

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
1	2 HM START! HM - Rest	3 HM - 3 m run	4 HM - 3 m run	5 HM - 3 m run	6 HM - Rest	7 HM - 4 m run
8 HM - 60 m CT	9 HM - Rest	10 HM - 3 m run	11 HM - 3 m run	12 HM - 3 m run	13 HM - Rest	14 HM - 5 m run
15 HM - 60 m CT	16 10k START! 10K - 2m + strength HM - Rest	17 10K - 3 m run HM - 3 m run	18 10K - 2x800 5k pace HM - 4 m run	19 10K - 2 m + strength HM - 3 m run	20 10K - Rest HM - Rest	21 10K - 4 m run HM - 6 m run
22 10K - 60 m CT HM - 60 m CT	23 10K - 2m + strength HM - Rest	24 10K - 3 m run HM - 3 m run	25 10K - 30 min tempo HM - 4 m run @ race pace	26 10K - 3 m + strength HM - 3 m run	27 10K - Rest HM - Rest	28 10K - 5 m run HM - 7 m run
29 10K - 60 m CT HM - 60 m CT	30 5K START! 5k - Rest 10K - 2m + strength HM - Rest					

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5k - 3 m run 10K - 6 m run HM - 3 m run	2 5k - 5 x 400 10K - 5x800 5k pace HM - 4 m run	3 5k - 3 m run 10K - 4 m + strength HM - 3 m run	4 5k - Rest 10K - Rest HM - Rest	5 5k - 3 m run 10K - 6 m run HM - 8 m run
6 5k - 5 m run 10K - 60 m CT HM - 60 m CT	7 5k - Rest 10K - 3m + strength HM - Rest	8 5k - 3 m run 10K - 4 m run HM - 3 m run	9 5k - 30 min tempo 10K - 35 min tempo HM - 4 m run @ race pace	10 5k - 3 m run 10K - 2 m + strength HM - 3 m run	11 5k - Rest 10K - Rest HM - Rest	12 5k - 3 m run fast 10K - 3 m run HM - 5K Race
13 5k - 5 m run 10K - 60 m CT HM - 60 m CT	14 5k - Rest 10K - 3m + strength HM - Rest	15 5k - 3 m run 10K - 5 m run HM - 3 m run	16 5k - 6 x 400 10K - 6x800 5k pace HM - 5 m run	17 5k - 3 m run 10K - 3 m + strength HM - 3 m run	18 5k - Rest 10K - Rest HM - Rest	19 5k - 4 m run 10K - 5K Run HM - 9 m run
20 5k - 6 m run 10K - 60 m CT HM - 60 m CT	21 5k - Rest 10K - 3m + strength HM - Rest	22 5k - 3 m run 10K - 6 m run HM - 3 m run	23 5k - 35 min tempo 10K - 40 min tempo HM - 5 m run @ race pace	24 5k - 3 m run 10K - 4 m + strength HM - 3 m run	25 5k - Rest 10K - Rest HM - Rest	26 5k - Rest 10K - 6 m run HM - 10 m run
27 5k - 5k Test 10K - 60 m CT HM - 60 m CT	28 5k - Rest 10K - 3m + strength HM - Rest	29 5k - 3 m run 10K - 4 m run HM - 3 m run	30 5k - 7 x 400 10K - 7x800 5k pace HM - 5 m run	31 5k - 3 m run 10K - 2 m + strength HM - 3 m run		
						

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 5k - Rest 10K - Rest HM - Rest	2 5k - 4 m run fast 10K - 7 m run HM - 10 k race
3 5k - 3 m run 10K - 60 m CT HM - 60 m CT	4 5k - Rest 10K - 3m + strength HM - Rest	5 5k - 3 m run 10K - 5 m run HM - 3 m run	6 5k - 40 min tempo 10K - 45 min tempo HM - 5 m run @ race pace	7 5k - 3 m run 10K - 3 m + strength HM - 3 m run	8 5k - Rest 10K - Rest HM - Rest	9 5k - 5 m run 10K - 5 K Race HM - 11 m run
10 5k - 4 m run 10K - 60 m CT HM - 60 m CT	11 5k - Rest 10K - 3m + strength HM - Rest	12 5k - 3 m run 10K - 6 m run HM - 3 m run	13 5k - 8 x 400 10K - 8x800 5k pace HM - 5 m run	14 5k - 3 m run 10K - 4 m + strength HM - 3 m run	15 5k - Rest 10K - Rest HM - Rest	16 5k - 5 m run fast 10K - 7 m run HM - 12 m run
17 5k - 4 m run 10K - 60 m CT HM - 60 m CT	18 5k - Rest 10K - 3m + strength HM - Rest	19 5k - 2-3 m run 10K - 4 m run HM - 2 m run @ race pace	20 5k - 2 m run 10K - 30 min tempo HM - 2 m run	21 5k - 1-2 m run 10K - 1-2 m run HM - Rest EXPO: 5-8	22 5k - Rest 10K - Rest HM - Rest EXPO: 11 - 7	23 RACE DAY!
24	25	26	27	28	29	30
						