

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Workout 1 + 2.5mi run	3mi run	35min tempo run	Workout 2 + 2.5mi run	Rest	60min cross	4mi run
WEEK 2	Workout 1 + 2.5mi run	3.5mi run	8 x 400 5K pace	Workout 2 + 3mi run	Rest	60min cross	5mi run
WEEK 3	Workout 1 + 2.5mi run	4mi run	40min tempo run	Workout 2 + 2.5mi run	Rest	60min cross	6mi run
WEEK 4	Workout 1 + 2.5mi run	4.5mi run	9 x 400 5K pace	Workout 2 + 3mi run	Rest	Rest	5K Race
WEEK 5	Workout 3 + 3mi run	5mi run	45min tempo run	Workout 4 + 4mi run	Rest	60min cross	6mi run
WEEK 6	Workout 3 + 3mi run	5.5mi run	10 x 400 5K pace	Workout 4 + 2.5mi run	Rest	60min cross	7mi run
WEEK 7	Workout 3 + 3mi run	6mi run	50min tempo run	Workout 4 + 2.5mi run	Rest	60min cross	8mi run
WEEK 8	Workout 3 + 3mi run	6mi run	50min tempo run	Workout 4 + 2.5mi run	Rest	Rest	10K Race

Balanced Fitness Workout Program

Annelies Wilder-Smith



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