

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<b>Workout Type</b>	<b>REST DAY</b>	<b>Running</b>	<b>Running</b>	<b>Running</b>	<b>REST DAY</b>	<b>Running</b>
	<b>Distance</b> (include units: mi, km, etc)	<b>0 m</b>	<b>8 km</b>	<b>9 km</b>	<b>12 km</b>	<b>0 m</b>	<b>9 km</b>
	<b>Duration</b> (include units: hr, min, sec)	<b>0:00:00</b>	<b>0:40:00</b>	<b>0:45:00</b>	<b>1:00:00</b>	<b>0:00:00</b>	<b>0:45:00</b>
	<b>Instructions</b>	Day off training Build week 1.	Hilly tempo run; 40mins @ Tempo effort on a hilly route.	Steady state; 45mins running steady @ BE effort	Intervals; Fartlek to HR. Warm up; 10mins easy jogging. Main set; 4 x [2mins @ Tempo effort / 2mins @ LT effort / 2mins @ RT effort / 2mins easy jog recovery]. Warm down; 5mins easy jogging/walking	Day off training	Steady state; 45mins running steady @ BE effort
<b>Coaches Notes</b>	Use as recovery from the rest of the week's training.	Aim to control effort on the up hills, but maintain on the down hill and flat sections. Remember to hold your form / posture, keeping hips forward running tall. Take short fast steps and drive with a high knee.	Run this mainly to feel, keep an eye on heart rate for reference.	HR will take a while to increase/decrease so run to feel alongside HR effort. Stretch out lower body after completing warm down, holding each stretch for 30seconds.	Use as recovery from the rest of the week's training.	Run this mainly to feel, keep an eye on heart rate for reference.	This session is completed using a combination of HR and feel. Pick an undulating off road route. Once you hit 45mins @ lower BE effort, turn around and increase effort to higher BE effort. You should return slightly quicker than you ran out.
Week 2	<b>Workout Type</b>	<b>REST DAY</b>	<b>Running</b>	<b>Running</b>	<b>Running</b>	<b>REST DAY</b>	<b>Running</b>
	<b>Distance</b> (include units: mi, km, etc)	<b>0 m</b>	<b>8 km</b>	<b>9 km</b>	<b>12 km</b>	<b>0 m</b>	<b>21 km</b>
	<b>Duration</b> (include units: hr, min, sec)	<b>0:00:00</b>	<b>0:40:00</b>	<b>0:45:00</b>	<b>1:00:00</b>	<b>0:00:00</b>	<b>0:45:00</b>
	<b>Instructions</b>	Day off training Build week 2.	Steady state; 40mins @ Tempo effort on flat terrain.	Steady state; 45mins running steady @ BE effort	Intervals; Hill reps. Warm up; 10mins easy jogging. Build set; 4 x 30sec acceleration runs up hill building pace from reps 1-4. Main set; 9 x 2min hill reps as - 1 rep @ Tempo effort / 1 rep @ LT effort / 1 rep @ RT effort. Recovery; walk/jog down the hill. Hr will take a while to increase/decrease so run to feel alongside HR effort. Remember to hold your form / posture, keeping hips forward running tall. Take short fast steps and drive with a high knee. Stretch out lower body after completing warm down, holding each stretch for 30seconds.	Day off training	Steady state; 45mins running steady @ BE effort
<b>Coaches Notes</b>	Use as recovery from the rest of the week's training.	Aim to stay as close to your Tempo zone throughout.	Run this mainly to feel, keep an eye on heart rate for reference.	Run this mainly to feel, keep an eye on heart rate for reference.	Use as recovery from the rest of the week's training.	Run this mainly to feel, keep an eye on heart rate for reference.	Keep pacing even, don't set off too hard and make sure you are able to finish strongly.
