



**Please remember this is only an example week and there are several factors to take into account when planning your own.** Including, but not limited to, your own previous experience, peak training mileage, local terrain, weather and work/life situation.

The range for each run is to provide you with the opportunity to structure your own training and the maximum listed is actually over 100 miles so allows for a rest day or shortening workouts where needed.

Planning is key with increasing your training and not just with regards to what to run each day, but also what you eat and drink before, during and after your sessions. Supporting recovery and consistency are the key factors.

Think about your pace and effort level in each session and have a mindset focused on consistency. Is your effort level something you can recover from before the next run or could going a little bit easier increase your chances of feeling great tomorrow? Lastly, be adaptable. No plan ever survives reality, but how we adapt, re-focus and smile as the week goes on will be key. Remember it's supposed to be fun.

**Monday:**

18-20 miles easy.

One option is to get your week off to a solid start, particularly if you have rested at the weekend coming into it. Split this into two runs if you know you'll likely be left tired starting with a bigger outing.

**Tuesday:**

AM: 6-8 miles recovery pace.

PM: 3-4 miles easy.

**Wednesday:**

AM: 10-12 miles easy.

PM: 3-4 miles easy to steady. Don't go fast, but get the heart rate up a bit and you might feel better for it.

**Thursday:**

8-10 miles easy. More of a recovery day. If you've been doing more each day you could even have a rest day if needed.

**Friday:**

12-14 miles easy, split into two runs if you like.

**Saturday:**

AM: 15-20 miles easy. A chance to take some miles out of tomorrow's last longer run. PM: 3-4 miles easy

**Sunday:**

20-25 miles. Check your working out to make sure you've got enough.