

Days Running	(3 Runs per week minimum)	(4 Runs per week minimum)	(4-5 Runs per week minimum)	(5-6 Runs per week minimum)	(6 Runs per week)
Target Time & Train Pace per K	4:30+ LT-6:00 MP-6:45 Easy-7:45	Sub 4:30 LT-5:30 MP-6:00 Easy-7:00	Sub 4:00 LT-5:00 MP-5:30 Easy-6:20	Sub 3:40 LT-4:35 MP-5:00 Easy-5:50	Sub 3:20 LT-4:15 MP-4:35 Easy-5:25
Based on	4hr 45m Pace	4hr 15m Pace	3hr 50m Pace	3hr 30min Pace	3hr 15min pace
Mon 08-Jul	5 Miles Easy	5 Miles Easy	6 Miles Easy	6 Miles Easy	5 Miles Easy
Tue 09-Jul					6 Miles Easy
Wed 10-Jul					4 Miles Easy
Thu 11-Jul	2x(2MP, 1Easy)	2x(2MP, 1Easy)	2x(2MP, 1Easy) then 4x(30sec@80%/90s)	2x(2.5MP, 60s easy) then 4x(30sec@80%/90s)	2x(3MP, 60s easy) then 4x(30sec@80%/90s)
Fri 12-Jul					
Sat 13-Jul	8 Miles Easy	10 Miles Easy	10 Miles Easy	12 Miles Easy	12 Miles Easy
Sun 14-Jul		4 Miles Easy	5 Miles Easy	5 Miles Easy	5 Miles Easy
Week 1 Total	19	25	28	34	40
Mon 15-Jul	Recovery Run	Recovery Run	Recovery Run	Recovery Run	7 Miles Easy
Tue 16-Jul	3x(800m Easy, 800m LT)	3x(800m Easy, 800m LT)	3x(1k Easy, 1k LT)	4x(1k Easy, 1k LT)	4x(1k Easy, 1k LT) 4x(30sec@80%/90s)
Wed 17-Jul					4 Miles Easy
Thu 18-Jul	6 Miles Easy	6 Miles Easy	6 Miles Easy then 4x(30sec@85%)	6 Miles Easy then 4x(30sec@85%)	5MP then 4x(30sec@85%)
Fri 19-Jul					
Sat 20-Jul	10 Miles Easy	12 Miles Easy	13 Miles Easy	14 Miles Easy	14 Miles Easy
Sun 21-Jul		4 Miles Easy	5 Miles Easy	5 Miles Easy	5 Miles Easy
Week 2 Total	22	28	30	36	43
Mon 22-Jul	Recovery Run	Recovery Run	Recovery Run	Recovery Run	5 Miles Easy
Tue 23-Jul	4x(800m Easy, 800m LT)	4x(800m Easy, 800m LT)	4x(1k LT, 90s Easy)	5x(1k LT, 90s Easy)	3x(2k LT, 90s Easy) 5x(30sec@80%/90s)
Wed 24-Jul		Recovery 30min		4 Miles Easy	4 Miles Easy
Thu 25-Jul	2Easy, 3MP, 2 Easy	2Easy, 3MP, 2 Easy	2Easy, 3MP, 2Easy then 4x(30sec@85%)	2Easy, 3MP, 2Easy then 4x(30sec@85%)	2Easy, 3MP, 2Easy then 4x(30sec@85%)
Fri 26-Jul					
Sat 27-Jul	12 Miles Easy	14 Miles Easy	15 Miles Easy	16 Miles Easy	16 Miles Easy
Sun 28-Jul		5 Miles Easy	5 Miles Easy	5 Miles Easy	5 Miles Easy
Week 3 Total	26	33	34	40	45
Mon 29-Jul	Recovery Run	Recovery Run	Recovery Run	Recovery Run	5 Miles Easy
Tue 30-Jul	4x(800m LT, 90s Easy)	4x(800m LT, 90s Easy)	5x(1k LT, 90s Easy)	5x(1k LT, 90s Easy)	3x(2k LT, 90s Easy) 8x(15sec@85%)
