

THE 1ST WEEK'S PROGRAM

MON	Run (3K) <i>RPE: 3-4</i>
TUE	Run (5K) <i>RPE: 3-4</i>
WED	Rest
THUR	Run (5K) <i>RPE: 3-4</i>
FRI	Resistance Training (45-60 min.)
SAT	Rest
SUN	Long Run (7K) <i>RPE: 2-3</i>

TOTAL
DISTANCE **20K**

**RPE is a method used to measure exercise intensity. It can be defined as the degree of difficulty felt. RPE 10 means maximum effort.*

THE 2ND WEEK'S PROGRAM

MON	Run (3K) <i>RPE: 3-4</i>
TUE	Run (6K) <i>RPE: 3-4</i>
WED	Rest
THUR	Run (6K) <i>RPE: 3-4</i>
FRI	Resistance Training (45-60 min.)
SAT	Rest
SUN	Long Run (8K) <i>RPE: 2-3</i>

TOTAL
DISTANCE **23K**

**RPE is a method used to measure exercise intensity. It can be defined as the degree of difficulty felt. RPE 10 means maximum effort.*

THE 3RD WEEK'S PROGRAM

MON	Run (3K) <i>RPE: 3-4</i>
TUE	Run (6K) <i>RPE: 3-4</i>
WED	Rest
THUR	Run (6K) <i>RPE: 3-4</i>
FRI	Resistance Training (45-60 min.)
SAT	Rest
SUN	Long Run (10K) <i>RPE: 2-3</i>

TOTAL
DISTANCE **25K**

**RPE is a method used to measure exercise intensity. It can be defined as the degree of difficulty felt. RPE 10 means maximum effort.*

THE 4TH WEEK'S PROGRAM

MON	Run (4K) <i>RPE: 3-4</i>
TUE	Run (7K) <i>RPE: 3-4</i>
WED	Rest
THUR	Run (7K) <i>RPE: 3-4</i>
FRI	Resistance Training (45-60 min.)
SAT	Rest
SUN	Long Run (7K) <i>RPE: 2-3</i>

TOTAL
DISTANCE **25K**

**RPE is a method used to measure exercise intensity. It can be defined as the degree of difficulty felt. RPE 10 means maximum effort.*

THE 5TH WEEK'S PROGRAM

MON	Run (4K) <i>RPE: 3-4</i>
TUE	Run (7K) <i>RPE: 3-4</i>
WED	Rest
THUR	Run (7K) <i>RPE: 3-4</i>
FRI	Resistance Training (45-60 min.)
SAT	Rest
SUN	Long Run (11K) <i>RPE: 2-3</i>

TOTAL
DISTANCE **29K**

**RPE is a method used to measure exercise intensity. It can be defined as the degree of difficulty felt. RPE 10 means maximum effort.*

THE 6TH WEEK'S PROGRAM

MON	Run (4K) <i>RPE: 3-4</i>
TUE	Run (7K) <i>RPE: 3-4</i>
WED	Rest
THUR	Run (7K) <i>RPE: 3-4</i>
FRI	Resistance Training (45-60 min.)
SAT	Rest
SUN	Long Run (13K) <i>RPE: 2-3</i>

TOTAL
DISTANCE **31K**

**RPE is a method used to measure exercise intensity. It can be defined as the degree of difficulty felt. RPE 10 means maximum effort.*

THE 7TH WEEK'S PROGRAM

MON	Run (4,5K) <i>RPE: 3-4</i>
TUE	Run (7,5K) <i>RPE: 3-4</i>
WED	Rest
THUR	Run (7,5K) <i>RPE: 3-4</i>
FRI	Resistance Training (45-60 min.)
SAT	Rest
SUN	Long Run (13K) <i>RPE: 2-3</i>

TOTAL
DISTANCE **33K**

**RPE is a method used to measure exercise intensity. It can be defined as the degree of difficulty felt. RPE 10 means maximum effort.*

THE 8TH WEEK'S PROGRAM

MON	Run (4,5K) <i>RPE: 3-4</i>
TUE	Run (7,5K) <i>RPE: 3-4</i>
WED	Rest
THUR	Run (7,5K) <i>RPE: 3-4</i>
FRI	Resistance Training (45-60 min.)
SAT	Rest
SUN	Long Run (14K) <i>RPE: 2-3</i>

TOTAL
DISTANCE **34K**

**RPE is a method used to measure exercise intensity. It can be defined as the degree of difficulty felt. RPE 10 means maximum effort.*

THE 9TH WEEK'S PROGRAM

MON	Run (5K) <i>RPE: 3-4</i>
TUE	Run (8K) <i>RPE: 3-4</i>
WED	Rest
THUR	Run (8K) <i>RPE: 3-4</i>
FRI	Resistance Training (45-60 min.)
SAT	Rest
SUN	Long Run (16K) <i>RPE: 2-3</i>

TOTAL
DISTANCE **37K**

**RPE is a method used to measure exercise intensity. It can be defined as the degree of difficulty felt. RPE 10 means maximum effort.*

THE 10TH WEEK'S PROGRAM

MON	Run (5K) <i>RPE: 3-4</i>
TUE	Run (8K) <i>RPE: 3-4</i>
WED	Rest
THUR	Run (8K) <i>RPE: 3-4</i>
FRI	Resistance Training (45-60 min.)
SAT	Rest
SUN	Long Run (18K) <i>RPE: 2-3</i>

TOTAL
DISTANCE **39K**

**RPE is a method used to measure exercise intensity. It can be defined as the degree of difficulty felt. RPE 10 means maximum effort.*

THE 11TH WEEK'S PROGRAM

MON	Run (5K) <i>RPE: 3-4</i>
TUE	Run (8K) <i>RPE: 3-4</i>
WED	Rest
THUR	Run (8K) <i>RPE: 3-4</i>
FRI	Resistance Training (45-60 min.)
SAT	Rest
SUN	Long Run (11K) <i>RPE: 2-3</i>

TOTAL
DISTANCE **32K**

**RPE is a method used to measure exercise intensity. It can be defined as the degree of difficulty felt. RPE 10 means maximum effort.*

THE 12TH WEEK'S PROGRAM

MON	Run (5K) <i>RPE: 3-4</i>
TUE	Rest
WED	Jogging Run (5K) <i>RPE: 2-3</i>
THUR	Rest
FRI	Jogging Run (3K) <i>RPE: 2-3</i>
SAT	Rest
SUN	Half Marathon (21K) <i>RPE: 5</i>

TOTAL
DISTANCE **34K**

**RPE is a method used to measure exercise intensity. It can be defined as the degree of difficulty felt. RPE 10 means maximum effort.*