

NOTES

- I've made the rest day a Friday, but you can easily switch it to Monday or Wednesday if that works better for your family or work schedule.
- For your longer run on the weekend, look for a park with varied terrain or some other off-road route.
- I've included several track sessions; if you're not already a member of a running club, try to find one that you can join – training with others somehow feels easier and is definitely more fun. Sessions can be adapted to suit what the group is doing. If you don't have a track nearby, you can try pacing out and marking every 200m on grass or paths.

	monday	tuesday	wednesday
week 1	40 to 45-min easy/ steady run. Weights: Session A	2-mile warm-up. Stretches. 15 hill reps approx 200m long: run uphill, then jog down to recover. Do 2 sets of 7 and, after first set, take a slow walk down the hill. 2-mile jog.	35 to 40-min steady run. Weights: Session B. Include abs.
week 2	40 to 45-min easy/ steady run. Weights: Session A	2-mile warm-up and cool-down. Drills on road or grass: 8 x 3 mins hard effort (aim to run at target race pace or slightly faster). 90 sec to 2-min jog recovery.	35 to 40-min steady run. Weights: Session B. Include abs.
week 3	40 to 45-min easy/ steady run. Weights: Session A	20-mile warm-up and cool-down. Track session: 3–4 sets x 1,000m, 600m and 400m, with 200m jog recovery. Aim for 10K target race pace for the 1,000m reps, a bit faster for 600m and 400m.	35 to 40-min steady run. Weights: Session B. Include abs.
week 4	40 to 45-min easy/ steady run. Weights: Session A	2-mile warm-up and cool-down. Drills on road or grass: 8 x 4 mins of hard effort, with 90 sec to 2-min jog recovery between each.	35 to 40-min steady run. Weights: Session B. Include abs.
week 5	40 to 45-min easy/ steady run. Weights: Session A	2-mile warm-up and cool-down. Light drills on track (or marked path): 4 x 1,000m, 4 x 400m, 2 x 1,000m, 2 x 400m, with 200m jog recovery. Aim for 10K target race pace on the 1,000m reps, and slightly faster for 400m.	35 to 40-min steady run. Weights: Session B. Include abs.
week 6	40 to 45-min easy/ steady run. Weights: Session A	2-mile warm-up and cool-down. Drills on road or grass: 8 x 4 mins of hard effort, with 90 sec to 2-min jog recovery between each.	35 to 40-min steady run. Weights: Session B. Include abs.
week 7	40 to 45-min easy/ steady run. Weights: Session A	2-mile warm-up and down. Light drills: 4 sets of 1,000m, 600m, 400m reps (as before). 200m jog to recover between each.	35 to 40-min steady run. Weights: Session B. Include abs.
week 8	30-min easy run. Weights: Session A (light session)	2-mile warm-up and cool-down. Drills on a good path or grass: 8 to 10 x 2 mins of reps, controlled and feeling strong, 90-secs jog recovery in between.	30-min steady run. 3 to 4 x 80m strides. Core exercises.

1 mile = 1.6 km, 1.5 miles = 2.4 km, 2 miles = 3.25 km, 3 miles = 4.8 km, 4 miles = 6.5 km, 5 miles = 8 km, 6 miles = 9.5 km, 7 miles = 11.25 km

- I've also added more drills and strides before and after runs in order to keep the faster twitch muscles ticking over and to help your running form.
- The biggest change is the addition of weights and strength training from Chapter 3, Taking care of your body. Assuming you are already doing some work with weights, start with two weekly sessions (if you're not, then be sure to ease in more gradually) and, also, some core strength sessions. The third session is totally optional.
- I know I've said this before several times in this book, but it can never be said often enough: always, unfailingly, stretch after you've finished training. This is essential preventative work to help guard against injury.

thursday	friday	saturday	sunday
1.5-mile warm-up and cool-down. Drills: Tempo introduction: 3-mile tempo run. 1-mile jog. 2-mile tempo run.	Rest day: Some core exercises and an optional Session C weights programme.	1-mile warm-up and cool-down. 35 mins of fartlek. Varying-length reps from 20 secs to 2 mins. Easy runs to recover between reps.	8 to 10-mile steady off-road run. Core exercises.
1-mile warm-up and cool-down. 5-mile tempo run.	Rest day: Some core exercises and an optional Session C weights programme.	1-mile warm-up and cool-down. Drills: 35 mins of fartlek.	8 to 10-mile steady off-road run. Core exercises.
1-mile warm-up and cool-down. Sustained fartlek tempo run: 2 miles slightly above tempo pace (HR: 85–90% of max), 1-mile steady and 2 miles faster to finish.	Rest day: Some core exercises and an optional Session C weights programme.	1-mile warm-up and cool-down. Drills: 40 mins of fartlek.	8 to 10-mile steady off-road run. Core exercises.
1-mile warm-up and cool-down. 6-mile tempo run.	Rest day: Some core exercises and an optional Session C weights programme.	1-mile warm-up and cool-down. Drills: 40 mins of fartlek.	8 to 10-mile steady off-road run. Core exercises.
1-mile warm-up and cool-down. 3 x 2 miles at a good pace; aim to get heart rate up to 90–95% of max. 2 to 3 mins easy jog in between.	Rest day: Some core exercises and an optional Session C weights programme.	1-mile warm-up and cool-down. Drills: 40 mins of fartlek.	9 to 10-mile off-road run. Core exercises.
1-mile warm-up and cool down. 6-mile tempo run.	Rest day: Some core exercises and an optional Session C weights programme.	1-mile warm-up and cool-down. Drills: 40 mins of fartlek.	10-mile off-road run. Core exercises.
1-mile warm-up and cool-down. 5-mile tempo run.	Rest day: Some core exercises and an optional Session C weights programme.	1-mile warm-up and cool-down. Drills: 35 mins of fartlek.	8-mile off-road run. Core exercises.
Option: Rest day or 20-min easy run. Drills: 3 to 5 x 80m–100m strides, with walk-back recovery.	Rest day if you ran yesterday. Otherwise do yesterday's 20-min easy run, drills and strides today.	Rest day.	RACE DAY

8 miles = 12.9 km, 9 miles = 14.5 km, 10 miles = 16 km