Week 3	<b>Workout Type</b>	<b>REST DAY</b>	<b>Running</b>	<b>Running</b>	<b>Running</b>	<b>REST DAY</b>	<b>Running</b>
	<b>Distance</b> (include units: mi, km, etc)	<b>0 m</b>	<b>8 km</b>	<b>9 km</b>	<b>12 km</b>	<b>0 m</b>	<b>9 km</b>
	<b>Duration</b> (include units: hr, min, sec)	<b>0:00:00</b>	<b>0:40:00</b>	<b>0:45:00</b>	<b>1:00:00</b>	<b>0:00:00</b>	<b>1:00:00</b>
	<b>Instructions</b>	Day off training Build week 3.	Acceleration run; 40mins @ Tempo effort. 4 x [8mins @ Tempo effort / 90secs acceleration run building HR to RT / 30sec jog easy ] Warm down: Walk for 5min and stretch	Steady state; 45mins running steady @ BE effort	Intervals; Half marathon race pace. Warm up; 10mins easy jogging. Main set; Use run pacing chart - 8 x 5mins @ HM race pace effort. Rest = let HR drop to <130bpm between intervals. Warm down; 5mins easy jogging/walking	Day off training	Steady state; 60mins running steady @ BE effort
<b>Coaches Notes</b>	Use as recovery from the rest of the week's training.	Make the build gradual and aim to reduced effort back to Tempo as quickly as possible.	Run this mainly to feel, keep an eye on heart rate for reference.	In run pacing chart, input your desired race pace for your half marathon. The run pacing chart will give you a running speed for your intervals at half marathon race pace. Aim to consistently hold this pace for each interval. Your rest is the time it takes for your heart rate to drop from Half marathon race pace to between	Use as recovery from the rest of the week's training.	Run this mainly to feel, keep an eye on heart rate for reference. Idea is to start fatiguing the legs before longer run/walk tomorrow.	Pacing is crucial on this as is walking the ups and jogging the downs to conserve energy. Eat and drink with race nutrition to start practicing that.
Week 4	<b>Workout Type</b>	<b>REST DAY</b>	<b>Running</b>	<b>REST DAY</b>	<b>Running</b>	<b>REST DAY</b>	<b>Running</b>
	<b>Distance</b> (include units: mi, km, etc)	<b>0 m</b>	<b>6 km</b>	<b>0 km</b>	<b>9 km</b>	<b>0 m</b>	<b>9 km</b>
	<b>Duration</b> (include units: hr, min, sec)	<b>0:00:00</b>	<b>0:30:00</b>	<b>0:00:00</b>	<b>0:45:00</b>	<b>0:00:00</b>	<b>0:45:00</b>
	<b>Instructions</b>	Day off training Recovery week 1.	Easy run; 30mins @ BE effort	Day off training	Easy run; 45mins @ BE effort	Day off training	Steady state; 45mins running steady @ BE effort

	<b>Coaches Notes</b>	Use as recovery from the rest of the week's training.	Intensity has reduced during recovery week.	Use as recovery from the rest of the week's training.	Intensity has reduced during recovery week.	Use as recovery from the rest of the week's training.	Run this mainly to feel, keep an eye on heart rate for reference.	Steady aerobic run. Duration has been reduced during recovery week, head off road if possible to reduce impact to joints and to keep it specific.
Week 5	<b>Workout Type</b>	<b>REST DAY</b>	<b>Running</b>	<b>Running</b>	<b>Running</b>	<b>REST DAY</b>	<b>Running</b>	<b>Running</b>
	<b>Distance</b> (include units: mi, km, etc)	<b>0 m</b>	<b>10 km</b>	<b>9 km</b>	<b>12 km</b>	<b>0 m</b>	<b>9 km</b>	<b>24 km</b>
	<b>Duration</b> (include units: hr, min, sec)	<b>0:00:00</b>	<b>0:50:00</b>	<b>0:45:00</b>	<b>1:00:00</b>	<b>0:00:00</b>	<b>0:45:00</b>	<b>2:00:00</b>
	<b>Instructions</b>	Day off training Build week 1.	Hills; 50mins on a hilly route running @ Tempo effort on the flat / LT effort on up hills / and use any down hill for recovery.	Steady state; 45mins running steady @ BE effort	Intervals; Fartlek to HR. Warm up; 10mins easy jogging. Main set; 3 x [3mins @ Tempo effort / 3mins @ LT effort / 3mins @ RT effort / 3mins easy jog recovery]. Warm down; 5mins easy jogging/walking	Day off training	Steady state; 45mins running steady @ BE effort	Pacing session; Out and back. 60mins @ lower BE effort / 60mins @ higher BE effort.
