| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 | 3M (miles) easy (approx 33 mins) |  | 4M with middle 2M at 10K pace (approx 40 mins in total - 18 mins fast) |  |  | 3M inc hill session or circuit | 8M easy (approx 88 mins) |
| Week 2 |  | 1M jog, then 12 x 200m at mile/5K speed (or 60 secs) with 200m (or 2 mins) jog recoveries, then 1M jog |  | 1M jog, then 3M at half-marathon pace (28 mins) then 1M jog |  | parkrun or 40 mins fartlek (approx 4M) | 10M easy (approx 1:50) |
| Week 3 |  | 1M jog, then 3 x 1M or 1600m at 10K pace (or 9 mins) with 400m (or 3 mins) jog recoveries, then 1M jog |  | 5M easy (approx 55 mins) |  | 4M inc hill session or circuit | 10M steady (approx 1:45) |
| Week 4 |  | 1M jog, then 5 x 1000m at 10K speed (or 5:30) with 200m (or 2 mins) jog recoveries, then 1M jog |  | 6M easy (approx 66 mins) |  | 3M easy (approx 33 mins) | 10M in approx 1:45 (First 5M easy in 55 mins, last 5M at marathon pace in 50 mins) |
| Week 5 |  | 1M jog, then 10 x 400m at mile/5K speed (or 2:05) with 200m (or 2 mins) jog recoveries, then 1M jog |  | 7M easy (approx 77 mins) |  | parkrun or 40 mins fartlek (approx 4M | 13M easy (approx 2:23) |
| Week 6 |  | 1M jog, then 3 x 2000m at 10K speed (or 11 mins) with 400m (or 3 mins) jog recoveries, then 1M jog |  | 8M easy (approx 88 mins) |  | 3M easy (approx 33 mins) | 13M easy (approx 2:16) |
| Week 7 |  | 1M jog, then 15 x 200m at mile/5K pace (or 60 secs) with 200m (or 2 mins) jog recoveries, then 1M jog |  | 1M jog, then 4M at marathon pace (approx 40 mins), then 1M jog |  | 3M hills or hilly circuit | 15M steady (approx 2:37) |
| Week 8 |  | 1M jog, then 4 x 1M at 10K pace (or 9 mins) with 400m (or 3 mins) jog recoveries, then 1M jog |  | 9M easy (approx 99 mins) |  | 3M easy (approx 33 mins) | 15M in approx 2:37 (First 7M easy in 77 mins, last 8M at marathon pace in 80 mins) |
| Week 9 |  | 1M jog, 6 x 1000m at 10K speed (or 5:15), with 200m (or 2 mins) jog recoveries, then 1M jog |  | 1M jog, then 4M at half-marathon pace (approx 38 mins), then 1M jog |  | Parkrun 5K or 40 mins fartlek (approx 4M total) | 18M steady (approx 3:09) |
| Week 10 |  | 1M jog, then 12 x 400m at mile/5K speed (or 2:05), with 200m (or 2 mins) jog recoveries, then 1 mile jog |  | 10M easy (approx 1:50) |  | 3M easy (approx 33 mins) | 18M in approx 3:09 (First 9M easy in 99 mins, last 9M at marathon pace in 90 mins) |
| Week 11 |  | 1M jog, then 16 x 200m at mile/5K speed (or 60 secs), with 200m (or 2 mins) jog recoveries, then 1 mile jog |  | 1M jog, then 4M at half-marathon pace (approx 38 mins), then 1M jog |  | Parkrun 5K or 40 mins fartlek (approx 4M total) | 20M easy (approx 3hrs 40) |
| Week 12 |  | 1M jog, 4 x 2000m at 10K speed (or 11:00), with 400m (or 3 mins) jog recoveries, then 1M jog |  | 9M easy (approx 99 mins) |  | 3M easy (approx 33 mins) | Half-marathon race, plus 1M warm up and cool down |
| Week 13 |  | 1M jog, then 5 x 1M or 1600m (or 9 mins) fast with 400m (or 3 mins) jog recoveries, then 1M jog |  | 1M jog, then 4M at half-marathon pace (approx 38 mins), then 1M jog |  | 3M easy (approx 33 mins) | 20M in approx 3:30 (First 10M easy in 110 mins, last 10M at marathon pace in 100 mins) |
| Week 14 |  | 1M jog, then 6 x 1000m at 10K speed (or 5:30 mins) with 200m (or 2-min) jog recoveries, then 1M jog |  | 7M steady (approx 73 mins) |  | Parkrun 5K or 40 mins fartlek (approx 4M) | 15M steady (approx 2:37) |
| Week 15 |  | 1M jog, then 10 x 400m at mile/5K speed (or 2:05), with 100m (or 1 min) jog recoveries, then 1 mile jog |  | 1M jog, then 3M at half-marathon pace (approx 28 mins), then 1M jog |  | 3M easy (approx 33 mins) | 10M steady (approx 1:45) |
| Week 16 |  | 1M jog, then 12 x 200m at mile/5K speed (or 55 secs) with 200m (or 2-min) jog recoveries, then 1M jog |  | 4M easy (approx 44 mins) with 4 marathon pace 100m strides |  | 2M easy (approx 22 mins) in racing kit with 3 marathon pace 100m strides | The race |