Wed 31-Jul				4 Miles Easy	4 Miles Easy
Thu 01-Aug	2x(2MP, 1Easy)	2x(2MP, 1Easy)	2x(2MP, 1Easy) then 6x(30sec@85%)	1Easy, 5MP, 1Easy then 6x(30sec@85%)	1Easy, 5MP, 1Easy then 6x(30sec@85%)
Fri 02-Aug					
Sat 03-Aug	10 Miles Easy	12 Miles Easy	13 Miles Easy	14 Miles Easy	15 Miles Easy
Sun 04-Aug		5 Miles Easy	6 Miles Easy	6 Miles Easy	6 Miles Easy
Week 4 Total	22	29	32	38	45
Mon 05-Aug	Recovery Run	Recovery Run	Recovery Run	Recovery Run	5 Miles Easy
Tue 06-Aug	7 Miles Easy	8 Miles Easy	8 Miles Easy	8 Miles Easy	8 Miles Easy then 8x(20sec@85%)
Wed 07-Aug		Recovery 30min		4 Miles Easy	4 Miles Easy
Thu 08-Aug	2Easy, 3MP, 2 Easy	2Easy, 3MP, 2 Easy	2Easy, 3MP, 2 Easy then 6x(30sec@85%)	1Easy, 4MP, 2 Easy then 6x(30sec@85%)	1Easy, 4MP, 2 Easy then 6x(30sec@85%)
Fri 09-Aug					
Sat 10-Aug	12 Miles Easy or HM tomorrow	14 Miles Easy or HM tomorrow	15 Miles Easy or HM tomorrow	16 Miles Easy or HM tomorrow	17 Miles Easy or HM tomorrow
Sun 11-Aug	Rest or HM	5 Miles Easy or HM	6 Miles Easy or HM	6 Miles Easy or HM	6 Miles Easy or HM
Week 5 Total	26	34	37	42	49
Mon 12-Aug	Recovery Run	Recovery Run	Recovery Run	Recovery Run	7 Miles Easy
Tue 13-Aug	4x(800m LT, 1k Easy)	4x(800m LT, 1k Easy)	5x(1k LT, 1k Easy)	5x(1k LT, 1k Easy)	6x(1k LT, 1k Easy) 8x(20sec@85%)
Wed 14-Aug				6 Miles Easy	6 Miles Easy
Thu 15-Aug	2Easy, 4MP, 1 Easy	2Easy, 4MP, 1 Easy	2Easy, 4MP, 1 Easy then 8x(20sec@85%)	2Easy, 4MP, 1 Easy then 6x(20sec@85%)	2Easy, 4MP, 1 Easy then 6x(30sec@85%)
Fri 16-Aug					
Sat 17-Aug	14 Miles Easy	14 Miles Easy	16 Miles Easy	16 Miles Easy	16 Miles Easy
Sun 18-Aug		5 Miles Easy	6 Miles Easy	6 Miles Easy	6 Miles Easy
Week 6 Total	28	33	37	43	50
Mon 19-Aug	Recovery Run	Recovery Run	Recovery Run	Recovery Run	7 Miles Easy
Tue 20-Aug	3x(1200m LT, 90s Easy)	3x(1200m LT, 90s Easy)	2Mile, /90s easy, 1 Mile LT	2MileLT, /90s easy, 1MileLT then 4x(30s @85%)	2Mile, /90s easy, 1MileLT
Wed 21-Aug		Recovery 30min		4 Miles Easy	4 Miles Easy
Thu 22-Aug	3x(1Easy, 1MP)	3x(1Easy, 1MP)	3x(1Easy, 1MP) then 8x(20sec@85%)	1Easy, 4MP, 1Easy then 6x(20sec@85%)	1Easy, 4MP, 1Easy then 6x(20sec@85%)
Fri 23-Aug					
Sat 24-Aug	14 Miles Easy or Frank 10	14 Miles Easy or Frank 10	16 Miles or Frank 10	18 Miles Easy or Frank 10	18 Miles Easy or Frank 10
