

**Week 1-2: Slow easy paced runs – walk if need be**

Week 1	Target	Actual
Day 1	18 mins	
Day 2	14 mins	
Day 3	Rest	
Day 4	14 mins	
Day 5	16 mins	
Day 6	Rest	
Day 7	18 mins	

Week 2	Target	Actual
Day 1	20 mins	
Day 2	Rest	
Day 3	18 mins	
Day 4	14 mins	
Day 5	18 mins	
Day 6	Rest	
Day 7	20 mins	

**Week 3- 8: Mostly slow easy paced runs**

Week 3	Target	Actual
Day 1	20 mins	
Day 2	18 mins	
Day 3	14mins	
Day 4	20 mins	
Day 5	18 mins	
Day 6	Rest	
Day 7	20 mins	

Week 4	Target	Actual
Day 1	25 mins	
Day 2	Rest	
Day 3	20 mins	
Day 4	20 mins	
Day 5	25 mins	
Day 6	Rest	
Day 7	30 mins	

Week 5	Target	Actual
Day 1	30 mins	
Day 2	20 mins	
Day 3	15mins	
Day 4	25 mins	
Day 5	15 mins	
Day 6	Rest	
Day 7	20 mins	

Week 6	Target	Actual
Day 1	35 mins	
Day 2	Rest	
Day 3	20 mins	
Day 4	25 mins	
Day 5	20 mins	
Day 6	Rest	
Day 7	30 mins	

Week 7	Target	Actual
Day 1	35 mins	
Day 2	15 mins	
Day 3	20 mins	
Day 4	25 mins	
Day 5	20 mins	
Day 6	Rest	
Day 7	25 mins	

Week 8	Target	Actual
Day 1	40 mins	
Day 2	Rest	
Day 3	35 mins	
Day 4	20 mins	
Day 5	25 mins	
Day 6	Rest	
Day 7	30 mins	

**Week 9-10: Even paced runs unless stated**

Week 9	Target	Actual
Day 1	40 mins	
Day 2	25 mins	
Day 3	18 mins (faster, even paced run)	
Day 4	30 mins	
Day 5	20 mins (jog 10 mins + 6 mins fast + 4 mins slow)	
Day 6	Rest	
Day 7	35 mins	

Week 10	Target	Actual
Day 1	45 mins	
Day 2	Rest	
Day 3	35 mins	
Day 4	20 mins (start slow but speed up during the run)	
Day 5	20 mins (times run, faster than normal)	
Day 6	Rest	
Day 7	35 mins	

**Week 11-12: Comfortable pace unless stated**

Week 11	Target	Actual
Day 1	45 mins	
Day 2	25 mins	
Day 3	20 mins (start slow then speed up)	
Day 4	30 mins	
Day 5	20 mins (faster than normal pace)	
Day 6	Rest	
Day 7	35 mins	

Week 12	Target	Actual
Day 1	50 mins	
Day 2	20 mins (timed run as fast as possible)	
Day 3	35 mins	
Day 4	25 mins	
Day 5	20 mins (start slow then speed up)	
Day 6	Rest	
Day 7	35 mins	

**Week 13-14: Most runs at a comfortable pace**

Week 13	Target	Actual
Day 1	60 mins	
Day 2	Rest	
Day 3	25 mins (start slow then speed up)	
Day 4	40 mins	
Day 5	20 mins (timed run)	
Day 6	15	
Day 7	30 mins	

Week 14	Target	Actual
Day 1	40 mins (20 mins slow/20 mins fast)	
Day 2	Rest	
Day 3	25 mins	
Day 4	35 mins	
Day 5	20	
Day 6	Rest	
Day 7	15 mins	