<b>Coaches Notes</b>	Use as recovery from the rest of the week's training.	Remember to hold your form / posture, keeping hips forward running tall. Take short fast steps and drive with a high knee.	Run this mainly to feel, keep an eye on heart rate for reference.	HR will take a while to increase/decrease so run to feel alongside HR effort. Stretch out lower body after completing warm down, holding each stretch for 30seconds.	Use as recovery from the rest of the week's training.	Run this mainly to feel, keep an eye on heart rate for reference.	This session is completed using a combination of HR and feel. Pick an undulating off road route. Once you hit 60mins @ lower BE effort, turn around and increase effort to higher BE effort. You should return slightly quicker than you ran out.	
Week 6	<b>Workout Type</b>	<b>REST DAY</b>	<b>Running</b>	<b>Running</b>	<b>Running</b>	<b>REST DAY</b>	<b>Running</b>	<b>Running</b>
	<b>Distance</b> (include units: mi, km, etc)	<b>0 m</b>	<b>10 km</b>	<b>9 km</b>	<b>12 km</b>	<b>0 m</b>	<b>9 km</b>	<b>27 km</b>
	<b>Duration</b> (include units: hr, min, sec)	<b>0:00:00</b>	<b>0:50:00</b>	<b>0:45:00</b>	<b>1:00:00</b>	<b>0:00:00</b>	<b>0:45:00</b>	<b>2:15:00</b>
	<b>Instructions</b>	Day off training Build week 2.	Steady state; 50mins @ Tempo effort on flat terrain.	Steady state; 45mins running steady @ BE effort	Intervals; Hill reps. Warm up; 10mins easy jogging. Build set; 4 x 30sec acceleration runs uphill building pace from reps 1-4. Main set; 6 x 3min hill reps as - 1rep @ Tempo effort / 1 rep @ LT effort / 1 rep @ RT effort. Recovery; walk/jog down the hill Hr will take a while to increase/decrease so run to feel alongside HR effort. Remember to hold your form / posture, keeping hips forward running tall. Take short fast steps and drive with a high knee. Stretch out lower body after completing warm down, holding each stretch for 30seconds.	Day off training	Steady state; 45mins running steady @ BE effort	Long run 2hr15min at BE pace. Select a suitably hilly and off road route letting HR rise into tempo zone on hills.
<b>Coaches Notes</b>	Use as recovery from the rest of the week's training.	Aim to stay as close to your Tempo zone throughout.	Run this mainly to feel, keep an eye on heart rate for reference.	Run this mainly to feel, keep an eye on heart rate for reference.	Use as recovery from the rest of the week's training.	Run this mainly to feel, keep an eye on heart rate for reference.	Keep pacing even, don't set off too hard and make sure you are able to finish strongly.	
Week 7	<b>Workout Type</b>	<b>REST DAY</b>	<b>Running</b>	<b>Running</b>	<b>Running</b>	<b>REST DAY</b>	<b>Running</b>	<b>Running</b>
	<b>Distance</b> (include units: mi, km, etc)	<b>0 m</b>	<b>10 km</b>	<b>9 km</b>	<b>12 km</b>	<b>0 m</b>	<b>9 km</b>	<b>30 km</b>
	<b>Duration</b> (include units: hr, min, sec)	<b>0:00:00</b>	<b>0:50:00</b>	<b>0:45:00</b>	<b>1:00:00</b>	<b>0:00:00</b>	<b>1:00:00</b>	<b>4:00:00</b>
	<b>Instructions</b>	Day off training Build week 3.	Acceleration run; 50mins @ Tempo effort. 5 x [4mins @ Tempo effort / 60secs acceleration run building HR to RT / 4mins @ Tempo / 60sec jog easy] Warm down: Walk for 5min and stretch	Steady state; 45mins running steady @ BE effort	Intervals; half marathon race pace. Warm up; 10mins easy jogging. Main set; Use run pacing chart - 4 x 10mins @ HM race pace effort. Rest = let HR drop to <130bpm between intervals. Warm down; 5mins easy jogging/walking	Day off training	Steady state; 60mins running steady @ BE effort	Endurance; 4hrs on hilly terrain. Must be off road. Aim to walk the steep uphill and jog the downhills whilst running a steady BE on the flats.