Sun 25-Aug		5 Miles Easy	6 Miles Easy	6 Miles Easy	6 Miles Easy
Week 7 Total	25	31	35	41	48
Mon 26-Aug	Recovery Run	Recovery Run	Recovery Run	Recovery Run	5 Miles Easy
Tue 27-Aug	7 Miles Easy	8 Miles Easy	9 Miles Easy	9 Miles Easy	10 Miles Easy, 8x(20sec@85%)
Wed 28-Aug				6 Miles Easy	6 Miles Easy
Thu 29-Aug	7 Miles Easy	8 Miles Easy	9 Miles Easy	9 Miles Easy	1Easy, 5MP, 1Easy then 4x30s, 3x20s @85%
Fri 30-Aug					
Sat 31-Aug	12 Miles 3x(2Easy, 2MP)	12 Miles 3x(2Easy, 2MP)	14 Miles 2x(2Easy, 5MP)	16 Miles 2x(2Easy, 6MP)	16 Miles 2x(2Easy, 6MP)
Sun 01-Sep		5 Miles Easy	6 Miles Easy	6 Miles Easy	6 Miles Easy
Week 8 Total	26	32	38	46	51
Mon 02-Sep	Recovery Run	Recovery Run	Recovery Run	Recovery Run	7 Miles Easy
Tue 03-Sep	3x(1200m LT, 90s Easy)	3x(1200m LT, 90s Easy)	2x(2k LT, 90s Easy)	2x(2Mile LT, 90s Easy) then 4x30s @85%	2x(2Mile LT, 90s Easy) 8x(20sec@85%)
Wed 04-Sep		Recovery 30min		4 Miles Easy	4 Miles Easy
Thu 05-Sep	1 Easy, 4MP, 1 Easy	1 Easy, 4MP, 1 Easy	1 Easy, 4MP, 1 Easy then 4x30s, 4x20s @85%	1 Easy, 4MP, 1 Easy then 4x30s, 3x20s @85%	1 Easy, 4MP, 1 Easy then 4x30s, 3x20s @85%
Fri 06-Sep					
Sat 07-Sep	16 Miles Easy or 2mro	16 Miles Easy or 2mro	16 Miles Easy or 2mro	18 Miles Easy or 2mro	18 Miles Easy or 2mro
Sun 08-Sep	Lough Sheelin 16Miles	Lough Sheelin 16Miles or 4 Easy	Lough Sheelin 16Miles or 4 Easy	Lough Sheelin 16Miles or 4 Easy	Lough Sheelin 16Miles or 4 Easy
Week 9 Total	28	32	32	38	45
Mon 09-Sep	Recovery Run	Recovery Run	Recovery Run	Recovery Run	5 Miles Easy
Tue 10-Sep	7 Miles Easy	8 Miles Easy	9 Miles Easy	9 Miles Easy	10 Miles Easy 8x(20sec@85%)
Wed 11-Sep				4 Miles Easy	4 Miles Easy
Thu 12-Sep	5 Miles Easy	5 Miles Easy	5 Miles Easy then 4x30s, 4x20s @85%	5 Miles Easy then 4x30s, 4x20s @85%	5 Miles Easy then 4x30s, 4x20s @85%
Fri 13-Sep					
Sat 14-Sep	16 Miles 2x(4Easy, 4MP) or HM	16 Miles 2x(4Easy, 4MP) or HM	18 Miles 2x(4Easy, 4MP), 2Easy or HM	20 Miles(4Easy, 4MP, 4Easy, 4MP, 4Easy) or HM	20 Miles(4Easy, 4MP, 4Easy, 4MP, 4Easy) or HM
Sun 15-Sep		4 Miles Easy	6 Miles Easy	6 Miles Easy	6 Miles Easy
Week 10 Total	28	33	39	45	51
Mon 16-Sep	Recovery Run	Recovery Run	Recovery Run	Recovery Run	5 Miles Easy
