

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	7 KM RUN	Stretch & Strengthen	5 KM RUN	5 KM RUN	4 KM Run/Cross	REST	30 MIN CROSS
Week 2	7 KM RUN	Stretch & Strengthen	6 KM RUN	5 KM RUN	4 KM Run/Cross	REST	30 MIN CROSS
Week 3	8 KM RUN	Stretch & Strengthen	6 KM RUN	6 KM RUN	4 KM Run/Cross	REST	40 MIN CROSS
Week 4	9 KM RUN	Stretch & Strengthen	6.5 KM RUN	6 KM RUN	5 KM Run/Cross	REST	40 MIN CROSS
Week 5	10 KM RUN	Stretch & Strengthen	6.5 KM RUN	7 KM RUN	5 KM Run/Cross	REST	40 MIN CROSS
Week 6	5 KM RACE	Stretch & Strengthen	7 KM RUN	7 KM RUN	5 KM Run/Cross	REST/ EASY RUN	REST
Week 7	12 KM RUN	Stretch & Strengthen	7.5 KM RUN	8 KM RUN	6 KM Run/Cross	REST	50 MIN CROSS
Week 8	14 KM RUN	Stretch & Strengthen	7.5 KM RUN	8 KM RUN	6 KM Run/Cross	REST	50 MIN CROSS
Week 9	16 KM RUN	Stretch & Strengthen	8 KM RUN	9 KM RUN	5 KM Run/Cross	REST/ EASY RUN	REST
Week 10	18 KM RUN	Stretch & Strengthen	9 KM RUN	8 KM RUN	5 KM Run/Cross	REST	60 MIN CROSS
Week 11	5 KM RUN	Stretch & Strengthen	REST	Running Event	REST	REST	60 MIN CROSS