

This schedule takes you up to a regular 40 miles a week, though many runners would still be able to do themselves justice by substituting one easy run for a rest day and running closer to 35 miles a week. The key here is to get used to good-quality sessions, particularly repetition runs, where you are running fast (at about 10K pace) for several minutes at a stretch.

Slightly less strenuous are the 'zapping' sessions, which are a type of interval training. You put in a fast burst lasting either 30 seconds or one minute, then drop to a steady jog to recover for the next one. If you don't like using a watch, you can base the burst on a certain number of strides; 50 double strides are equivalent to a 30-second burst.

You're allowed one low-mileage week to let your body absorb the training. This can be taken at any point in the schedule, but it's best to do it when you have a race at the end of the week.

What you do in the last two weeks depends very much on how your body has reacted to Weeks 7 and 8. If you're feeling tired, take Week 9 very easily. The Week 10 schedule is very light, and by the time the race comes around, you should be fully recovered and feeling bouncy.

The most useful thing you can do in these weeks is to get your pace judgement right. Work out the pace you need to achieve your best possible race time. Practise this over a measured mile, in your racing shoes, so that you know what it feels like. The first mile of your race should not be faster than this. The closer you can get to level pace, the more efficiently you will be running.

	w/c	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	14-Sep	5M easy	5M, a little faster than Mon	5M, inc 15 mins of 30 secs fast, 60 secs jogging	5M easy, off-road	Rest	5M easy, inc some strides	7-8M easy
WEEK 2	21-Sep	5M easy	5M, a little faster than Mon	5M, inc 15 mins of 30 secs fast, 60 secs jogging	5M easy, off-road	Rest	5M easy, inc some strides	7-8M easy
WEEK 3	28-Sep	4M easy	6M steady, on a hilly course	5M, inc 16 mins of 1 min fast, 1 min jogging	5M easy	Rest	Warm up, then 3M fast (timed). Warm down	7-8M easy
WEEK 4	05-Oct	4M easy	6M steady, finishing faster	4M easy	Warm up, then 8 x 90 secs fast, 90 secs slow	Rest	Warm up, then 4 x 800m (or 4 x 3 mins), with 3-min recovery	7-8M slow

WEEK 5	12-Oct	4M easy	6M, fairly fast	Repetition s: 4 x 3 mins fast, with 2-min recoveries	5M easy	Rest	1M jog, then 5M fairly fast, then 1M jog	10M slow
WEEK 6	19-Oct	5M easy, off-road	6M, starting slow, finishing faster	3 x 5 mins fast, with 5 min jog recoveries	5M easy, inc 6 x 150m fast strides	Rest or 3M jog	2M slow, then 1M fast, then 2M slow	Warm up, then 10K race or 5M pace run (timed)
WEEK 7	26-Oct	5M easy	5M, inc 16 x 1 min fast, 1 min slow	2 x 2M (approx), timed, at threshold pace	5-6M easy	Rest or 3M jog	1M easy, then 4-5M fairly fast, then 1M jog	10M steady
WEEK 8	02-Nov	5M easy, off-road if possible	Rest	8M, fairly fast	4M easy	Rest or 3M jog	4M on grass, inc 6 x 200m strides	Warm up, then 10K race. Warm down
WEEK 9	09-Nov	5M easy, off-road	6M steady, inc bursts up hills	3 x 1M (or 3 x 5 mins), with 5-min recoveries	5M easy	5M easy	6-7M, inc 10 x 30 secs fast, 30 secs slow	10-12M steady
WEEK 10	16-Nov	5M easy	5M, inc 16 x 1 min fast, 1 min slow	Warm up, then 2 x 2M (approx), timed, at threshold pace	5-6M easy	Rest or 3M jog	1M easy, then 4-5M fairly fast, then 1M jog	10M steady
WEEK 11	23-Nov	5M easy	6-7M at a comfortable pace	Warm up, then 2M at race pace, then 2M jog	5M easy, inc 6 x 30 secs fast	Rest	3M, in race kit	Race day