Tue 17-Sep	4x(800m LT, 90s Easy)	4x(800m LT, 90s Easy)	2x(2k LT, 90s Easy)	2x(2Mile LT, 90s Easy)	3x(2k LT, 90s Easy) then 8x(20sec@85%)
Wed 18-Sep		Recovery 30min		4 Miles Easy	4 Miles Easy
Thu 19-Sep	7 Miles(2Easy, 3MP, 2Easy)	7 Miles(2Easy, 3MP, 2Easy)	2Easy, 3MP, 2Easy then 4x30s, 4x20s @85%	2Easy, 3MP, 2Easy then 4x30s, 4x20s @85%	2Easy, 3MP, 2Easy then 4x30s, 4x20s @85%
Fri 20-Sep					
Sat 21-Sep	12 Miles(2Easy, 6MP, 4Easy) or HM	12 Miles(2Easy, 6MP, 4Easy) or HM	14 Miles(2Easy, 6MP, 4Easy) or HM	14 Miles(2Easy, 6MP, 4Easy) or HM	14 Miles(2Easy, 6MP, 4Easy) or HM
Sun 22-Sep		5 Miles Easy	6 Miles Easy	6 Miles Easy	6 Miles Easy
Week 11 Total	25	30	34	38	44
Mon 23-Sep	Recovery Run	Recovery Run	Recovery Run	Recovery Run	7 Miles Easy
Tue 24-Sep	7 Miles Easy	8 Miles Easy	9 Miles Easy	9 Miles Easy	10 Miles Easy 8x(20sec@85%)
Wed 25-Sep				4 Miles Easy	4 Miles Easy
Thu 26-Sep	7 Miles(2Easy, 3MP, 2Easy)	2Easy, 4MP, 2Easy	2Easy, 4MP, 2Easy then 4x30s, 4x20s @85%	2Easy, 3MP, 2Easy then 4x30s, 4x20s @85%	2Easy, 3MP, 2Easy then 4x30s, 4x20s @85%
Fri 27-Sep					
Sat 28-Sep	16 Miles Easy	16 Miles Easy	18 Miles Easy	18 Miles Easy	18 Miles Easy
Sun 29-Sep		4 Miles Easy	6 Miles Easy	6 Miles Easy	6 Miles Easy
Week 12 Total	30	36	42	45	53
Mon 30-Sep	Recovery Run	Recovery Run	Recovery Run	Recovery Run	7 Miles Easy
Tue 01-Oct	3x(1200m LT, 90s Easy)	3x(1200m LT, 90s Easy)	3x(1Mile LT, 90s Easy)	4x(1Mile LT, 90s Easy) then 4x30s @85%	4x(1Mile LT, 90s Easy) 8x(20sec@85%)
Wed 02-Oct		Recovery 30min		4 Miles Easy	4 Miles Easy
Thu 03-Oct	7 Miles Easy	8 Miles Easy	8 Miles Easy then 4x30s, 4x20s @85%	9 Miles Easy then 4x30s, 4x20s @85%	9 Miles Easy then 4x30s, 4x20s @85%
Fri 04-Oct					
Sat 05-Oct	16 Miles 2x(2Easy, 6MP)	16 Miles 2x(2Easy, 6MP)	18 Miles 2x(3Easy, 6MP)	18 Miles 2x(2Easy, 7MP)	18 Miles 2x(2Easy, 7MP)
Sun 06-Oct		4 Miles Easy	6 Miles Easy	6 Miles Easy	6 Miles Easy
Week 13 Total	29	34	39	45	53
Mon 07-Oct	Recovery Run	Recovery Run	Recovery Run	Recovery Run	7 Miles Easy
Tue 08-Oct	4x(800m LT, 90s Easy)	4x(800m LT, 90s Easy)	3x(2k LT, 90s Easy)	3x(2k LT, 90s Easy)	3x(2k LT, 90s Easy) 8x(20sec@85%)
Wed 09-Oct				4 Miles Easy	4 Miles Easy
Thu 10-Oct	7 Miles Easy	8 Miles Easy	8 Miles Easy then 4x30s, 4x20s @85%	9 Miles Easy then 4x30s, 4x20s @85%	9 Miles Easy then 4x30s, 4x20s @85%