<b>Coaches Notes</b>	Use as recovery from the rest of the week's training.	Make the build gradual and aim to reduced effort back to Tempo effort as quickly as possible.	Run this mainly to feel, keep an eye on heart rate for reference.	In run pacing chart, input your desired race pace for your half marathon. The run pacing chart will give you a running speed for your intervals at half marathon race pace. Aim to consistently hold this pace for each interval. Your rest is the time it takes for your heart rate to drop from Half marathon race pace to between	Use as recovery from the rest of the week's training.	Run this mainly to feel, keep an eye on heart rate for reference. Idea is to start fatiguing the legs before longer run/walk tomorrow.	Pacing is crucial on this as is walking the ups and jogging the downs to conserve energy. Eat and drink with race nutrition to start practicing that.	
	<b>Workout Type</b>	<b>REST DAY</b>	<b>Running</b>	<b>REST DAY</b>	<b>Running</b>	<b>REST DAY</b>	<b>Running</b>	<b>Running</b>
	<b>Distance</b> (include units: mi, km, etc)	<b>0 m</b>	<b>6 km</b>	<b>0 km</b>	<b>9 km</b>	<b>0 m</b>	<b>9 km</b>	<b>12 km</b>
	<b>Duration</b> (include units: hr, min, sec)	<b>0:00:00</b>	<b>0:30:00</b>	<b>0:00:00</b>	<b>0:45:00</b>	<b>0:00:00</b>	<b>0:45:00</b>	<b>1:00:00</b>

Week 8	Instructions	Day off training Recovery week 2.	Easy run; 30mins @ BE effort	Day off training	Easy run; 45mins @ BE effort	Day off training	Steady state; 45mins running steady @ BE effort	Endurance; 60mins @ BE effort.
	Coaches Notes	Use as recovery from the rest of the week's training.	Intensity has reduced during recovery week.	Use as recovery from the rest of the week's training.	Intensity has reduced during recovery week.	Use as recovery from the rest of the week's training.	Run this mainly to feel, keep an eye on heart rate for reference.	Steady aerobic run. Duration has been reduced during recovery week, head off road if possible to reduce impact to joints.
Week 9	Workout Type	REST DAY	Running	Running	Running	REST DAY	Running	Running
	Distance (include units: mi, km, etc)	0 m	12 km	9 km	12 km	0 m	9 km	30 km
	Duration (include units: hr, min, sec)	0:00:00	1:00:00	0:45:00	1:00:00	0:00:00	0:45:00	2:30:00
	Instructions	Day off training Build week 1.	Hills; 60mins on a hilly route running @ Tempo effort on the flat / LT effort on up hills / and use any down hill for recovery.	Steady state; 45mins running steady @ BE effort	Intervals; Half marathon race pace. Warm up; 10mins easy jogging. Main set; All reps @ Half marathon race pace 5mins 10mins 15mins 10mins	Day off training	Steady state; 45mins running steady @ BE effort	Pacing session; Out and back. 75mins @ lower BE effort / 75mins @ higher BE effort.
Coaches Notes	Use as recovery from the rest of the week's training.	Remember to hold your form / posture, keeping hips forward running tall. Take short fast steps and drive with a high knee.	Run this mainly to feel, keep an eye on heart rate for reference.	In run pacing chart, input your desired race pace for your half marathon. The run pacing chart will give you a running speed for your intervals at half marathon race pace. Aim to consistently hold this pace for each interval. Your rest is the time it takes for your heart rate to drop from Half marathon race pace to between	Use as recovery from the rest of the week's training.	Run this mainly to feel, keep an eye on heart rate for reference.	This session is completed using a combination of HR and feel. Pick an undulating off road route. Once you hit 75mins @ lower BE effort, turn around and increase effort to higher BE effort. You should return slightly quicker than you ran out.	
