

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	INTERVAL RUN/ WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 3 x (1 min @ RPE 5/2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<i>OPTIONAL:</i> WALK, RUN or CROSS-TRAINING 30 min @ RPE 1-2 or Rest	WALK 60 min @ RPE 1-2	INTERVAL RUN/ WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 4 x (1 min @ RPE 5/2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<i>OPTIONAL:</i> WALK, RUN or CROSS-TRAINING 30 min @ RPE 1-2 or Rest	LONG RUN/ WALK 5 miles @ RPE 1-2
2	REST	INTERVAL RUN/ WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 5 x (1 min @ RPE 5/2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<i>OPTIONAL:</i> WALK, RUN or CROSS-TRAINING 35 min @ RPE 1-2 or Rest	WALK 65 min @ RPE 1-2	INTERVAL RUN/ WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 6 x (1 min @ RPE 5/2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<i>OPTIONAL:</i> WALK, RUN or CROSS-TRAINING 35 min @ RPE 1-2 or Rest	LONG RUN/ WALK 7 miles @ RPE 1-2
3	REST	INTERVAL RUN/ WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 7 x (1 min @ RPE 5/2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<i>OPTIONAL:</i> WALK, RUN or CROSS-TRAINING 40 min @ RPE 1-2 or Rest	WALK 70 min @ RPE 1-2	INTERVAL RUN/ WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 8 x (1 min @ RPE 5/2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<i>OPTIONAL:</i> WALK, RUN or CROSS-TRAINING 40 min @ RPE 1-2 or Rest	LONG RUN/ WALK 9 miles @ RPE 1-2
4	REST	INTERVAL RUN/ WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 4 x (1 min @ RPE 4/2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<i>OPTIONAL:</i> WALK, RUN or CROSS-TRAINING 45 min @ RPE 1-2 or Rest	WALK 60 min @ RPE 1-2	INTERVAL RUN/ WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 3 x (1 min @ RPE 5/2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	REST	HALF MARATHON

RPE 1: Very Easy—a pleasant effort you feel you could keep up almost indefinitely.

RPE 2: Comfortable—you're not holding yourself back but you can still easily carry on a conversation.

RPE 3: Comfortably Hard—the highest intensity at which you can speak comfortably.

RPE 4: Hard—after a few minutes at this intensity, your breathing is labored.

RPE 5: Very Hard—an effort that you can sustain for a couple of minutes at most