

- wk1 **5km time trial**
- wk2 4mins x2: 3mins x2: 2mins x2: **recovery 1/2 time of rep**
- wk3 400mts: **100mts jog recovery continuous**. 20mins total. Run in 3 groups.
- wk4 3x1min: **30secs recovery** - 6x2mins: **1min recovery** - 3x1min: **30secs recovery**
- wk5 4min x 2: 3mins x2: 2mins x2: 1min x 2 **recovery 1/2 time of rep**
- wk6 400mts: **100mts jog recovery continuous**. 25mins total run in 3 groups
- wk7 4x1min: **30secs recovery** 6x2mins: **1min recovery** 4x1min: **30secs recovery**
- wk8 4mins x2: 3mins x2: 2mins x2: 1min x2: **recovery 1/2 time of rep**
- wk9 600mts: **200 jog recovery**, continuous 20mins total. Run in 3 groups
- wk10 4x1min **30sec recovery** 7x2mins **1min recovery** 4x1min **30sec recovery**
- wk11 5minx2: 4minsx2: 3mins x2: **recovery 1/2 time of rep**
- wk12 600mts: **200mts jog recovery**, continuous 25mins in total. run in 3 groups
- wk13 5x1min: **30secs recovery**, 7x2mins: **1min recovery**, 5x1min: **30secs recovery**
- wk14 **5k time trial**