

Phase: General Endurance			<40 Km 1 Mile			Week 1/12	
Mon	Workout:	WU: 3 km MS: X4 - 500m; @5 min CD: 1 km		Volume:	6 KM	Zone 3	
Tue	Workout:	Rest					
Wed	Workout:	AM/PM: 10 km (Easy)		Volume:	10 KM	Zone 1	
Thu	Workout:	Rest					
Fri	Workout:	WU: 3 km MS: X5 - 1000m; @3 min CD: 1 km		Volume:	9 KM	Zone 2	
Sat	Workout:	Rest					
Sun	Workout:	Rest	Recap	Volume:	25 KM	Zone 1 - 72% Zone 2 - 20% Zone 3 - 8%	

Phase: General Endurance			<40 Km 1 Mile			Week 2 / 12	
Mon	Workout:	WU: 3 km MS: X5 - 500m; @4 min CD: 1.5 km		Volume:	7 KM	Zone 3	
Tue	Workout:	Rest					
Wed	Workout:	AM/PM: 11 km (Easy)		Volume:	11 KM	Zone 1	
Thu	Workout:	Rest					
Fri	Workout:	WU: 3 km MS: X6 - 1000m; @3 min CD: 1 km		Volume:	10 KM	Zone 2	
Sat	Workout:	Rest					
Sun	Workout:	Rest	Recap	Volume:	28 KM	Zone 1 - 70% Zone 2 - 21% Zone 3 - 9%	

Phase: General Endurance			<40 Km 1 Mile			Week 3 / 12	
Mon	Workout:	WU: 3 km MS: X6 - 500m; @3 min CD: 2 km		Volume:	8 KM	Zone 3	
Tue	Workout:	Rest					
Wed	Workout:	AM/PM: 12 km (Easy)		Volume:	12 KM	Zone 1	
Thu	Workout:	Rest					
Fri	Workout:	WU: 3 km MS: X7 - 1000m; @3 min CD: 1 km		Volume:	11 KM	Zone 2	
Sat	Workout:	Rest					
Sun	Workout:	Rest	Recap	Volume:	31 KM	Zone 1 - 67% Zone 2 - 23% Zone 3 - 10%	

Phase: General Endurance		<40 Km 1 Mile			Week 4 / 12	
Mon	Workout:	AM/PM: 8 km (Easy)		Volume:	8 KM	Zone 1
Tue	Workout:	Rest				
Wed	Workout:	WU: 2 km MS: X5 - 1000m; @3 min CD: 1 km		Volume:	8 KM	Zone 2
Thu	Workout:	Rest				
Fri	Workout:	AM/PM: 9 km (Easy)		Volume:	9 KM	Zone 1
Sat	Workout:	Rest				
Sun	Workout:	Rest	Recap	Volume:	25 KM	Zone 1 - 80% Zone 2 - 20% Zone 3 - 0%

Phase: General Endurance			<40 Km 1 Mile			Week 5 / 12		
Mon	Workout:	WU: 3 km MS: X2 - 1500m; @4 min CD: 1 km		Volume:	7 KM	Zone 3		
Tue	Workout:	Rest						
Wed	Workout:	AM/PM: 11 km (Easy)		Volume:	11 KM	Zone 1		
Thu	Workout:	Rest						
Fri	Workout:	WU: 3 km MS: X4 - 1500m; @2 min CD: 1 km		Volume:	10 KM	Zone 2		
Sat	Workout:	Rest						
Sun	Workout:	Rest	Recap	Volume:	28 KM	Zone 1 - 68% Zone 2 - 21% Zone 3 - 11%		

Phase: General Endurance			<40 Km 1 Mile			Week 6 / 12	
Mon	Workout:	WU: 3 km MS: X2 - 1500m; @3 min CD: 1 km		Volume:	7 KM	Zone 3	
Tue	Workout:	Rest					
Wed	Workout:	AM/PM: 12 km (Easy)		Volume:	12 KM	Zone 1	
Thu	Workout:	Rest					
Fri	Workout:	WU: 3 km MS: X3 - 2000m; @2 min CD: 2 km		Volume:	11 KM	Zone 2	
Sat	Workout:	Rest					
Sun	Workout:	Rest		Recap	Volume:	30 KM	Zone 1 - 70% Zone 2 - 20% Zone 3 - 10%

