

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Week 1	23 Optional Distance: 5km Speed: 7km	24	25 Opening DAY! Distance: 4km Speed: 6km	26	27	28 Long Run Distance: 5km Speed: 10km
29 Week 2	30 Easy Effort Distance: 5km Speed: 7km	31				

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1KM Repeats Distance: 5 Speed: 6	2 Optional Easy Effort Speed: 7km	2	4 Long Run Distance: 6km Speed: 9km
5 Week 3	6 Tempo Run Distance: 5km Speed: 6.5km	7	8 Hill Workout Distance: x4-5 Speed: x5-6	9	10	11 Long Run Distance: 7km Speed: 10km
12 Week 4	13 Fartlek Distance: 40 Min Speed: 45 Min	14	15 Speed Work Distance: 2/4/4 Speed: 3/4/4	16 Optional TEMPO Speed: 6km	17	18 Long Run Distance: 7km Speed: 10km
19 Week 5	20 Distance Run Distance: 40 Min Speed: 50 Min	21	22 Hill Workout Distance: 5 Speed: 6	23 Optional Easy Effort Speed: 7km	24	25 Long Run Distance: 8km Speed: 11km
26 Week 6	27 1KM Repeats Distance: x6 Speed: x7	28				

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Speed Work Distance: 3/4/6 Speed: 3/4/6	2	3	4 Long Run Distance: 9km Speed: 10km
5 Week 7	6 Slow Effort Distance: 5km Speed: 6km	7	8 Steady km Repeat Distance: x6 Speed: x7	9	10	11 Long Run Distance: 6km Speed: 7km
12 Week 8	13 Negative Split Distance: 6km Speed: 7km	14	15 Hill Repeats Distance: x6 Speed: x7	16 Optional Easy Effort Speed: 7km	17	18 Long Run Distance: 9km Speed: 10km
19 Week 9	20 Tempo Run Distance: 5.5km Speed: 6.5km	21	22 Speed Work Distance: 3/4/6 Speed: 3/4/6	23 Optional Tempo Speed: 5km	24	25 Long Run Distance: 10km Speed: 11km
26 Week 10	27 Hard Steady Distance: 6km Speed: 7km	28	29 Hill Repeats Distance: x6 Speed: x7	30 Optional Easy Effort Speed: 6km	31	

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Long Run Distance: 10km Speed: 10km
2 Week 11	3 Distance Run Distance: 40 Min Speed: 45 Min	4	5 1K easy/.5K hard Distance: x4 Speed: x5	6	7	8 Long Run (no coach) Distance: 7km Speed: 7km
9 Week 12	10 Tempo Run Distance: 5km Speed: 6km	11	12 Easy Effort Distance: 6km Speed: 6km	13	14	15 Long Run Distance: 10km Speed: 10km
16	17	18	19	20	21	22
23	24	25	26	27	28	29