

One day

	Run 1	Run 2	Run 3
Week 17 - 27th January	30 minutes	30 minutes	90 minutes
Week 16	30 minutes	30 minutes	100 minutes
Week 15	30 minutes	30 minutes	120 minutes
Recovery			100 minutes
Week 13	30 minutes	30 minutes	140 minutes
Week 12	30 minutes	30 minutes	150 minutes
Week 11	30 minutes	30 minutes	160 minutes
Recovery			110 minutes
Week 9	30 minutes	30 minutes	160 minutes
Week 8	30 minutes	30 minutes	170 minutes
Week 7	30 minutes	30 minutes	180 minutes
Recovery			120 minutes
Week 5	30 minutes	30 minutes	200 minutes
Week 4	30 minutes	30 minutes	180 minutes
Week 3	30 minutes	30 minutes	150 minutes
Week 2	30 minutes	30 minutes	90 minutes
Race week			RTW

This plan is for those that have decided to just complete one day of the challenge. Ideally you will be active either running or walking on a regular basis prior to starting the plan. Run 3 is the long one and can be as much running/walking as you feel able to do, but it needs to be continual for the allotted time. Obviously Run 3 can be fitted in to any day of the week.