

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes	Mileage*								
1	Rest	5	4	5	Rest	6	11		31								
2	Rest	6	4	5	Rest	6	12		33								
3	Rest	6	5	6	Rest	6	14		37								
4	Rest	5	4	5	Rest	6	12		32								
5	Rest	8	5	6	Rest	5	15		39								
6	Rest	9	5	6	Rest	10	13		43								
7	Rest	10	5	7	Rest	5	20		47								
8	Rest	6	5	6	Rest	5	14		36								
9	Rest	9	4	5	Rest	3	26.2	Trail marathon or similar distance	47								
10	Rest	Rest	Rest	3	5	Rest	7		15								
11	Rest	8	5	7	Rest	14	5		39								
12	Rest	6	4	8	Rest	16	6		38								
13	Rest	10	4	5	Rest	20	Rest		45								
14	6	5	5	Rest	4	16	Rest		29								
15	6	7	Rest	5	Rest	10	5		33								
16	Rest	4	Rest	3	Rest	50km race	Rest		38								
<table border="1"> <tr> <td style="background-color: #f08080;"></td> <td>Including a hard effort i.e. tempo, track session or progression run</td> </tr> <tr> <td style="background-color: #ffff00;"></td> <td>Hills</td> </tr> <tr> <td style="background-color: #90ee90;"></td> <td>Trail</td> </tr> <tr> <td></td> <td>(Easy run unless colour coded)</td> </tr> </table>											Including a hard effort i.e. tempo, track session or progression run		Hills		Trail		(Easy run unless colour coded)
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\* Distances are measured in miles

