Week	w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1		REST	7	5 (hills)	7	REST	16-18	1 hour 20 mins	45
2		REST	7	6 (speed)	7	REST	16-18	1 hour 20 mins	46
3		REST	7	6 (hills)	7	REST	18-20	1 hour 30 mins	49
4		REST	5	3	5	REST	12	Active Recovery	25
5		REST	8	6 (speed)	8	REST	22	1 hour 45mins	54
6		REST	10	6 (hills)	8	REST	22	2 hours	58
7		REST	8	6 (speed)	8	REST	24	1 hour 45mins	56
8		REST	6	4	6	REST	14	Active Recovery	28
9		REST	10	6 (hills)	8	REST	24	2 hours	60
10		REST	12	6 (speed)	10	REST	24	2.5 hours	57
11		REST	10	7 (hills)	8	REST	26	2.5 hours	66
12		REST	7	4	7	REST	14	Active Recovery	32
13		REST	10	7 (speed)	8	REST	22	3 hours	63
14		REST	12	7 (hills)	10	REST	26	1 hour 45mins	66
15		REST	8	4	8	REST	14	Active Recovery	34
16		REST	12	4	6	REST	31 (50K)	60 minutes	59
17		REST	14	8	10	REST	18	2.5 hours	65
18		REST	10	6	8	REST	15	60 minutes	46
19		REST	8	4	8	REST	10	60 minutes	36
20		REST	4	REST	30 mins	REST	RACE	CHILL OUT!	RACE WEEK

Programme by: https://relentlessfowardcommotion.com
Total column includes the Sunday activity - I've added an approx. mileage based upon my own easy run pace.