Melissa Moon's 8-week training programme

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Easy 30-min run	Rest	Easy 30-min run	Rest	Longer run: 35 mins	Rest

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	35-min run	Rest	Easy 30-min run	Rest	Longer run: 40 mins	Rest

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30-min run	Introduce Speed Session: 20 mins Fartlek	20-30 min run	Rest	Longer run: 45 mins	Rest

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30-min run Plus Speed work: run 50 metres, jog back and repeat	Introduce Speed Session: 20 mins Fartlek	20-30 min run	Rest	Longer run: 50 mins	Rest

Week 5

Mon	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30-min run Plus Speed work: run 50 metres, jog back and repeat	Introduce Speed Session: 20 mins Fartlek	20-30 min run	Rest	Longer run: 55 mins	Rest

Week 6

Mon	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30-min run Plus Speed work: run 50 metres, jog back and repeat	Introduce Speed Session: 20 mins Fartlek	20-30 min run	Rest	Longer run: 1 hour	Rest

Week 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	20-30min plus 5 x 50m sprint	Fartlek	Easy 30min	Rest	Long run 1 hour	Rest

Week 8 – Event Week!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Easy 20min run	Rest	Easy 20 min run with 3x 50metres fast	Rest	Event Day!!! Run 5k or 10k event.	Rest