Week 10	Workout Type	REST DAY	Running	Running	Running	REST DAY	Running	Running
	Distance (include units: mi, km, etc)	0 m	12 km	9 km	12 km	0 m	9 km	33 km
	Duration (include units: hr, min, sec)	0:00:00	1:00:00	0:45:00	1:00:00	0:00:00	0:45:00	2:45:00
	Instructions	Day off training Build week 2.	Steady state; 60mins @ Tempo effort on flat terrain.	Steady state; 45mins running steady @ BE effort	Intervals; Hill reps. Warm up; 10mins easy jogging. Build set; 4 x 30sec acceleration runs up hill building pace from reps 1-4. Main set; 5 x 4min hill reps as - 1rep @ Tempo effort / 1 rep @ LT effort / 1 rep @ RT effort / 1 rep @ LT effort / 1 rep @ Tempo effort.	Day off training	Steady state; 45mins running steady @ BE effort	Long run 2hr 45min at BE pace. Select a suitably hilly and off road route letting HR rise into tempo zone on hills.
Coaches Notes	Use as recovery from the rest of the week's training.	Aim to stay as close to your Tempo effort zone throughout.	Run this mainly to feel, keep an eye on heart rate for reference.	Hr will take a while to increase/decrease so run to feel alongside HR effort. Remember to hold your form / posture, keeping hips forward running tall. Take short fast steps and drive with a high knee. Stretch out lower body after completing warm down, holding each stretch for 30seconds.	Use as recovery from the rest of the week's training.	Run this mainly to feel, keep an eye on heart rate for reference.	Keep pacing even, don't set off too hard and make sure you are able to finish strongly.	
Week 11	Workout Type	REST DAY	Running	Running	Running	REST DAY	Running	Running
	Distance (include units: mi, km, etc)	0 m	12 km	9 km	12 km	0 m	9 km	36 km
	Duration (include units: hr, min, sec)	0:00:00	1:00:00	0:45:00	1:00:00	0:00:00	1:00:00	5:00:00
	Instructions	Day off training Build week 3.	Acceleration run; Warm up; 5mins easy jogging. Main set; 40mins @ Tempo effort as 5 x [2mins 30sec @ Tempo / 30secs acceleration run building HR to RT / 2mins 30sec @ Tempo / 30secs acceleration run building HR to RT / 2mins 30sec @ Tempo / 30secs	Steady state; 45mins running steady @ BE effort	Intervals; 10km race pace. Warm up; 10mins easy jogging. Build set; 4 x 200m as [100m building through effort / 100m easy jog ] Main set; Using run pacing chart - 5 x 1600m (1mile) @ 10km RP + 3mins rest. Warm down; 5mins easy jogging/walking.	Day off training	Steady state; 60mins running steady @ BE effort	Endurance; 5hrs on hilly terrain. Must be off road. Aim to walk the steep uphill and jog the downhill whilst running a steady BE on the flats.
Coaches Notes	Use as recovery from the rest of the week's training.	Make the build gradual and aim to reduced effort back to Tempo effort as quickly as possible.	Run this mainly to feel, keep an eye on heart rate for reference.	In run pacing chart, input your desired race pace for 10km. The run pacing chart will give you a run split for the reps at your 10km race pace. Aim to consistently hold this pace for each interval. Stretch out lower body after completing warm down, holding each stretch for 30seconds.	Use as recovery from the rest of the week's training.	Run this mainly to feel, keep an eye on heart rate for reference. Idea is to start fatiguing the legs before longer run/walk tomorrow.	Pacing is crucial on this as is walking the ups and jogging the downs to conserve energy. Eat and drink with race nutrition to start practicing that.	
