Tempo: 1 x 400M (9 sec between 50M splits) 3 min rest between sets, 1 x 800M (10 sec splits) 5 min rest, 1 x 400M (9 sec splits)	Cross Training: Swim, Walk or Bike Ride. Easy pace.	rest	LSD 50 minutes
WEEK 8 7/03	Core exercises	Maintenance run: 5KM	REST	Fartlek: 2 x 800M. 5 min rest between sets. Tempo: 1 x 400M (10 sec between 50M splits) 3 min rest. 1 x 800M (11 sec splits) 5 min rest. 1 x 400M (10 sec splits) 5 min rest. 1 x 400M (9 sec splits)	Cross Training: Swim, Walk or Bike Ride. Easy pace.	rest	LSD 40 minutes