

HALF MASTER

NOVICE PROGRAMME *The Guidelines* Run 3 days a week (Tuesdays, Thursdays, Sundays), and alternate resting and cross-training on the remaining days. Cross-train by swimming, cycling, walking, strength training or a combination of these. Rest is important. Run the 'easy' workouts at whatever pace feels comfortable.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Rest	4-Km	30min	4-K	Rest	30min	7-K
2	Rest	4-K	30min	4-K	Rest	35min	8-K
3	Rest	5-K	30min	5-K	Rest	40min	10-K
4	Rest	6-K	30min	7-K	Rest	45min	12-K
5	Rest	7-K	30min	7-K	Rest	50min	13-K
6	Rest	8-K	30min	8-K	Rest	55min	15-K
7	Rest	8-K	30min	8-K	Rest	60min	16-K
8	Rest	4-K	Rest	4-K	Rest	Rest	HALF