							ADENCE RUN COACHING	
Week of	MON	TUE	WED	THUR	FRI	SAT	SUN	Mileage
7-Jan	OFF or CROSSTRAIN	5 miles easy	5 miles easy	5 miles easy	OFF or CROSSTRAIN	6 miles easy	5 miles easy	26
14-Jan	OFF or CROSSTRAIN	2 mile warm up, 8x400m @5k pace with 400m jogs between, 2 mile cool down	5 miles easy	2 mile warm up, 2 miles at marathon pace, 2 mile cool down	OFF or CROSSTRAIN	6 miles easy	5 miles easy	30
21-Jan	OFF or CROSSTRAIN	6 miles easy	5 miles easy	2 mile warm up, 2 miles at half marathon pace, 2 mile cool down	OFF or CROSSTRAIN	2 miles easy, 3 miles at marathon pace, 2 miles easy	5 miles easy	29
28√Jan	OFF or CROSSTRAIN	2 mile warm up, 6x800m @5k pace with 400m jogs between, 2 mile cool down	6 miles easy	5 miles easy	OFF or CROSSTRAIN	5 miles easy, 2 miles at half marathon pace	5 miles easy	32
4-Feb	OFF or CROSSTRAIN	2 mile warm up, 4x1000m at 10k pace, 2 mile cool down	6 miles easy	2 mile warm up, 2 miles at half marathon pace, 5 min easy, 1 mile at half marathon pace, 2 mile cool down	OFF or CROSSTRAIN	8 miles easy	5 miles easy	34
11-Feb	OFF or CROSSTRAIN	6 miles easy	6 miles easy	2 mile warm up, 2x2 miles at half marathon pace with 5 min easy between, 2 mile cool down	OFF or CROSSTRAIN	5 miles easy, 3 miles at half marathon pace, 2 miles easy	5 miles easy	36
18-Feb	OFF or CROSSTRAIN	2 mile warm up, 4x1200m at 10k pace with 400m recovery jogs, 2 mile cool down	6 miles easy	6 miles easy	OFF or CROSSTRAIN	3 miles easy, 2x2 miles at half marathon pace with 5 min jog between, 2 mile cool down	5 miles easy	37
25-Feb	OFF or CROSSTRAIN	5 miles easy	1 mile warm up, 3 miles at half marathon pace, 1 mile cooldown	OFF	3 miles easy	Wine 10k		19.2



BIRMINGHAM WINE 10K



Wine 10K Training Plan - Intermediate provided by lululemon run ambassador and Cadence Run Coaching head coach, **Cary Morgan**