

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST.	WARM-UP, FARTLEK 50MINS, COOL-DOWN.	WARM-UP, STEADY 45MINS, COOL-DOWN.	REST.	WARM-UP, PACE 4 X 1000M, COOL-DOWN.	WARM-UP, TEMPO 3 X 10MIN (2MINS RECOVER BETWEEN EACH), COOL-DOWN.	WARM-UP, STEADY 60MINS, COOL-DOWN.
WEEK 2	REST.	WARM-UP, RECOVERY 30MINS, COOL-DOWN.	WARM-UP, ACCEL 4X200M, COOL-DOWN.	WARM-UP, STEADY 30MINS, COOL-DOWN.	REST.	WARM-UP, ACCEL 3X (5X100M), COOL-DOWN.	WARM-UP, STEADY 50MINS, COOL-DOWN.
WEEK 3	REST.	WARM-UP, HILL 2X(6X45 SECS), COOL-DOWN.	WARM-UP, RECOVERY 45MINS, COOL-DOWN.	WARM-UP, STEADY 45MINS, COOL-DOWN.	REST.	WARM-UP, TEMPO 25MINS, COOL-DOWN.	WARM-UP, STEADY 65MINS, COOL-DOWN.
WEEK 4	REST.	WARM-UP, PACE 10X400M, COOL-DOWN.	WARM-UP, RECOVERY 40MINS, COOL-DOWN.	WARM-UP, STEADY 50MINS, COOL-DOWN.	REST.	WARM-UP, TEMPO 30MINS, COOL-DOWN.	WARM-UP, STEADY 70MINS, COOL-DOWN.
WEEK 5	REST.	WARM-UP, PACE 6X800M, COOL-DOWN.	WARM-UP, STEADY 35MINS, COOL-DOWN.	WARM-UP, RECOVERY 45MINS, COOL-DOWN.	REST.	WARM-UP, TIME-TRIAL 3K, COOL-DOWN.	WARM-UP, STEADY 60MINS, COOL-DOWN.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 WEEK 6	REST.	WARM-UP, FARTLEK 45MINS, COOL-DOWN.	WARM-UP, ACCEL 4 X 200M, COOL-DOWN.	WARM-UP, STEADY 30MINS, COOL-DOWN.	REST.	WARM-UP, ACCEL 3X (5X100M), COOL-DOWN.	WARM-UP, STEADY 45MINS, COOL-DOWN.
 WEEK 7	REST.	WARM-UP, PACE 3X1MILE, COOL-DOWN.	WARM-UP, RECOVERY 40MINS, COOL-DOWN.	WARM-UP, TEMPO 25MINS, COOL-DOWN.	WARM-UP, STEADY 40MINS, COOL-DOWN	WARM-UP, HILL 10X 1MIN, COOLDOWN.	WARM-UP, STEADY 60MINS, COOL-DOWN.
 WEEK 8	REST.	WARM-UP, QUICK PACE 8-10X400M, COOL-DOWN.	WARM-UP, RECOVERY 35MINS, COOL-DOWN.	WARM-UP, FARTLEK 40MINS, COOL-DOWN.	REST.	WARM-UP, PACE 4X1MILE, COOL-DOWN.	WARM-UP, STEADY 65MINS, COOL-DOWN.
 WEEK 9	REST.	WARM-UP, QUICK PACE 12X300M, COOL-DOWN.	WARM-UP, RECOVERY 30MINS, COOL-DOWN.	WARM-UP, STEADY 40MINS, COOL-DOWN.	REST.	WARM-UP, TIME-TRIAL 3K, COOL-DOWN.	WARM-UP, STEADY 60MINS, COOL-DOWN.
 WEEK 10	REST.	WARM-UP, RECOVERY 30MINS, COOL-DOWN.	REST.	WARM-UP, PACE 4X400M, COOL-DOWN.	REST.	WARM-UP, ACCEL 5X 100M, COOLDOWN.	