

Training Cycle 1

Monday:	Club training
Tuesday:	30-40mins steady run or club training
Wednesday:	50-60mins, up the effort between 25-40mins
Thursday:	Club Track session
Friday:	Rest
Saturday:	Fartlek session 50mins
Sunday:	10-12 miles
Monday:	Club training
Tuesday:	Steady run
Wednesday:	50-60mins
Thursday:	Club Track session
Friday:	Rest
Saturday:	Road session 1
Sunday:	1hr 30min off road run

Training Cycle 2

Monday:	Club training
Tuesday:	30-40mins steady run or club training
Wednesday:	50-60mins, up the effort between 25-40mins
Thursday:	Club Track session
Friday:	Rest
Saturday:	Fartlek session 50mins
Sunday:	12 miles
Monday:	Club training
Tuesday:	Steady run
Wednesday:	60mins
Thursday:	Club Track session
Friday:	Rest
Saturday:	Road session 2
Sunday:	1hr 40min off road run

Fartlek session: 50mins duration
Most of this should be off road with efforts of up to 5 mins.
Hills to be included, both up and down.

Road session 1: 4 x 1 mile @ 10k pace/effort with 2mins jog recovery.
Road session 2: 3 x 8mins @ 10k pace/effort with 3mins easy running.

Training Cycle 3

Monday: Club training
Tuesday: 30-40mins steady run or club training
Wednesday: 50-60mins, up the effort between 25-40mins
Thursday: Club Track session
Friday: Rest
Saturday: Fartlek session 50mins
Sunday: 12 miles
Monday: Club training
Tuesday: Steady run
Wednesday: 50-60mins
Thursday: Club Track session
Friday: Rest
Saturday: Road session 3
Sunday: 1hr 40min off road run

Training Cycle 4

Monday: Club training
Tuesday: 30-40mins steady run or club training
Wednesday: 50-60mins, up the effort between 25-40mins
Thursday: Club Track session
Friday: Rest
Saturday: Fartlek session 50mins
Sunday: 13 miles
Monday: Club training
Tuesday: Steady run
Wednesday: 60mins
Thursday: Club Track session
Friday: Rest
Saturday: Road session 4
Sunday: 1hr 30min off road run

Fartlek session: 50mins duration
Most of this should be off road with efforts of up to 5 mins.
Hills to be included, both up and down.

Road session 3: 5 x 1 mile @ 10k pace/effort with 2mins jog recovery.
Road session 4: 4 x 8mins @ 10k pace/effort with 3mins easy running.

Training Cycle 5

Monday: Club training
Tuesday: 30-40mins steady run or club training
Wednesday: 60-70mins, up the effort between 30-50mins.
Thursday: Club Track session
Friday: Rest
Saturday: Fartlek session 50mins
Sunday: 13 miles
Monday: Club training
Tuesday: Steady run
Wednesday: 60-70mins
Thursday: Club Track session
Friday: Rest
Saturday: Road session 5
Sunday: 1hr 40min off road run

Training Cycle 6

Monday: Club training
Tuesday: 30-40mins steady run or club training
Wednesday: 60-70mins, up the effort between 30-50mins.
Thursday: Club Track session
Friday: Rest
Saturday: Fartlek session 50mins
Sunday: 14 miles
Monday: Club training
Tuesday: Steady run
Wednesday: 60-70mins
Thursday: Club Track session
Friday: Rest
Saturday: Road session 6
Sunday: 1hr 40min off road run

Fartlek session: 50mins duration
Most of this should be off road with efforts of up to 5 mins.
Hills to be included, both up and down.

Road session 5: 5 x 1 mile @ 10k pace/effort with 2mins jog recovery.
Road session 6: 4 x 8mins @ 10k pace/effort with 3mins easy running.