| Weeks until Run; | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 4 | Rest | 2.5km (walk/jog) | Rest | 2.5km (jog/run) | Rest | 50 minute (walk) | 3.5km (jog/run) |
| 3 | Rest | 2.5km (walk/jog) | Rest | 2.5km (jog/run) | Rest | 50 minute (walk) | 3.5km (run) |
| 2 | Rest | 3.5km (walk/jog) | Rest | 3.5km (jog/run) | Rest | 60 minute (walk) | 4.5km (run) |
| 1 | Rest | 3.5km (walk/jog) | Rest | 2.5km (jog/run) | Rest | Rest | 5km run |