WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	35 minutes of easy running.	REST	25 minutes of easy running.	50 minutes of easy running.

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	5 x (3 min run at your current 10K pace, with 2 min jog between each effort to recover)	REST	25 minutes of easy running.	60 minutes of easy running.

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	10 min easy jog warm up, 20 min run at hard & controlled pace. 10 min easy jog to warm down.	12 x (1 min easy run followed by 1 min of easy walking)	25 minutes of easy running.	50 minutes of easy running.

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	25 minutes of easy running.	REST	25 minutes of easy running.	30 minutes of easy running.

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	4 x (6 min at current 10 mile pace, with a 3 min walk/jog between to recover)	REST	25 minutes of easy running.	50 minutes of easy running.

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	10 x (1 min at current 3km pace, with a 75 second walk/jog between to recover)	REST	25 minutes of easy running.	60 minutes of easy running.

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	7 x (2 min at current 5km pace, with a 1.5 min walk/jog between to recover)	REST	25 minutes of easy running.	50 minutes of easy running.

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	6 x (3 min at current 10km pace, with a 2 min walk/jog between to recover)	REST	25 minutes of easy running.	50 minutes of easy running.

WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	10 min easy jog to warm up, then 10 min at half marathon pace, followed by 8 min at current 10K pace. Then 10 min easy jog.	REST	25 minutes of easy running.	45 minutes of easy running.

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	20 minutes of easy running.	REST	REST	EVENT DAY. GOOD LUCK!