

Week	Date	Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
#1	December 26 - January 1	Run			4M				5M
		Speed		5 x 400					
		Tempo						4M	
		Cross	30 mins			30 mins			
		Stretch	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins
		Strength	Circuit				Circuit		
#2	January 2 - January 8	Run			4M				4M
		Speed							
		Tempo		30 min					6M
		Cross	30 mins			30 mins			
		Stretch	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins
		Strength	Circuit				Circuit		
#3	January 9 - January 15	Run			4M				4M
		Speed		6 x 400					
		Tempo							4M
		Cross	30 mins			30 mins			
		Stretch	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins
		Strength	Circuit				Circuit		
#4	January 16 - January 22	Run			4.5M				7M
		Speed							
		Tempo		35 min					4M
		Cross	30 mins			30 mins			
		Stretch	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins
		Strength	Circuit				Circuit		
#5	January 23 - January 29	Run			4.5M				8M
		Speed		7 x 400					
		Tempo							4M
		Cross	30 mins			30 mins			
		Stretch	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins
		Strength	Circuit				Circuit		
#6	January 30 - February 5	Run			4.5M				4M
		Speed							
		Tempo		40 min					6M
		Cross	30 mins			30 mins			
		Stretch	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins
		Strength	Circuit				Circuit		

Week	Date	Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
#7	February 6 - February 12	Run			5M				9M	
		Speed		8 x 400						
		Tempo						4M		
		Cross	30 mins			30 mins				
		Stretch	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	
		Strength	Circuit				Circuit			
#8	February 13 - February 19	Run			5M				10M	
		Speed								
		Tempo		40 min				4M		
		Cross	30 mins			30 mins				
		Stretch	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	
		Strength	Circuit				Circuit			
#9	February 20 - February 26	Run			5M				8M	
		Speed		9 x 400						
		Tempo						4M		
		Cross	30 mins			30 mins				
		Stretch	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	
		Strength	Circuit				Circuit			
#10	February 27 - March 4	Run			5M				11M	
		Speed								
		Tempo		45 min				4M		
		Cross	30 mins			30 mins				
		Stretch	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	
		Strength	Circuit				Circuit			
#11	March 5 - March 11	Run			5M				12M	
		Speed		10 x 400						
		Tempo						4M		
		Cross	30 mins			30 mins				
		Stretch	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	
		Strength	Circuit				Circuit			
#12	March 12 - March 18	Run			4M				Half Marathon	
		Speed								
		Tempo		30 min						
		Cross	30 mins			30 mins				
		Stretch	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins		
		Strength	Circuit				Circuit			