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 well over 50 miles so allows for rest days or shortening workouts where needed.

Planning is key with increasing your training and not just planning 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:
9-10 miles easy.

It is possible to get your week off to a solid start, especially if you have rested at the weekend coming into it, but split this into two runs if you know you'll likely be left tired starting with a bigger outing.

Tuesday:
AM: 4-5 miles recovery pace.
PM: 2-3 miles easy.

Wednesday:
AM: 5-6 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:
Rest or 3-4 miles easy.

Friday:
6-7 miles easy, split into two runs if you like.

Saturday:
AM: 8-10 miles easy.
PM: 3-4 miles easy. An opportunity to take some miles out of tomorrow.

Sunday:
10-13.1 miles. Check your working out to make sure you've got enough and maybe end the week with a celebratory half marathon.