

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Monday	rest	rest	rest	rest	rest	rest	rest	rest	rest	rest
Tuesday	5km.	8km.	8km.	8km.	8km.	10km.	10km.	10km.	8km.	8km light jog
Wednesday	8km.	10km.	10km.	10km.	12km.	12km.	12km.	12km.	10km.	8km. Light jog
Thursday	6km. Hilly run	8km. Hilly run	8km. Hilly run	10km. Hilly run	10km. Hilly run	10km. Hilly run	10km. Hilly run	10km. Hilly run	8km. Hilly run	5km. Light jog
Friday	8km.	10km.	10km.	12km.	12km.	12km.	12km.	10 km.	8km.	rest
Saturday	5km. easy	5km. Time trial	5km. easy	5km. Time trial	5km. easy	5km. Time trial	5km. easy	5km. Time trial	5km easy	rest
Sunday	10km.	12km.	12km.	15km.	15km.	15km.	15km.	12km.	10km.	race

Bruce Fordyce 10 week training programme for a half marathon.