

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK ONE	Easy 15 minutes	Rest	20 minutes easy + two to three turnover drills	Easy 15 minutes	Rest	Long run three kilometres	Cross-training (optional) 30 to 45 minutes
WEEK TWO	Easy 20 minutes	Rest	20 minutes easy + two to three turnover drills	Easy 20 minutes	Rest	Long run four kilometres	Cross-training (optional) 30 to 45 minutes
WEEK THREE	Easy 20 minutes	Rest	25 minutes easy + two to three turnover drills	Easy 20 minutes	Rest	Long run four kilometres	Cross-training (optional) 30 to 45 minutes
WEEK FOUR	Easy 25 minutes	Rest	25 minutes easy + two to three turnover drills	Easy 25 minutes	Rest	Long run six kilometres	Cross-training (optional) 30 to 45 minutes
WEEK FIVE	Easy 25 minutes	Rest	30 minutes easy + two to three turnover drills	Easy 25 minutes	Rest	Long run six kilometres	Cross-training (optional) 30 to 45 minutes
WEEK SIX	Easy 30 minutes	Rest	Four kilometres easy + four to five turnover drills	Easy 30 minutes	Rest	Long run eight kilometres	Cross-training (optional) 30 to 45 minutes
WEEK SEVEN	Easy Three kilometres	Rest	20 minutes easy + two turnover drills	Rest	Rest	Rest	RACE!