

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	REST/Yoga	3.5k tempo - LIIFT4 chest/triceps (only weights no HIIT)	5K tempo	LIIFT4 back/biceps	5k steady/core	LIIFT4 Legs	6k LSD
Week 2	REST/Yoga	4.0k tempo - LIIFT4 chest/triceps (only weights no HIIT)	6K tempo	LIIFT4 back/biceps	6k steady/core	LIIFT4 Legs	6k LSD
Week 3	LIIFT4 Shoulders	4.5k tempo - LIIFT4 chest/triceps (only weights no HIIT)	7K tempo	Rest/Yoga	7k steady/core	LIIFT4 Legs	8k LSD
Week 4	REST/Yoga	5k tempo - LIIFT4 chest/triceps (only weights no HIIT)	5k x 4 hills	LIIFT4 back/biceps	7.5k steady/core	LIIFT4 Legs	8k LSD
Week 5	LIIFT4 Shoulders	5.5k tempo - LIIFT4 chest/triceps (only weights no HIIT)	6k x 5 hills	LIIFT4 back/biceps	8k steady/core	Rest/Yoga	8k LSD
Week 6	REST/Yoga	6k tempo - LIIFT4 chest/triceps (only weights no HIIT)	7k x 6 hills	LIIFT4 back/biceps	9k steady/core	LIIFT4 Legs	10k RACE
Week 7	REST/Yoga	6.5k tempo - LIIFT4 chest/triceps (only weights no HIIT)	8k x 7 hills	LIIFT4 back/biceps	9.5k steady/core	LIIFT4 Legs	10k LSD
Week 8	LIIFT4 Shoulders	7k tempo - LIIFT4 chest/triceps (only weights no HIIT)	8k x 8 hills	Rest/Yoga	10k steady/core	LIIFT4 Legs	12k LSD
Week 9	REST/Yoga	7.5k tempo - LIIFT4 chest/triceps (only weights no HIIT)	8k x 9 hills	LIIFT4 back/biceps	10.5k steady/core	LIIFT4 Legs	12k RACE
Week 10	REST/Yoga	8k tempo - LIIFT4 chest/triceps (only weights no HIIT)	9k x 10 hills	LIIFT4 back/biceps	11k steady/core	LIIFT4 Legs	12k LSD
Week 11	LIIFT4 Shoulders	9k steady - LIIFT4 chest/triceps (only weights no HIIT)	10k fartlek	LIIFT4 back/biceps	11k steady/core	Rest/Yoga	12k LSD
Week 12	LIIFT4 Shoulders	10k steady - LIIFT4 chest/triceps (only weights no HIIT)	11k fartlek	Rest/Yoga	12k steady/core	LIIFT4 Legs	15k RACE
Week 13	REST/Yoga	11k steady - LIIFT4 chest/triceps (only weights no HIIT)	12k fartlek	LIIFT4 back/biceps	12.k steady/core	LIIFT4 Legs	16k LSD
Week 14	LIIFT4 Shoulders	12k tempo - LIIFT4 chest/triceps (only weights no HIIT)	13k fartlek	LIIFT4 back/biceps	13k steady/core	Rest/Yoga	18k LSD
Week 15	LIIFT4 Shoulders	14k steady - LIIFT4 chest/triceps (only weights no HIIT)	16k race pace	REST/Yoga	3K steady/core	Rest/Yoga	RACE DAY

Race Pace 1hr 55min
 Long Slow Distance 5:40-6:22 min/km
 Steady 5:33 - 5:44 min/km
 Tempo/Hills/Fartlek 5:15 min/km
 Speed Intervals 4:10 min/km
 Race Pace 6:10
 Hills 600m
 Workouts No HIIT component just weights

- * REST: Yoga
- * 1-2 days of rest per week
- * Speed train once/week
- * Core once a week Thursdays
- * Stretch EVERYDAY
- * Drink lots of H2O
- * Hot Baths

Heather Barrett