



Sunday 20th October 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	30 min* 10 x (Run 1 min + Walk 2 min)	XT 30 mins	30 min 10 x (Run 1 min + Walk 2 min)	Rest	XT 30 mins	3 miles (Run 1 min + Walk 2 min)
Week 2	Rest	30 min 10 x (Run 1 min + Walk 2 min)	XT 30 mins	28 min 7 x (Run 2 min + Walk 2 min)	Rest	XT 30 mins	3 miles (Run 1 min + Walk 2 min)
Week 3	Rest	28 min 7 x (Run 2 min + Walk 2 min)	XT 30 mins	28 min 7 x (Run 2 min + Walk 2 min)	Rest	Park run	4 miles (Run 2 min + Walk 2 min)
Week 4	Rest	28 min 7 x (Run 2 min + Walk 2 min)	XT 30 mins	30 min 6 x (Run 3 min + Walk 2 min)	Rest	XT 30 mins	4 miles (Run 2 min + Walk 2 min)
Week 5	Rest	30 min 6 x (Run 3 min + Walk 2 min)	XT 30 mins	30 min 6 x (Run 3 min + Walk 2 min)	Rest	XT 30 mins	4 miles (Run 2 min + Walk 2 min)
Week 6	Rest	30 min 6 x (Run 3 min + Walk 2 min)	XT 30 mins	30 min 5 x (Run 4 min + Walk 2 min)	Rest	XT 30 mins	5 miles (Run 3 min + Walk 2 min)

Week 7	Rest	30 min 5 x (Run 4 min + Walk 2 min)	XT 30 mins	30 min 5 x (Run 4 min + Walk 2 min)	Rest	Park run	5 miles (Run 3 min + Walk 2 min)
Week 8	Rest	30 min 5 x (Run 4 min + Walk 2 min)	XT 30 mins	30 min 5 x (Run 4 min + Walk 2 min)	Rest	XT 30 mins	6 miles (Run 4 min + Walk 2 min)
Week 9	Rest	30 min 6 x (Run 5 min + Walk 1 min)	XT 30 mins	30 min 5 x (Run 4 min + Walk 2 min)	Rest	XT 30 mins	6 miles (Run 4 min + Walk 2 min)
Week 10	Rest	30 min 6 x (Run 5 min + Walk 1 min)	XT 30 mins	36 min 6 x (Run 5 min + Walk 1 min)	Rest	XT 30 mins	4 miles (Run 4 min + Walk 1 min)
Week 11	Rest	36 min 6 x (Run 5 min + Walk 1 min)	XT 30 mins	36 min 6 x (Run 5 min + Walk 1 min)	Rest	Park run	7 miles (Run 4 min + Walk 1 min)
Week 12	Rest	30 min 6 x (Run 5 min + Walk 1 min)	XT 30 mins	35 min 5 x (Run 6 min + Walk 1 min)	Rest	XT 30 mins	8 miles (Run 4 min + Walk 1 min)
Week 13	Rest	35 min 5 x (Run 6 min + Walk 1 min)	XT 30 mins	35 min 5 x (Run 6 min + Walk 1 min)	Rest	XT 30 mins	5 miles (Run 5 min + Walk 1 min)

Week 14	Rest	35 min 5 x (Run 6 min + Walk 1 min)	XT 30 mins	40 min 5 x (Run 7 min + Walk 1 min)	Rest	XT 30 mins	9 miles (Run 5 min + Walk 1 min)
Week 15	Rest	40 min* 5 x (Run 7 min + Walk 1 min)	XT 30 mins	40 min 5 x (Run 7 min + Walk 1 min)	Rest	Park run	6 miles (Run 6 min + Walk 1 min)
Week 16	Rest	40 min 5 x (Run 7 min + Walk 1 min)	XT 30 mins	36 min 4 x (Run 8 min + Walk 1 min)	Rest	XT 30 mins	10 miles (Run 6 min + Walk 1 min)
Week 17	Rest	45 min 5 x (Run 8 min + Walk 1 min)	XT 30 mins	45 min 5 x (Run 8 min + Walk 1 min)	Rest	XT 30 mins	7 miles (Run 7 min + Walk 1 min)
Week 18	Rest	45 min 5 x (Run 8 min + Walk 1 min)	XT 30 mins	44 min 4 x (Run 10 min + Walk 1 min)	Rest	Park run	10 miles (Run 7 min + Walk 1 min)
Week 19	Rest	44 min 4 x (Run 10 min + Walk 1 min)	XT 30 mins	44 min 4 x (Run 10 min + Walk 1 min)	Rest	XT 30 mins	6 miles (Run 8 min + Walk 1 min)
Week 20	Rest	44 min 4 x (Run 10 min + Walk 1 min)	XT 30 mins	44 min 4 x (Run 10 min + Walk 1 min)	XT 30 mins	REST	RACE!

