

		Hill/Non PB Runners	Speed	None PB Runners	Easy Run	Tempo run/Non P.B Runners	Easy Run	Easy Run		Totals	Phase
	Running	Mon	Tue	Wed	Thu	Fri	Sat	Sun			
20	11th June to 17th June	3.00		5.00	8.00	3.00	5.00	15.00	Rest	39.00	Endurance Phase
19	18th June to 24th June	8.00		5.00	10.00	5.00	8.00	20.00	Rest	56.00	Endurance Phase
18	25th June to 1st July	10.00		8.00	15.00	8.00	5.00	25.00	Rest	71.00	Endurance Phase
17	2nd July to 8th July	10.00		20.00	10.00	8.00	10.00	30.00	Rest	88.00	Endurance Phase
16	9th July to 15th July	6.00	5 x 200m	6.00	20.00	8.00	10.00	20.00	Rest	70.00	Intense Phase
15	16th July to 22nd July	8.00	5 x 400m	10.0	20.00	10.00	15.00	25.00	Rest	88.00	Intense Phase
14	23rd July to 29th July	10.00	10 x 400m	10.0	25.00	12.00	10.00	30.00	Rest	97.00	Intense Phase
13	30th July to 5th Aug	12.00	8 x 600m	10.0	25.00	15.00	10.00	30.00	Rest	102.00	Intense Phase
12	6th Aug to 12th Aug	15.00	10 x 800m	12.0	20.00	10.00	12.00	35.00	Rest	104.00	Intense Phase
11	13th Aug to 19th Aug	17.00	10 x 1000m	8.0	25.00	15.00	15.00	25.00	Rest	105.00	Intense Phase
10	20th Aug to 26th Aug	10.00	8 x 1200m	6.0	20.00	15.00	10.00	30.00	Rest	91.00	Intense Phase
9	27th Aug to 2nd Sept	15.00	10 x 1200m	10.0	25.00	10.00	10.00	30.00	Rest	100.00	Intense Phase
8	3rd Sept to 9th Sept	17.00	8 x 1400m	12.0	20.00	10.00	15.00	35.00	Rest	109.00	Intense Phase
7	10th Sept to 16th Sept	10.00	10 x 1400m	8.0	25.00	15.00	15.00	25.00	Rest	98.00	Intense Phase
6	17th Sept to 23rd Sept	15.00	8 x 1600m	12.0	28.00	15.00	10.00	30.00	Rest	110.00	Intense Phase
5	24th Sept to 30th Oct	17.00	10 x 1600m	10.0	25.00	15.00	10.00	35.00	Rest	112.00	Intense Phase
4	1st Oct to 7th Oct	15.00	8 x 1200m	8.0	20.00	15.00	Rest	40.00	Rest	98.00	Taper Phase
3	8th Oct to 14th Oct	10.00	5 x 1200m	6.0	15.00	10.00	8.00	30.00	Rest	79.00	Taper Phase
2	15th Oct to 23rd Oct	8.00	5 x 800m	4.0	20.00	Rest	9.00	15.00	Rest	56.00	Taper Phase
1	22nd Oct to 28th Oct	10.00		Rest	8.00	Rest	3.00	5.00	42.00	68.00	Taper Phase

**1,741.00**

### Notes

- 1 Stretch well before and after your runs.
- 2 Incorporate strength training in the above program e.g Mon -Legs, Tue -Back & Shoulders, Wed -Break, Thur -Chest & Shoulders
- 3 Work on your core atleast everyday.