



	Week 1 (27 <sup>th</sup> Jul)	Week 2 (3 <sup>rd</sup> Aug)	Week 3 (10 <sup>th</sup> Aug)	Week 4 (17 <sup>th</sup> Aug)	Week 5 (24 <sup>th</sup> Aug)	Week 6 (31 <sup>st</sup> Aug)
<b>Monday</b>	20 Minutes Easy	20 Minutes Easy	20 Minutes Easy	Rest Day	50 Minutes inc. 2 x 10 Minutes Brisk	30 Minutes Easy
<b>Tuesday</b>	30 Minutes Easy	30 Minutes inc. 10 Minutes Brisk	40 Minutes inc. 15 Minutes Brisk	30 Minutes Easy	30 Minutes Easy	50 Minutes inc 2 x 10 Minutes Brisk
<b>Wednesday</b>	Rest Day	Rest Day	Rest Day	50 Minutes inc. 2 x 10 Minutes Brisk	Rest Day	Rest Day
<b>Thursday</b>	30 Minutes Easy	30 Minutes Easy	30 Minutes Easy	Rest Day	40 Minutes inc. 6 x 2 Minutes Fast	40 Minutes inc. 6 x 2 Minutes Fast
<b>Friday</b>	Rest Day	Rest Day	Rest Day	30 Minutes inc. 5 x 2 Minutes Fast	Rest Day	Rest Day
<b>Saturday</b>	Rest Day	4 Miles Easy	5 Miles Easy	6 Miles Easy	7 Miles Easy	8 Miles Easy
<b>Sunday</b>	3 Miles Easy	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
	Week 7 (7 <sup>th</sup> Sept)	Week 8 (14 <sup>th</sup> Sept)	Week 9 (21 <sup>nd</sup> Sept)	Week 10 (28 <sup>th</sup> Sept)	Week 11 (5 <sup>th</sup> Oct)	Week 12 (12 <sup>th</sup> Oct)
<b>Monday</b>	30 Minutes Easy	30 Minutes Easy	30 Minutes Easy	30 Minutes Easy	30 Minutes Easy	Rest Day
<b>Tuesday</b>	40 Minutes Easy	50 Minutes inc. 2 x 10 Minutes Brisk	50 Minutes Easy	50 Minutes inc. 2 x 10 Minutes Brisk	40 Minutes inc. 2 x 7.5 Minutes Brisk	20 Minutes Easy
<b>Wednesday</b>	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	30 Minutes inc. 10 Minutes Brisk
<b>Thursday</b>	40 Minutes Easy	40 Minutes inc. 7 x 2 Minutes Fast	50 Minutes Easy	40 Minutes inc. 6 x 2 Minutes Fast	40 Minutes inc. 5 x 2 Minutes Fast	Rest Day
<b>Friday</b>	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	30 Minutes Easy
<b>Saturday</b>	Rest Day	10 Miles Easy	6 Miles Easy	13 Miles Easy	6 Miles Race Effort	Rest Day
<b>Sunday</b>	6 Miles Easy	Rest Day	Rest Day	Rest Day	Rest Day	Bupa GBR

**Training Paces**

Easy = Intensity at which you can hold a conversation – fine to include walk breaks as necessary to keep intensity at correct level

Brisk = Moderate-to-hard intensity at which breathing is just under control – short sentences only just possible

Fast = Highest intensity possible for duration – followed by jog recovery of equal time length

Race Effort = Intensity at which you plan to run Bupa GBR – approximately mid-way between Easy and Brisk