	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
13-jun	off	20	x-train	30	off	20 + strides	40	
20-jun	off	30	x-train	30 (last 10 steady)	off	25+ strides	50	
27-Jun	off	40	x-train	30 (last 15 steady)	off	30 + strides	60	
04-Jul	off	30	x-train	5 + 20 steady + 5	off	30 + strides	60	
11-Jul	off	40	30 or x-train	10 + 20 steady + 5	off or x-train	35 + strides	70	
18-Jul	off	45	30 or x-train	10 + 20 steady + 10	off or x-train	40 + strides	70	
25-Jul	off	50	30 or x-train	10 + 20 steady + 10	off or x-train	40 + strides	80	
01-Aug	off	30	off	10 + 10 x 1/1 + 10	off	30 + strides	60	
08-Aug	off	50	30 or x-train	10 + 20 steady + 10	off or x-train	40 + strides	80	
15-Aug	off	50	30 or x-train	10 + 25 steady + 10	off or x-train	40 + strides	80	
22-Aug	off	50	30 or x-train	10 + 30 steady + 10	off or x-train	40 + strides	80	
29-Aug	off	35	x-train	10 + 8 x 1/1 + 10	off	few strides	**OBW 10 km**	
07-Sep								
14-Sep								
21-Sep								
28-Sep								
05-Oct								
1. Number refer to minutes run - just go ez unless otherwise specified - put in the time								
2. Strides = 8 to 10 x 100m - fast and relaxed with good form - NOT all out sprints								
3. If you want to do a half marathon in mid August (or the Emperor's Challenge), the long runs need to be longer. Build up to 2 hours, peak 2 weeks								
4. **Don't be lazy** - the most important thing is getting your butt out of the door - Make time every day (or almost everyday) to work out								