



### Beginner

Weeks to go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1 Month	Off	3	4	4	Off	6	3	20
16	Off	3	4 (with 2miles fast)	4	Off	8	3	22
15	Off	4	4 (with 4 long hill)	4	Off	10	3	25
14	Off	3	5 (with 2miles very fast)	3	Off	13	3 (hill climbing)	27
13	Off	6	5 (with 5 long hill)	4	4	3	8	30
12	Off	4	5	5	Off	15	3	32
11	Off	6	5 (with 4 X 0.5 mile sprint)	6	Off	12	6	35
10	Off	5	5 ( with 3 miles 5km pace)	4	Off	18	3	35
9	Off	6	6 ( with 2X1.5 miles very fast)	6	4	Off	13	35
8	Off	5	6 (easy and nice)	6	Off	20	3	40
7	Off	6	5 ( 2 X1.5 mile at 5km pace)	5	5	3	6	30
6	Off	6	6 (4 miles at half Marathon pace)	5	Off	20	3	40
5	Off	6	6 (with 2X2 miles 10km pace)	6	4	Off	13	35
4	Off	5	6 (with 4 long Hills)	6	Off	20	3	40
3	Off	6	6 (4 X0.5 mile fast in Hill)	6	6	Off	8	32
2	Off	5	5 (2X3 miles at 5km pace)	4	Off	8	3	25
1	Off	4	4 (3 miles at marathon pace)	3	Off	2	<b>26.2 (marathon)</b>	9
							Total	512

### intermediate

weeks to go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	total Mileage
1 Month	Off	5	5	4	Off	10	6	30
16	Off	4	6 (with 3 miles fast)	4	Off	12	6	32
15	Off	6	6 (with 5 long hill repeats)	4	Off	15	4	35
14	Off	6	6 (with 4X1 mile 5km pace)	4	Off	18	3	37
13	Off	6	6 (with 5 long hill repeats)	4	6	5	10 (with 10km race)	37
12	Off	6	6	4	3	18	3	40
11	Off	6	6 (6x1mile at 5km pace)	5	5	12	6 (with 2 long hill)	40
10	Off	6	6 (with 3X imile at 5km pace)	5	3	20	3	43
9	Off	6	6 (2 X 1.5 mile very fast)	4	4	Off	15 (race pace)	35
8	Off	5	6	6	4	20	4	45
7	4	8	6 (with 3 X1.5 miles long Hill Fast)	5	6	3	8 (with 8km race)	40
6	Off	5	9 (with miles marathon pace)	3	4	20	4	45
5	Off	6	6 (with 2X2 miles fast)	6	3	Off	14 (with 1/2 marathon race)	35
4	Off	5	6 (with 3 long hill of 1 mile)	6	3	22	3	45
3	Off	8	6 (hard pace)	6	4	3	8 (with 10km race)	35
2	Off	6	6 (with 3 miles at 5km pace)	4	Off	10	4	30
1	Off	4	4 (with 3miles Marathon pace)	3	Off	3	<b>26.2 (marathon)</b>	14
							Total	618

### Advanced

weeks to go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	total Mileage
1 Month	Off	6	6	5	5	12	6	40
16	Off	6	6 (with 3 X 1 mile long hill)	5	5	15	6	43
15	Off	8	6 (with 8 long hill repeats)	6	6	13	6	45
14	Off	7	6 (with 4 mile 10km pace)	6	4	18	4	45
13	Off	8	7 (with 8 long hill repeats)	7	6	4	10 (with 10km race)	42
12	Off	6	7	6	6	20	3	48
11	Off	8	8 (with 8X0.5 mile 5km pace)	8	6	15	5	50
10	Off	8	8 (with 4 X 1 mile at 5km pace)	8	6	20	5	55
9	Off	8	8 (with 2X2 miles fast)	6	6	Off	15 (with 1/2 marathon race)	43
8	Off	8	8	8	6	22	3	55
7	Off	8	8 (with 4X1.5 mile long hill 5km pace)	8	8	5	8 (with 5km race)	45
6	Off	8	11 (with 9 miles marathon pace)	5	6	20	5	55
5	Off	8	8 (with 3X 2miles fast pace)	6	4	Off	14 (race 1/2 marathon)	40
4	Off	8	8 (with 4 X 1 mile long hill)	7	6	23	3	55
3	Off	8	8 (with 8X0.5 mile fast-hard-pace)	7	6	3	10 (race 10km)	42
2	Off	5	7 (with 4 mile 5km pace)	5	Off	10	5	32
1	Off	4	5 (with 4 miles marathon pace)	3	Off	3	<b>marathon</b>	10
							Total	745