

January 2023

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

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1KM Repeats 6x	2 Optional 7km	2	4 Long Run 13km
5 Week 3	6 Tempo Run 7km	7	8 Hill Workout 7x	9	10	11 Long Run 14km
12 Week 4	13 Fartlek 60 Min	14	15 Speed Work 3/4/6	16 Optional	17	18 Long Run 15km
19 Week 5	20 Distance Run 60 Min	21	22 Hill Workout 7x	23 Optional	24	25 Long Run 16km
26 Week 6	27 1KM Repeats X8	28				

March 2023

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

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Long Run 20km
2 Week 11	3 Distance Run 60 Min	4	5 1K easy/.5K hard X5	6	7	8 Long Run (no coach) 15km
9 Week 12	10 Tempo Run 8km	11	12 Easy Effort 6km	13	14	15 Long Run 20km/21km
16 Week 13	17 Easy Effort 5km	18	19 Steady RP 6km	20	21	22 Long Run 12km
23 Week 14	24	25	26	27	28	29 Long Run 8km

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Easy Effort 8km	2	3 Easy Effort 6km	4	5 Race Pace 3km Race Pace	6
7 RACE DAY!! 21.1KM	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Memorial Day	30	31			