

Aerobic Build	Week 1						
	Aerobic Recovery	Workout	Aerobic Run or OFF	Aerobic Run	Light Workout	OFF/ Recovery Day	Long Run
	4-6 Aerobic Miles Finish with 4x 10sec Strides	50/50 Run - 15:00 Of aerobic running, 15:00 returning at 10K pace +:15	3-5 Miles Aerobic Miles	3-5 Aerobic Miles	4-6 Aerobic Miles Finish with 8x :10 Hill Sprints		45 Minutes
	Week 2						
	Aerobic Recovery	Workout	Aerobic Run or OFF	Aerobic Run	Light Workout	OFF/ Recovery Day	Long Run
	4-6 Aerobic Miles Finish with 4x 10sec Strides	2 Miles Easy 20:00 fartlek (:30- 2:00 efforts) 2 Miles Easy	3-5 Aerobic Miles	3-5 Aerobic Miles	4-6 Aerobic Miles Finish with 8x :10 Hill Sprints		45 Minutes
	Week 3						
	Aerobic Recovery	Workout	Aerobic Run or OFF	Aerobic Run	Light Workout	OFF/ Recovery Day	Long Run
	4-6 Aerobic Miles Finish with 4x 10sec Strides	2 Miles Easy 2 Mile Fit Test (Record This) 2 Miles Easy	4-6 Aerobic Miles	4-6 Aerobic Miles	4-6 Aerobic Miles Finish with 8x :10 Hill Sprints		55 Minutes
	Week 4						
	Aerobic Recovery	Workout	Aerobic Run or OFF	Aerobic Run	Light Workout	OFF/ Recovery Day	Long Run
	4-6 Aerobic Miles Finish with 4x 10sec Strides	2 Miles Easy 22:00 Progression Run (5k +:40) 2 Miles Easy	4-6 Aerobic Miles	4-6 Aerobic Miles	4-6 Aerobic Miles Finish with 8x :10 Hill Sprints		60 Minutes