	Workout Type	REST DAY	Running	REST DAY	Running	REST DAY	Running	Running
	Distance (include units: mi, km, etc)	0 m	9 km	0 km	9 km	0 m	9 km	12 km

Week 12	<b>Duration</b> (include units: hr, min, sec)	0:00:00	0:45:00	0:00:00	0:45:00	0:00:00	0:45:00	1:00:00
	<b>Instructions</b>	Day off training Recovery week 3.	Easy run; 45mins @ BE effort	Day off training	Easy run; 45mins @ BE effort	Day off training	Steady state; 45mins running steady @ BE effort	Endurance; 60mins @ BE effort.
	<b>Coaches Notes</b>	Use as recovery from the rest of the week's training.	Intensity has reduced during recovery week.	Use as recovery from the rest of the week's training.	Intensity has reduced during recovery week.	Use as recovery from the rest of the week's training.	Run this mainly to feel, keep an eye on heart rate for reference.	Steady aerobic run. Duration has been reduced during recovery week, head off road if possible to reduce impact to joints.
Week 13	<b>Workout Type</b>	REST DAY	Running	Running	Running	REST DAY	Running	Running
	<b>Distance</b> (include units: mi, km, etc)	0 m	12 km	9 km	12 km	0 m	9 km	36 km
	<b>Duration</b> (include units: hr, min, sec)	0:00:00	1:00:00	0:45:00	1:00:00	0:00:00	0:45:00	3:00:00
	<b>Instructions</b>	Day off training Build week 1.	Hills; 60mins on a hilly route running @ Tempo effort. Treat each hill as a HR build, gradually building HR from Tempo to MAX from bottom to top. Use down hill for recovery.	Steady state; 45mins running steady @ BE effort	Intervals; Half marathon race pace. Warm up; 10mins easy jogging. Main set; Repeat twice to equal 40mins. 5mins @ 10km RP + 60secs rest 15min @ Half marathon RP Rest = let HR drop to <130bpm Warm down; 5mins easy jogging/walking.	Day off training	Steady state; 45mins running steady @ BE effort	Pacing session; Out and back. 90mins @ lower BE effort / 90mins @ higher BE effort.
	<b>Coaches Notes</b>	Use as recovery from the rest of the week's training.	Remember to hold your form / posture, keeping hips forward running tall. Take short fast steps and drive with a high knee.	Run this mainly to feel, keep an eye on heart rate for reference.	In run pacing chart, input your desired race pace for half marathon and 10km. The run pacing chart will give you a running speed for your intervals at half marathon race pace and 10km race pace. Aim to consistently hold this pace for each interval. Your rest is the time it takes for your heart rate to drop from Half	Use as recovery from the rest of the week's training.	Run this mainly to feel, keep an eye on heart rate for reference.	This session is completed using a combination of HR and feel. Pick an undulating off road route. Once you hit 90mins @ lower BE effort, turn around and increase effort to higher BE effort. You should return slightly quicker than you ran out.
Week 14	<b>Workout Type</b>	REST DAY	Running	Running	Running	REST DAY	Running	Running
	<b>Distance</b> (include units: mi, km, etc)	0 m	12	9 km	12 km	0 m	9 km	24 km
	<b>Duration</b> (include units: hr, min, sec)	0:00:00	1:00:00	0:45:00	1:00:00	0:00:00	0:45:00	2:00:00
	<b>Instructions</b>	Day off training Taper week 1.	Steady state; 60mins @ Tempo effort on flat terrain.	Steady state; 45mins running steady @ BE effort	Intervals; Hill reps. Warm up; 10mins easy jogging. Build set; 4 x 30sec acceleration runs up hill building pace from reps 1-4. Main set; 3 x 5min hill reps. as - 1rep @ Tempo effort / 1 rep @ LT effort / 1 rep @ RT effort. Recovery; walk/jog down the hill Hr will take a while to increase/decrease so run to feel alongside HR effort. Remember to hold your form / posture, keeping hips forward running tall. Take short fast steps and drive with a high knee. Stretch out lower body after completing warm down, holding each stretch for 30seconds.	Day off training	Steady state; 45mins running steady @ BE effort	Long run 2hr at BE pace. Select a suitably hilly and off road route letting HR rise into tempo zone on hills.