Phase: General Endurance		<40 Km 1 Mile			Week 7 / 12	
Mon	Workout:	WU: 3 km MS: X2 - 2000m; @2 min CD: 2 km		Volume:	9 KM	Zone 3
Tue	Workout:	Rest				
Wed	Workout:	AM/PM: 13 km (Easy)		Volume:	13 KM	Zone 1
Thu	Workout:	Rest				
Fri	Workout:	WU: 3 km MS: X7 - 1000m; @1:30 min CD: 2 km		Volume:	12 KM	Zone 2
Sat	Workout:	Rest				
Sun	Workout:	Rest	Recap	Volume:	34 KM	Zone 1 - 67% Zone 2 - 21% Zone 3 - 12%

Phase: General Endurance			<40 Km 1 Mile			Week 8 / 12	
Mon	Workout:	WU: 3 km MS: X2 - 2000m; @1 min CD: 2 km		Volume:	9 KM	Zone 3	
Tue	Workout:	Rest					
Wed	Workout:	AM/PM: 16km (Easy)		Volume:	16 KM	Zone 1	
Thu	Workout:	Rest					
Fri	Workout:	WU: 3 km MS: X4 - 2000m; @1:30 min CD: 2 km		Volume:	13 KM	Zone 2	
Sat	Workout:	Rest					
Sun	Workout:	Rest	Recap	Volume:	38 KM	Zone 1 - 68% Zone 2 - 21% Zone 3 - 11%	

Phase: General Endurance		<40 Km 1 Mile			Week 9 / 12	
Mon	Workout:	AM/PM: 10 km (Easy)		Volume:	10 KM	Zone 1
Tue	Workout:	Rest				
Wed	Workout:	WU: 2 km MS: X6 - 1000m; @2 min CD: 1 km		Volume:	9 KM	Zone 2
Thu	Workout:	Rest				
Fri	Workout:	AM/PM: 11 km (Easy)		Volume:	11 KM	Zone 1
Sat	Workout:	Rest				
Sun	Workout:	Rest	Recap	Volume:	30 KM	Zone 1 - 80% Zone 2 - 20% Zone 3 - 0%

Mon	Workout:	WU: 2 km MS: X10 - 400m; @1:00 min CD: 1 km	Volume:	7 KM	Zone 3
Tue	Workout:	Rest			
Wed	Workout:	AM/PM: 10 km (Easy)	Volume:	10 KM	Zone 1
Thu	Workout:	Rest			
Fri	Workout:	WU: 2 km MS: X3 (X4 - 400m; @0:20 min) @4 min CD: 1.2 km	Volume:	8 KM	Zone 3
Sat	Workout:	Rest			
Sun	Workout:	Rest	Recap	Volume:	25 KM Zone 1 - 61% Zone 2 - 0% Zone 3 - 39%

Mon	Workout:	WU: 2 km MS: X5 - 800m; @1:00 min CD: 1 km	Volume:	7 KM	Zone 3
Tue	Workout:	Rest			
Wed	Workout:	AM/PM: 9 km (Easy)	Volume:	9 KM	Zone 1
Thu	Workout:	Rest			
Fri	Workout:	WU: 2 km MS: X3 (X2 - 800m; @0:20 min) @4 min CD: 1.2 km	Volume:	8 KM	Zone 3
Sat	Workout:	Rest			
Sun	Workout:	Rest	Recap	Volume:	24 KM Zone 1 - 59% Zone 2 - 0% Zone 3 - 41%

Mon	Workout:	AM/PM: 6 km (Easy)	Volume:	6 KM	Zone 1
Tue	Workout:	Rest			
Wed	Workout:	WU: 2 km MS: X4 - 1000m; @2 min CD: 1 km	Volume:	7 KM	Zone 2
Thu	Workout:	Rest			
Fri	Workout:	AM/PM: 6 km (Easy)	Volume:	6 KM	Zone 1
Sat	Workout:	Rest			
Sun	Workout:	<u>1 Mile Race</u>	Recap	Volume:	21 KM Zone 1 - 73% Zone 2 - 19% Zone 3 - 8%