

<b>WEEK</b>	<b>MON</b>	<b>TUE Experienced runners only FF!</b>	<b>WED</b>	<b>THU FF!</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN FF!</b>
1	30 mins easy + 5 strides	45-55 mins easy	45-55 mins easy or rest	55-65 mins + 5 strides FF	Rest	40-50 mins easy	10km easy
2	30 mins easy + 5 strides	Speed: 3 x 8 mins @ 10-K pace w/ 3.00 recovery FF	45-55 mins easy or rest	65-75 mins + 5 strides FF	Rest	50-60 mins easy	5km + 5km @ GHMP FF (12km total)
3	30 mins easy + 5 strides	Speed: 6 x 4 mins @ 10-K pace w/ 1.30 recovery FF	45-55 mins easy or rest	5km@ GHMP FF	Rest	60-70 mins easy	12km easy
4 Recovery week	30 mins easy + 5 strides	45-55 mins easy	Rest Day	45-55 mins easy	Rest	30 mins easy	10km + 6km @ GHMP FF (16km total)
5	30 mins easy + 5 strides	Speed: 4 x 8 mins @ 10-K pace w/ 3.00 recovery FF	45-55 mins easy or rest	6km@ GHMP FF	Rest	40-50 mins easy	16km easy
6	30 mins easy + 5 strides	Speed: 6-8 x 4 mins @ 10-K pace w/ 1.30 recovery FF	45-55 mins easy or rest	65-75 mins easy	Rest	65-75 mins easy	10km + 8km @ GHMP FF (18km total)
7	30 mins easy + 5 strides	Speed: 4-5 x 8 mins @ 10-K pace w/ 3.00 recovery FF	45-55 mins easy or rest	8km@ GHMP FF	Rest	60-70 mins easy	20km easy
8 Recovery week	30 mins easy + 5 strides	45-55 mins easy	Rest	45-55 mins easy	Rest	40 mins easy	10km + 10km @ GHMP FF (20km total)
9	30 mins easy + 5 strides	Speed: 6-8 x 4 mins @ 10-K pace w/ 1.30 recovery FF	45-55 mins easy or rest	8km@ GHMP FF	Rest	40-50 mins easy	21km easy
10	30 mins easy + 5 strides	Speed: 3 x 10 mins @ 10-K pace w/ 3.00 recovery FF	45-55 mins easy or rest	65-75 minutes easy	Rest	65-75 minutes easy	12km + 8km @ GHMP FF (20km total)
11	30 mins easy + 5 strides	Speed: 4-5 x 8 mins @ 10-K pace w/ 3.00 recovery FF	45-55 mins easy or rest	6km@ GHMP FF	Rest	40-50 mins easy	10km easy
12 Taper	30 mins easy + 5 strides	4 x 4 mins @ 10-K w/ 1.30 recovery FF	Rest	20 mins easy + 5 strides FF	Rest	20 mins easy	<b>Race Day!</b>