	<b>Coaches Notes</b>	Use as recovery from the rest of the week's training.	Aim to stay as close to your Tempo effort zone throughout.	Run this mainly to feel, keep an eye on heart rate for reference.	Use as recovery from the rest of the week's training.	Run this mainly to feel, keep an eye on heart rate for reference.	Keep pacing even, don't set off too hard and make sure you are able to finish strongly.	
Week 15	<b>Workout Type</b>	REST DAY	Running	REST DAY	Running	Running	Running	Running
	<b>Distance</b> (include units: mi, km, etc)	0 m	6 km	0 km	9 km	0 km	9 km	12 km
	<b>Duration</b> (include units: hr, min, sec)	0:00:00	0:30:00	0:00:00	0:45:00	0:00:00	0:45:00	1:00:00
	<b>Instructions</b>	Day off training Taper week 2.	Acceleration run; Warm up; 5mins easy jogging. Main set; 20mins @ Tempo effort as 2 x [2mins 30sec @ Tempo / 30secs acceleration run building HR to RT / 2mins 30sec @ Tempo / 30secs acceleration run building HR to RT / 2mins 30sec @ Tempo / 30secs	Day off training	Intervals; 10km race pace. Warm up; 10mins easy jogging. Main set; Use pacing chart 4 x 400m building pace 1-4 (rep 4 @ 10km Race pace). Followed by 800m holding 10km race pace. Take 60secs rest between each 400m. Warm down; 5mins easy jogging/walking.	Day off training	Steady state; 30mins running steady @ BE effort	Endurance; 60mins @ BE effort.
	<b>Coaches Notes</b>	Use as recovery from the rest of the week's training.	Make the build gradual and aim to reduced effort back to Tempo effort as quickly as possible.	Use as recovery from the rest of the week's training.	In run pacing chart, input your desired race pace for 10km. The run pacing chart will give you a run split for 400m/800m reps at your 10km race pace. Aim to consistently hold this pace for each interval. It is easy to run 400m reps too fast, as they are short. Try to hold pace for the 800m using your 400m split as a	Use as recovery from the rest of the week's training.	Run this mainly to feel, keep an eye on heart rate for reference.	Steady aerobic run. Duration has been reduced as part of the taper.

Week 16	<b>Workout Type</b>	<b>REST DAY</b>	<b>Running</b>	<b>REST DAY</b>	<b>Running</b>	<b>REST DAY</b>	<b>Running</b>	<b>Running</b>
	<b>Distance</b> (include units: mi, km, etc)	<b>0 m</b>	<b>9 km</b>	<b>0 m</b>	<b>6 km</b>	<b>0 m</b>		
	<b>Duration</b> (include units: hr, min, sec)	<b>0:00:00</b>	<b>0:45:00</b>	<b>0:00:00</b>	<b>0:30:00</b>	<b>0:00:00</b>		
	<b>Instructions</b>	Day off training Taper week 3.	Steady state; 45mins @ BE / Tempo effort.	Day off training	Easy run; 30mins easy run. During this run include 4 x 100m strides to open up the legs.	Day off training	Race Day	Race Day
<b>Coaches Notes</b>	Use as recovery from the rest of the week's training.	Steady aerobic run holding good form. In this week prior to the race, make sure you stay well hydrated. Try to avoid caffeinated drinks as they are diuretics. Try to ensure you get at least 8hrs of sleep per night this week and that you spend at least 10mins stretching out the lower body after each run session.	In this week prior to the race, make sure you stay well hydrated. Try to avoid caffeinated drinks as they are diuretics. Try to ensure you get at least 8hrs of sleep per night this week and that you spend at least 10mins stretching out the lower body after each run session.	Start to increase your intake of complex carbohydrates. These are found in foods such as pasta, rice and potatoes. The aim of carbohydrate loading is to increase your muscle glycogen stores for race day. Try to avoid eating red meat during the last 3 days prior to a race. This is because red meat is high in saturated	Use as recovery from the rest of the week's training.	Be sure to pace yourself early on as the number one way of making it difficult is to start too fast. Good luck!		
