

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	1 km short run	2 km short run	2 km short run	Rest	5 km long run	Rest
Week 2	Rest	2 km short run	2 km short run	2 km short run	Rest	5 km long run	Rest
Week 3	Rest	2 km short run	2 km short run	2 km short run	Rest	7 km long run	Rest
Week 4	Rest	2 km short run	2 km short run	3 km short run	Rest	8 km long run	Rest
Week 5	Rest	3 km short run	3 km short run	3 km short run	Rest	10 km long run	Rest
Week 6	Rest	3 km short run	3 km short run	3 km tempo run	Rest	10 km long run	Rest
Week 7	Rest	3 km short run	3 km short run	3 km tempo run	Rest	14 km long run	Rest
Week 8	Rest	4 km short run	4 km short run	4 km tempo run	Rest	14 km long run	Rest
Week 9	Rest	4 km short run	4 km short run	4 km interval run	Rest	18 km long run	Rest
Week 10	Rest	4 km short run	4 km short run	4 km interval run	Rest	10 km long run	Rest
Week 11	Rest	Rest	Rest	5 km short run	Rest	Rest	HALF - MARATHON
Week 12	Rest	Rest	5 km short run	5 km short run	Rest	12 km long run	Rest
Week 13	Rest	5 km short run	5 km short run	4 km interval run	Rest	24 km long run	Rest
Week 14	Rest	6 km short run	6 km short run	4 km interval run	Rest	14 km long run	Rest
Week 15	Rest	6 km short run	6 km short run	4 km tempo run	Rest	28 km long run	Rest
Week 16	Rest	6 km short run	6 km short run	4 km tempo run	Rest	16 km long run	Rest
Week 17	Rest	6 km short run	6 km short run	4 km tempo run	Rest	32 km long run	Rest
Week 18	Rest	6 km short run	6 km short run	6 km short run	Rest	14 km long run	Rest
Week 19	Rest	6 km short run	6 km short run	Rest	Rest	10 km long run	Rest
Week 20	Rest	Rest	Rest	6 km short run	Rest	Rest	MARATHON