

# 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: 2km Speed: 4km	24	25 Opening DAY!  Distance: 2.5km Speed: 4km	26	27	28 Long Run  Distance: 3km Speed: 5km
29  Week 2	30 Easy Effort  Distance: 3km Speed: 4km	31				

# February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1KM Repeats  Distance: 3 Speed: 5	2 Optional  Easy Effort Speed: 5km	2	4 Long Run  Distance: 3km Speed: 5km
5  Week 3	6 Tempo Run  Distance: 3km Speed: 4.5km	7	8 Hill Workout  Distance: x3-4 Speed: x4-5	9	10	11 Long Run  Distance: 3.5km Speed: 5km
12  Week 4	13 Fartlek  Distance: 25 Min Speed: 35 Min	14	15 Speed Work  Distance: 1/2/4 Speed: 2/3/4	16 Optional  Tempo Speed: 4km	17	18 Long Run  Distance: 3.5km Speed: 5km
19  Week 5	20 Distance Run  Distance: 30 Min Speed: 40 Min	21	22 Hill Workout  Distance: 4 Speed: 5	23 Optional  Easy Effort Speed: 5km	24	25 Long Run  Distance: 4km Speed: 7km
26  Week 6	27 1KM Repeats  Distance: x4 Speed: x5	28				

# March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Speed Work  Distance: 2/2/4 Speed: 2/4/4	2	3	4 Long Run  Distance: 4km Speed: 6km
5  Week 7	6 Slow Effort  Distance: 3km Speed: 4km	7	8 Steady km Repeat  Distance: x4 Speed: x5	9	10	11 Long Run  Distance: 3km Speed: 4km
12  Week 8	13 Negative Split  Distance: 4km Speed: 5km	14	15 Hill Repeats  Distance: x5 Speed: x6	16 Optional  Easy Effort Speed: 5km	17	18 Long Run  Distance: 4.5km Speed: 5km
19  Week 9	20 Tempo Run  Distance: 3.5km Speed: 5km	21	22 Speed Work  Distance: 2/2/4 Speed: 2/2/4	23 Optional  Tempo Speed: 4km	24	25 Long Run  Distance: 5km Speed: 6km
26  Week 10	27 Hard Steady  Distance: 3.5km Speed: 5km	28	29 Hill Repeats  Distance: x5 Speed: x6	30 Optional  Easy Effort Speed: 5km	31	

# April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1 Long Run</b>  <b>Distance: 5km</b> <b>Speed: 7km</b>
<b>2</b>  Week 11	3 Distance Run  <b>Distance: 30 Min</b> <b>Speed: 35 Min</b>	4	5 1K easy/.5K hard  <b>Distance: x3</b> <b>Speed: x3</b>	6	7	<b>8 Long Run (no coach)</b>  <b>Distance: 4km</b> <b>Speed: 4km</b>
<b>9</b>  Week 12	10 Tempo Run  <b>Distance: 3km</b> <b>Speed: 4km</b>	11	12 Easy Effort  <b>Distance: 4km</b> <b>Speed: 4km</b>	13	14	<b>15 Long Run</b>  <b>Distance: 5KM</b> <b>Speed: 5KM</b>
<b>16</b>	17	18	19	20	21	<b>22</b>
<b>23</b>	24	25	26	27	28	<b>29</b>