

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 30 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy walk Stretch: 10 minutes after cool down	REST AND EAT WELL	REST AND EAT WELL	Intervals Warm up: 10-15 minutes easy running (Zone 1-2) Intervals: 2 x 1000m with 4 min recovery jog between 2 x 800m with 3 min recovery jog between 3 x 400m with 2 min recovery jog between Heart Rate: Zone 3 - 4 Cool Down: 5 -10 minutes easy running /walking (Zone 1-2) Stretch: 10 mins after cool down	REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 30 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down
REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 30 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down	REST AND EAT WELL	REST AND EAT WELL	Intervals Warm up: 10-15 minutes easy running (Zone 1-2) Intervals: 4 x 1200m with 4 min recovery jog between Heart Rate: Zone 3 - 4 Cool Down: 5-10 minutes easy running / walking (Zone 1-2) Stretch: 10 mins after cool down	REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 35 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down
REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 35 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down	REST AND EAT WELL	REST AND EAT WELL	Intervals Warm up: 10-15 minutes easy running (Zone 1-2) Intervals: 4 x 200m with 2 minute run between 3 x 1000m with 3 minute run between 2 x 400m with 1 minute run between Heart Rate: Zone 3 - 4 Cool Down: 5 -10 minutes easy running /walking (Zone 1-2) Stretch: 10 mins after cool down	REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 40 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down
REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 25 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down	REST AND EAT WELL	REST AND EAT WELL	Intervals Warm up: 10-15 minutes easy running (Zone 1-2) Intervals: 2 x 400m with 2 minute jog between 2 x 800m with 3 minute jog between 2 x 400m with 2 minute jog between Heart Rate: Zone 3 - 4 Cool Down: 5 -10 minutes easy running /walking (Zone 1-2) Stretch: 10 mins after cool down	REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 30 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down

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REST AND EAT WELL	<p>Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 40 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down</p>	REST AND EAT WELL	REST AND EAT WELL	<p>Intervals Warm up: 10-15 minutes easy running (Zone 1-2) Intervals: 2 x 400m with 2 minute jog, 1 x 800m with 2 minute jog, 1 x 1000m with 3 minute jog, 1 x 800m with 2 minute jog 2 x 400m with 2 minute jog Heart Rate: Zone 3 - 4 Cool Down: 5 -10 minutes easy running /walking (Zone 1-2) Stretch: 10 mins after cool down</p>	REST AND EAT WELL	<p>Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 50 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down</p>
REST AND EAT WELL	<p>Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 40 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down</p>	REST AND EAT WELL	REST AND EAT WELL	<p>Intervals Warm up: 10-15 minutes easy running (Zone 1-2) Intervals: 3 x 600m with 2 minute jog between 1 x 1000m with 3 minute jog between 4 x 400m with 1 minute jog between Heart Rate: Zone 3 - 4 Cool Down: 5 -10 minutes easy running /walking (Zone 1-2) Stretch: 10 mins after cool down</p>	REST AND EAT WELL	<p>Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 55 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down</p>
REST AND EAT WELL	<p>Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 45 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down</p>	REST AND EAT WELL	REST AND EAT WELL	<p>Tempo Intervals Warm up: 10-15 minutes easy running (Zone 1-2) Intervals: 4 x 600m with 2 minute jog between 4 x 200m with 1 minute jog between Heart Rate: Zone 3 - 4 Cool Down: 5 -10 minutes easy running /walking (Zone 1-2) Stretch: 10 mins after cool down</p>	REST AND EAT WELL	<p>Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 65 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down</p>

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REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 35 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down	REST AND EAT WELL	REST AND EAT WELL	Intervals Warm up: 10-15 minutes easy running (Zone 1-2) Intervals: 2 x 1200m with 3 minute jog between 2 x 400m with 2 minute jog between 2 x 1200m with 3 minute jog between Heart Rate: Zone 3 - 4 Cool Down: 5 -10 minutes easy running /walking (Zone 1-2) Stretch: 10 mins after cool down	REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 55 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down
REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 20 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down	REST AND EAT WELL	REST AND EAT WELL	Tempo Intervals Warm up: 10-15 minutes easy running (Zone 1-2) Intervals: 2 x 600m with 3 minute jog between 2 x 400m with 2 minute jog between 2 x 200m with 1 minute jog between Heart Rate: Zone 3 - 4 Cool Down: 5 -10 minutes easy running /walking (Zone 1-2) Stretch: 10 mins after cool down	REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 20 minutes Heart Rate: Zone 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down