

Week Beginning Monday	Week	Mon	Tue	Wed (group)	Thu	Fri	Sat	Sun
17-May	1	Stretch & Strengthen	3 m run	3 m run + strength	Rest	Rest	30 min cross	4 m run
24-May	2	Stretch & Strengthen	3 m run	3 m run + strength	Rest	Rest	30 min cross	4 m run
31-May	3	Stretch & Strengthen	3 m run	3 m run + strength	Rest	Rest	30 min cross	5m run
7-Jun	4	Stretch & Strengthen	3.5 m run	3.5 m run + strength	Rest	Rest	40 min cross	6/12/10 10-K Race
14-Jun	5	Stretch & Strengthen	3.5 m run	3.5 m run + strength	Rest	Rest	40 min cross	5 m run
21-Jun	6	Stretch & Strengthen	3.5 m run	3.5 m run + strength	Rest	Rest	40 min cross	5 m run
5-Jul	7	Stretch & Strengthen	4 m run	4 m run + strength	Rest	Rest or easy run	40 min cross	6 m run
12-Jul	8	Stretch & Strengthen	4 m run	4 m run + strength	Rest	Rest	7/17 4M Race	Rest
19-Jul	9	Stretch & Strengthen	4.5 m run	4.5 m run + strength	Rest	Rest	50 min cross	7 m run
26-Jul	10	Stretch & Strengthen	4.5 m run	4.5 m run + strength	Rest	Rest	50 min cross	8 m run
2-Aug	11	Stretch & Strengthen	5 m run	5 m run + strength	Rest	Rest or easy run	8/7 5M Race	Rest
9-Aug	12	Stretch & Strengthen	4.5 m run	4.5 m run + strength	Rest	Rest	50 min cross	7 m run
16-Aug	13	Stretch & Strengthen	4.5 m run	4.5 m run + strength	Rest	Rest	50 min cross	8 m run
23-Aug	14	Stretch & Strengthen	5 m run	5 m run + strength	Rest	Rest	60 min cross	9 m run
30-Aug	15	Stretch & Strengthen	5 m run	5 m run + strength	Rest	Rest	60 min cross	10 m run
6-Sep	16	Stretch & Strengthen	4 m run	2 m run	Rest	Rest	Rest	9/12 Queens Half Marathon

* Have fun and use the schedule as a guide, all races highlighted in bold, Weds is our meet day.

** On Mondays you should take a yoga or pilates class, or do some light calisthenics.

*** It is important you keep up with the total milage during the week but equally important you rest atleast 2 days a week.

**** On Cross training days, do an elliptical, bike or stairs.. Do not run.