

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 WEEK 1	REST.	WARM-UP, FARTLEK 45MINS, COOL-DOWN.	WARM-UP RECOVERY 40MINS, COOL-DOWN.	WARM-UP, PACE 6 X 1,000M, COOL-DOWN.	WARM-UP, STEADY 50MINS, COOL-DOWN.	WARM-UP, TEMPO 32MINS, COOL-DOWN.	WARM-UP, STEADY 60MINS, COOL-DOWN.
 WEEK 2	REST.	WARM-UP, RECOVERY 30MINS, COOL-DOWN.	WARM-UP ACCEL 6 X 200M, COOL-DOWN.	WARM-UP, STEADY 30MINS, COOL-DOWN.	REST.	WARM-UP, ACCEL 3 X (5X100M), COOL-DOWN.	WARM-UP, STEADY 65MINS, COOL-DOWN.
 WEEK 3	REST.	WARM-UP, QUICK PACE 8-10X400M, COOL-DOWN.	WARM-UP, RECOVERY 35MINS, COOL-DOWN.	WARM-UP, FARTLEK 40MINS, COOL-DOWN.	REST.	WARM-UP, PACE 4 X 1MILE, COOL-DOWN.	WARM-UP, STEADY 75MINS, COOL-DOWN.
 WEEK 4	REST.	WARM-UP, HILL 2 X (6X1 MIN), COOL-DOWN.	WARM-UP RECOVERY 45MINS, COOL-DOWN.	WARM-UP, TEMPO 30MINS, COOL-DOWN.	WARM-UP, STEADY 40MINS, COOL-DOWN.	WARM-UP, PACE 8 X 800M, COOL-DOWN.	WARM-UP, STEADY 70MINS, COOL-DOWN.
 WEEK 5	REST.	WARM-UP, PACE 12 X 300M, COOL-DOWN.	WARM-UP RECOVERY 35MINS, COOL-DOWN	WARM-UP, STEADY 40MINS, COOL-DOWN.	WARM-UP, ACCEL 4 X (5X100M), COOL-DOWN.	WARM-UP, TIME-TRIAL 3K, COOL-DOWN.	WARM-UP, STEADY 70MINS, COOL-DOWN.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 WEEK 6	REST.	WARM-UP, RECOVERY 30MINS, COOL-DOWN.	REST	WARM-UP, PACE 4 X 400M, COOL-DOWN.	REST.	WARM-UP, ACCEL 5 X 100M, COOL-DOWN.	WARM-UP, STEADY 40MINS, COOL-DOWN.
 WEEK 7	REST.	WARM-UP, HILL 2 X (4X90 SECS), COOL-DOWN.	WARM-UP, RECOVERY 45 MINS, COOL-DOWN.	WARM-UP, TEMPO 30MINS, COOL-DOWN	WARM-UP, STEADY 45MINS, COOL-DOWN.	WARM-UP, PACE 10 X 800M, COOL-DOWN.	WARM-UP, STEADY 65MINS, COOL-DOWN.
 WEEK 8	REST.	WARM-UP, QUICK PACE 2X(6X400M), COOL-DOWN.	WARM-UP, RECOVERY 40MINS, COOL-DOWN.	WARM-UP, FARTLEK 45MINS, COOL-DOWN.	REST.	WARM-UP, PACE 5 X1 MILE, COOL-DOWN.	WARM-UP, STEADY 60MINS, COOL-DOWN.
 WEEK 9	REST.	WARM-UP, QUICK PACE 3X(5X300M), COOL-DOWN.	WARM-UP, RECOVERY 35MINS, COOL-DOWN	WARM-UP, STEADY 40MINS, COOL-DOWN.	WARM-UP, RECOVERY 20MINS, COOL-DOWN.	WARM-UP, TIME-TRIAL 3K, COOL-DOWN.	WARM-UP, STEADY 55MINS, COOL-DOWN.
 WEEK 10	REST.	WARM-UP, RECOVERY 30MINS, COOL-DOWN.	REST.	WARM-UP, PACE 4 X 400M, COOL-DOWN.	REST.	WARM-UP, ACCEL 2 X (5X100M), COOL-DOWN.	 BOYNE 10K 2015