

Week	Mon (Track)	Tue	Wed	Thu	Fri	Sat	Sun
1	Introduction	3/4m run	Rest	3/4m run	Rest	3/4m run	5 m run
2	10 x 400	3/4m run	Rest	3/4m run	Rest	3 m fast	5 m run
3	Pyramid session	3/4m run	Rest	3/4m run	Rest	4 m run	6 m run
4	Off track run	3/4m run	Rest	3/4m run	Rest	Rest	6 m run
5	10 x 200 + 400's	3/4m run	Rest	3/4m run	Rest	4 m fast	6 m run
6	Pyramid session	3/4m run	Rest	3/4m run	Rest	5 m run	7 m run
7	Pyramid session	3/4m run	Rest	3/4m run	5 m run (fast)	Rest	Rest
8	<b>5-K Race</b>						