Fri 11-Oct					
Sat 12-Oct	14 Miles(8Easy, 6 MP)	14 Miles(4Easy, 8 MP)	16 Miles(8Easy, 8 MP)	16 Miles(8Easy, 8 MP)	16 Miles(8Easy, 8 MP)
Sun 13-Oct		5 Miles Easy	6 Miles Easy	6 Miles Easy	6 Miles Easy
Week 14 Total	27	32	37	42	49
Mon 14-Oct	Recovery Run	Recovery Run	Recovery Run	Recovery Run	5 Miles Easy
Tue 15-Oct	3x(800m LT, 90s Easy)	3x(800m LT, 90s Easy)	3x(1k LT, 90s Easy)	3x(1k LT, 90s Easy)	3x(1k LT, 90s Easy)
Wed 16-Oct		Recovery 30min		3 Miles Easy	3 Miles Easy
Thu 17-Oct	4 Miles Easy	4 Miles Easy	5 Miles Easy then 4x30s @85%	5 Miles Easy then 4x30s @85%	5 Miles Easy then 4x30s @85%
Fri 18-Oct					
Sat 19-Oct	8 Miles(4Easy, 4 MP)	8 Miles(5Easy, 4 MP)	11 Miles(7Easy, 4 MP)	12 Miles(8Easy, 4 MP)	12 Miles(8Easy, 4 MP)
Sun 20-Oct		3 Miles Easy	3 Miles Easy	3 Miles Easy	3 Miles Easy
Week 15 Total	17	21	25	29	34
Mon 21-Oct	Recovery Run	Recovery Run	Recovery Run	Recovery Run	3 Miles Easy
Tue 22-Oct	2x(800m LT, 90s Easy)	2x(800m LT, 90s Easy)	2x(1k LT, 90s Easy)	2x(1k LT, 90s Easy)	2x(1k LT, 90s Easy)
Wed 23-Oct					
Thu 24-Oct	4 Miles Easy	4 Miles Easy	4 Miles Easy	4 Miles Easy	4 Miles Easy
Fri 25-Oct					
Sat 26-Oct	30min walk	30min walk	30min walk	2 Miles Easy	2 Miles Easy
Sun 27-Oct	26.2 Miles @ Marathon Pace	26.2 Miles @ Marathon Pace	26.2 Miles @ Marathon Pace	26.2 Miles @ Marathon Pace	26.2 Miles @ Marathon Pace
Week 16 Total	33	33	36	36	39
Target Pace per Mile	LT-9:30 MP-10:45 Easy-12:20	LT-8:45 MP-9:30 Easy-11:10	LT-8:00 MP-8:45 Easy-10:10	LT-7:00 MP-8:00 Easy-9:20	LT-6:45 MP-7:20 Easy-8:40
Average Weekly	26	31	35	40	46
Total	411	496	553	638	739

Notes The above are minimum however if you are targeting 4hr30+ you can run the mileage in the other Plans "Consider the extra time on your feet"
Same for all other groups you can do more mileage if you have built up to it.
Remember that you should be coming into the sessions energised not flat. The recommended pacing will help with that, so will good sleep and high carb / protien recovery (Choc Milk)
Training Paces should be ran at the pace for your projected finishing time regardless of which plan you do
Recovery Runs are beneficial and optional and 30-45min (Easy relaxed runs with no focus on pace)

