

LEVEL TWO

Week 1

Mon	Easy Run, Cross Training or Off Day 7-10 minutes warm-up jog
Tue	3 sets of (4 x 1 minute at 5K goal pace, with 1 minute rest in between) 3 minutes easy jog between sets 7-10 minute warm-down jog
Wed	Easy Run, Cross Training or Off Day
Thu	20 minutes Moderate Pace Run
Fri	Easy Run, Cross Training or Off Day 7-10 minutes warm-up jog
Sat	5 x 3 minutes at 10k Pace with 2 minute walk/jog in between 7-10 minutes warm-down jog
Sun	50-60 minutes Easy Long Run

Week 2

Mon	Easy Run, Cross Training or Off Day 7-10 minutes warm-up jog
Tue	3 sets of (4 x 1 minute at 5K goal pace, with 1 minute rest in between) 3 minutes easy jog between sets 7-10 minute warm-down jog
Wed	Easy Run, Cross Training or Off Day
Thu	25 minutes Moderate Pace Run
Fri	Easy Run, Cross Training or Off Day 7-10 minutes warm-up jog
Sat	5 x 3 minutes at 10k Pace with 2 minute walk/jog in between 7-10 minutes warm-down jog
Sun	50-60 minutes Easy Long Run

Week 3

Mon	Easy Run, Cross Training or Off Day 7-10 minutes warm-up jog
Tue	2 sets of (5 x 90 seconds at 5K goal pace, with 90 seconds rest in between) 3 minutes easy jog between sets 7-10 minute warm-down jog
Wed	Easy Run, Cross Training or Off Day
Thu	30 minutes Moderate Pace Run
Fri	Easy Run, Cross Training or Off Day 7-10 minutes warm-up jog
Sat	4 x 4 minutes at 10k Pace with 2 minute walk/jog in between 7-10 minutes warm-down jog
Sun	60-70 minutes Easy Long Run

Week 4

Mon	Easy Run, Cross Training or Off Day 7-10 minutes warm-up jog
Tue	2 sets of (5 x 90 seconds at 5K goal pace, with 90 seconds rest in between) 3 minutes easy jog between sets 7-10 minute warm-down jog
Wed	Easy Run, Cross Training or Off Day
Thu	30 minutes Moderate Pace Run
Fri	Easy Run, Cross Training or Off Day 7-10 minutes warm-up jog
Sat	4 x 4 minutes at 10k Pace with 2 minute walk/jog in between 7-10 minutes warm-down jog
Sun	60-70 minutes Easy Long Run

Week 5

Mon	Easy Run, Cross Training or Off Day 7-10 minutes warm-up jog
Tue	2 sets of (4 x 2 minutes at 5K goal pace, with 2 minutes rest in between) 4 minutes easy jog between sets 7-10 minute warm-down jog
Wed	Easy Run, Cross Training or Off Day
Thu	35 minutes Moderate Pace Run
Fri	Easy Run, Cross Training or Off Day 7-10 minutes warm-up jog
Sat	4 x 5 minutes at 10k Pace with 2 minute walk/jog in between 7-10 minutes warm-down jog
Sun	60-70 minutes Easy Long Run

Week 6

Mon	Easy Run, Cross Training or Off Day 7-10 minutes warm-up jog
Tue	2 sets of (4 x 2 minutes at 5K goal pace, with 2 minutes rest in between) 4 minutes easy jog between sets 7-10 minute warm-down jog
Wed	Easy Run, Cross Training or Off Day
Thu	35 minutes Moderate Pace Run
Fri	Easy Run, Cross Training or Off Day 7-10 minutes warm-up jog
Sat	3 x 6 minutes at 10k Pace with 3 minute walk/jog in between 7-10 minutes warm-down jog
Sun	50-60 minutes Easy Long Run

Week 7

Mon	Easy Run, Cross Training or Off Day 7-10 minutes warm-up jog
Tue	2 sets of (4 x 90 seconds at 5K goal pace, with 90 seconds rest in between) 3 minutes easy jog between sets 7-10 minute warm-down jog
Wed	Easy Run, Cross Training or Off Day
Thu	35 minutes Moderate Pace Run
Fri	Easy Run, Cross Training or Off Day 7-10 minutes warm-up jog
Sat	3 x 4 minutes at 10k pace with 2 minute walk/jog in between 7-10 minutes warm-down jog
Sun	50-60 minutes Easy Long Run

Week 8

Mon	Easy Run, Cross Training or Off Day 7-10 minutes warm-up jog
Tue	2 sets of (3 x 1 minute at 5K goal pace, with 1 minute rest in between) 3 minutes easy jog between sets 7-10 minute warm-down jog
Wed	Easy Run, Cross Training or Off Day
Thu	15-20 minutes Moderate Pace Run
Fri	Off Day
Sat	B.A.A. 5K
Sun	Off Day