

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 WEEK 1	WARM-UP, WALK 1MIN & JOG 5MINS FOR A TOTAL OF 18MINS, COOL-DOWN.	WARM-UP, CONTINUOUS JOG FOR 10MINS, COOL-DOWN.	REST.	WARM-UP, WALK 1MIN & JOG 7MINS FOR TOTAL OF 24MINS, COOL-DOWN.	WARM-UP, RECOVERY, COOL-DOWN.	WARM-UP, 3 MILE WALK/JOG (ATTEMPT JOG AS MUCH AS POSSIBLE), COOL-DOWN.	REST.
 WEEK 2	WARM-UP, CONTINUOUS JOG FOR 15MINS, COOL-DOWN.	WARM-UP, WALK 1MIN & JOG 9MINS FOR TOTAL OF 30MINS, COOL-DOWN.	REST.	WARM-UP, CYCLE/SWIM/ ROW FOR TOTAL OF 30MINS, COOL-DOWN.	WARM-UP, CONTINUOUS JOG FOR 18MINS, COOL-DOWN.	REST.	WARM-UP, WALK 1MIN AND JOG 9MINS FOR TOTAL OF 30MINS, COOL-DOWN.
 WEEK 3	WARM-UP, JOG FOR 15MINS & WALK 10MINS, COOL-DOWN.	ACTIVE RECOVERY.	WARM-UP, STEADY JOG FOR 20MINS & WALK 10 MINS, COOL-DOWN.	REST.	WARM-UP, STEADY JOG FOR 20MINS, 5MINS REST & 10MINS, COOL-DOWN.	WARM-UP, STEADY JOG FOR 20MINS, 5MINS REST & 5X100M EASY STRIDES, COOL-DOWN.	REST.
 WEEK 4	WARM-UP, STEADY JOG FOR 30MINS, 5MINS REST & 10MINS COOL-DOWN.	WARM-UP, PACE 5X2 MINS (3 MIN WALK BETWEEN EACH), 5X100 STRIDES, COOL-DOWN.	REST.	WARM-UP, TEMPO 2X5MIN (5MINS JOG BETWEEN EACH), 7X100 STRIDES, COOL-DOWN.	WARM-UP, STEADY 1X10MINS, 10MINS WALK, COOL-DOWN.	WARM-UP, 40MINS JOG, 10MINS REST, 10MINS EXERCISE, COOL-DOWN.	REST.
 WEEK 5	WARM-UP, PACE 6X2MINS (3 MIN WALK BETWEEN EACH), 5X100 STRIDES, COOL-DOWN.	ACTIVE RECOVERY.	WARM-UP, STEADY 40MINS, 10MINS EXERCISE, COOL-DOWN.	REST.	WARM-UP, 20MINS JOG, 5MINS REST, 15MINS EXERCISE, COOL-DOWN.	WARM-UP, PACE 3X2MINS (5MIN WALK BETWEEN EACH), 10 MINS REST, 4X100M SPRINTS (WALK BACK TO RECOVER), COOL-DOWN.	REST.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 WEEK 6	WARM-UP, STEADY 30MINS, 10MINS EXERCISE, COOL-DOWN.	WARM-UP, 20MINS JOG, COOL-DOWN.	REST.	WARM-UP, PACE 8X1MIN (3MIN JOG BETWEEN EACH), 10 MINS REST, 6X100M STRIDES, COOL-DOWN.	WARM-UP, STEADY 40MINS, COOL-DOWN.	15MINS JOG, 5MINS REST, 15MINS EXERCISE, COOL-DOWN.	REST.
 WEEK 7	WARM-UP, STEADY/ TEMPO MIXED, 30MINS, 10MINS EXERCISE, COOL-DOWN.	WARM-UP, PACE 5X2MINS (2MIN JOG BETWEEN EACH), 5MINS REST, 15MINS EXERCISE, COOL-DOWN.	WARM-UP, STEADY 45MINS, 5MINS REST, COOL-DOWN.	REST.	WARM-UP, STEADY 30MINS, 5MINS REST, 5X100M STRIDES, COOL-DOWN.	WARM-UP, PACE 5X3 MINS (3MIN JOG BETWEEN EACH), COOL-DOWN.	ACTIVE RECOVERY.
 WEEK 8	WARM-UP, STEADY 50MINS, COOL-DOWN.	WARM-UP, STEADY/ TEMPO MIXED 30MINS, 10MINS EXERCISE, COOL-DOWN.	WARM-UP, PACE 5X4 MINS (4MIN JOG BETWEEN EACH), COOL-DOWN.	REST.	WARM-UP, STEADY 55MINS, COOL-DOWN.	WARM-UP, STEADY 30MINS, 5X100M SPRINTS WITH WALK-BACK RECOVERY, 10MINS EXERCISE, COOL-DOWN.	ACTIVE RECOVERY.
 WEEK 9	WARM-UP, PACE 10X2MINS (2MIN JOG BETWEEN EACH), COOL-DOWN.	WARM-UP, STEADY 55MINS, COOL-DOWN.	WARM-UP, STEADY 20MINS, 5MIN REST, 7X100M STRIDES, 10MINS EXERCISE, COOL-DOWN.	REST.	WARM-UP, PACE 5X2 MINS (2MIN JOG BETWEEN EACH), 15 MINS EXERCISE, COOL-DOWN.	WARM-UP, STEADY 60MINS, COOL-DOWN.	ACTIVE RECOVERY.
 WEEK 10	REST.	WARM-UP, PACE 5X1 MINS (1MIN JOG BETWEEN EACH), COOL-DOWN.	REST.	WARM-UP, STEADY 20MINS, COOL-DOWN.	REST.	WARM-UP, 6X100M STRIDES, COOL-DOWN.	 BOYNE 10K 2015