

4 Months Training Plan (in KM)							
WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Active Rest	Training Run	Training Run	Cross Training	Training Run	Active Rest	Long Run
1		5 km	3 km	30 - 60 mins	5 km		7 km
2		5 km	3 km	30 - 60 mins	5 km		8 km
3		6 km	3 km	30 - 60 mins	6 km		8 km
4		6 km	3 km	30 - 60 mins	6 km		10 km
5		7 km	4 km	30 - 60 mins	7 km		10 km
6		7 km	4 km	30 - 60 mins	7 km		7 km
7		7 km	4 km	30 - 60 mins	7 km		11 km
8		7 km	4 km	30 - 60 mins	7 km		13 km
9		7.5 km	4 km	30 - 60 mins	7.5 km		8 km
10		7.5 km	4.5 km	30 - 60 mins	7.5 km		13 km
11		7.5 km	4.5 km	30 - 60 mins	7.5 km		14 km
12		7.5 km	4.5 km	30 - 60 mins	7.5 km		10 km
13		8 km	5 km	30 - 60 mins	8 km		15 km
14		8 km	5 km	30 - 60 mins	8 km		16 km
15		8 km	5 km	30 - 60 mins	8 km		11 km
16	5 km	3 km	30 mins	5 km	Half Marathon!		