

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Begins 13/09/21	10km REST	FIT Intervals	Body Maintenance 20 mins	6km (inc 5 x 300m hill repeats)	Body Maintenance 20 mins	6km Rolling Hills - Aerobic Pace	4km Flat - Aerobic Pace [optional]
	30km REST	FIT Intervals	Body Maintenance 20 mins	8km (inc 7 x 300m hill repeats)	Body Maintenance 20 mins	10km Rolling Hills - Aerobic Pace	5km Flat - Aerobic Pace
Week 2 Begins 20/09/21	10km REST	FIT Intervals	Body Maintenance 20 mins	6km (inc 5 x 300m downhill repeats)	Body Maintenance 20 mins	7km Rolling Hills - Aerobic Pace	4km Flat - Aerobic Pace [optional]
	30km REST	FIT Intervals	Body Maintenance 20 mins	8km (inc 7 x 300m downhill repeats)	Body Maintenance 20 mins	12km Rolling Hills - Aerobic Pace	5km Flat - Aerobic Pace
Week 3 Begins 27/09/21	10km REST	FIT Intervals	Body Maintenance 20 mins	7km (inc 6 x 300m hill repeats)	Body Maintenance 20 mins	8km Rolling Hills - Aerobic Pace	4km Flat - Aerobic Pace [optional]
	30km REST	FIT Intervals	Body Maintenance 20 mins	9km (inc 8 x 300m hill repeats)	Body Maintenance 20 mins	14km Rolling Hills - Aerobic Pace	5km Flat - Aerobic Pace
Week 4 Begins 04/10/21	10km REST	FIT Intervals	Body Maintenance 20 mins	7km (inc 4 x 800m up down repeats)	Body Maintenance 20 mins	8km Rolling Hills - Aerobic Pace	4km Flat - Aerobic Pace [optional]
	30km REST	FIT Intervals	Body Maintenance 20 mins	9km (inc 6 x 800m up down repeats)	Body Maintenance 20 mins	16km Rolling Hills - Aerobic Pace	5km Flat - Aerobic Pace
Week 5 Begins 11/10/21 RECOVERY WEEK	10km REST	FIT Intervals	Body Maintenance 20 mins	5km Flat - Aerobic Pace	Body Maintenance 20 mins	6km Flat - Aerobic Pace	4km Flat - Aerobic Pace [optional]
	30km REST	FIT Intervals	Body Maintenance 20 mins	6km Flat - Aerobic Pace	Body Maintenance 20 mins	10km Flat - Aerobic Pace	5km Flat - Aerobic Pace
Week 6 Begins 18/10/21	10km REST	FIT Intervals	Body Maintenance 20 mins	7km (inc 4 x 500m hill repeats)	Body Maintenance 20 mins	10km Rolling Hills - Aerobic Pace	4km Flat - Aerobic Pace [optional]
	30km REST	FIT Intervals	Body Maintenance 20 mins	9km (inc 5 x 500m hill repeats)	Body Maintenance 20 mins	17km Rolling Hills - Aerobic Pace	5km Flat - Aerobic Pace
Week 7 Begins 25/10/21	10km REST	FIT Intervals	Body Maintenance 20 mins	7km (inc 4 x 500m downhill repeats)	Body Maintenance 20 mins	12km Rolling Hills - Aerobic Pace	4km Flat - Aerobic Pace [optional]
	30km REST	FIT Intervals	Body Maintenance 20 mins	9km (inc 5 x 500m downhill repeats)	Body Maintenance 20 mins	19km Rolling Hills - Aerobic Pace	5km Flat - Aerobic Pace
Week 8 Begins 01/11/21	10km REST	FIT Intervals	Body Maintenance 20 mins	7km (inc 5 x 800m up down repeats)	Body Maintenance 20 mins	10km Rolling Hills - Aerobic Pace <i>Try to run some of the race route</i>	4km Flat - Aerobic Pace [optional]
	30km REST	FIT Intervals	Body Maintenance 20 mins	9km (inc 7 x 800m up down repeats)	Body Maintenance 20 mins	21km Rolling Hills - Aerobic Pace <i>Try to run some of the race route</i>	5km Flat - Aerobic Pace
Week 9 Begins 08/11/21 TAPER WEEK	10km REST	FIT Intervals	Body Maintenance 20 mins	6km (inc 5 x 300m hill repeats)	Body Maintenance 20 mins	7km Flat - Aerobic Pace <i>FIT run or trail alternative</i>	4km Flat - Aerobic Pace [optional]
	30km REST	FIT Intervals	Body Maintenance 20 mins	8km (inc 7 x 300m hill repeats)	Body Maintenance 20 mins	10km Flat - Aerobic Pace <i>FIT run or a trail alternative</i>	5km Flat - Aerobic Pace
Week 10 Begins 15/11/21 RACE WEEK	10km REST	4km Flat - Aerobic Pace	Body Maintenance 20 mins Stretch & Roll only	4km Flat - Aerobic Pace	Body Maintenance 20 mins Stretch & Roll only	3km Flat - Aerobic Pace	RACE DAY
	30km REST	5km Flat - Aerobic Pace	5km Flat - Aerobic Pace Stretch & Roll only	Body Maintenance 20 mins Stretch & Roll only	3km Flat - Aerobic Pace	RACE DAY	RECOVERY