

<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>1</b>	Rest/Cross train	Run Club/60 mins	30 mins easy running	Pilates/Cross Train	Swim/gym/rest	parkrun	105 mins easy
<b>2</b>	Rest/Cross train	Run Club/60 mins	10 mins easy running 30 secs fast running; 1 min jogging – 4 reps 10 mins easy running	Pilates/Cross Train	Swim/gym/rest	parkrun	115 mins easy
<b>3</b>	Rest/Cross train	Run Club/60 mins	10 mins easy running 5 mins steady running; 5 mins faster running; 5 mins easy – 2 reps 10 mins easy running	Pilates/Cross Train	Swim/gym/rest	parkrun	Run a half marathon
<b>4</b>	Rest/Cross train	Run Club/60 mins	10 mins easy running 10 mins at marathon pace; 3 mins jogging – 3 reps 10 mins easy running	Pilates/Cross Train	Swim/gym/rest	parkrun	130 mins easy
<b>5</b>	Rest/Cross train	Run Club/60 mins	10 mins easy running 15 mins at marathon pace; 3 mins jogging – 2 reps 10 mins easy running	Pilates/Cross Train	Swim/gym/rest	parkrun	150 mins easy
<b>6</b>	Rest/Cross train	Run Club/60 mins	20 mins easy running	Pilates/Cross Train	Swim/gym/rest	parkrun	165 mins easy
<b>7</b>	Rest/Cross train	Run Club/60 mins	15 mins easy running 40 mins at marathon pace 15 mins easy running	Pilates/Cross Train	Swim/gym/rest	parkrun	Race half marathon/0 miles
<b>8</b>	Rest/Cross train	Run Club/60 mins	10 mins easy running 5 mins tempo running; 5 mins easy running – 3 reps 10 mins easy running	Pilates/Cross Train	Swim/gym/rest	parkrun	180 mins easy
<b>9</b>	Rest/Cross train	Run Club/60 mins	10 mins easy running 15 mins at marathon pace 1 min brisk running; 1 min walking – 4 reps 10 mins easy running	Pilates/Cross Train	Swim/gym/rest	parkrun	90 mins easy
<b>10</b>	Rest/Cross train	Run Club/60 mins	10 mins easy jogging Run 1 mile at marathon race pace, 10 mins easy jogging – 2 reps	Pilates/Cross Train	Swim/gym/rest	parkrun	60 mins easy
<b>11</b>	Rest/Cross train	Run Club/60 mins	10 mins easy jogging 10 mins easy running Run 1 mile at marathon race pace; 10 mins easy jogging – 2 reps	Pilates/Cross Train	Swim/gym/rest	Volunteer at parkrun!	RACE DAY!!