	Mon	KM	Tue	KM	Wed	KM	Thu	KM	Fri	KM	Sat	KM	Sun	KM	Total Weekly Mileage
		KM		KM		KM		KM		KM		KM	12/01	KM	
													Long Run	5	5
Week 1	13/01 Rest Or Strength Training 20' - 30'	0	14/01 Easy Run Optional Simple ST 10' - 15'	6	15/01 Easy Run Optional Simple ST 10' - 15'	7	16/01 Rest Or Strength Training 20' - 30'	0	17/01 Easy Run Optional Simple ST 10' - 15'	5	18/01 Rest Or Strength Training 20' - 30'	0	19/01 Long Run	8	26
Week 2	20/01 Rest Or Strength Training 20' - 30'	0	21/01 Easy Run Optional Simple ST 10' - 15'	6	22/01 Easy Run Optional Simple ST 10' - 15'	8	23/01 Rest Or Strength Training 20' - 30'	0	24/01 Easy Run Optional Simple ST 10' - 15'	6	25/01 Rest Or Strength Training 20' - 30'	0	26/01 Long Run	9	29
Week 3	27/01 Rest Or Strength Training 20' - 30'	0	28/01 Easy Run Optional Simple ST 10' - 15'	7	29/01 Easy Run Optional Simple ST 10' - 15'	8	30/01 Rest Or Strength Training 20' - 30'	0	31/01 Easy Run Optional Simple ST 10' - 15'	5	01/02 Rest Or Strength Training 20' - 30'	0	02/02 Long Run	11	31
Week 4	03/02 Rest Or Strength Training 20' - 30'	0	04/02 Easy Run Optional Simple ST 10' - 15'	7	05/02 Easy Run Optional Simple ST 10' - 15'	8	06/02 Rest Or Strength Training 20' - 30'	0	07/02 Easy Run Optional Simple ST 10' - 15'	7	08/02 Rest Or Strength Training 20' - 30'	0	09/02 Long Run	9	31
Week 5	10/02 Rest Or Strength Training 20' - 30'	0	11/02 Easy Run Optional Simple ST 10' - 15'	8	12/02 Easy Run Optional Simple ST 10' - 15'	8	13/02 Rest Or Strength Training 20' - 30'	0	14/02 Easy Run Optional Simple ST 10' - 15'	7	15/02 Rest Or Strength Training 20' - 30'	0	16/02 Long Run	11	34
Week 6	17/02 Rest Or Strength Training 20' - 30'	0	18/02 Easy Run Optional Simple ST 10' - 15'	8	19/02 Easy Run Optional Simple ST 10' - 15'	9	20/02 Rest Or Strength Training 20' - 30'	0	21/02 Easy Run Optional Simple ST 10' - 15'	8	22/02 Rest Or Strength Training 20' - 30'	0	23/02 Long Run	13	38
Week 7	24/02 Rest Or Strength Training 20' - 30'	0	25/02 Easy Run Optional Simple ST 10' - 15'	6	26/02 Easy Run Optional Simple ST 10' - 15'	8	27/02 Rest Or Strength Training 20' - 30'	0	28/02 Easy Run Optional Simple ST 10' - 15'	5	29/02 Rest Or Strength Training 20' - 30'	0	01/03 Long Run	7	26
Week 8	02/03 Rest Or Strength Training 20' - 30'	0	03/03 Easy Run Optional Simple ST 10' - 15'	5	04/03 Easy Run Optional Simple ST 10' - 15'	6	05/03 Rest Or Strength Training 20' - 30'	0	06/03 Easy Run Optional Simple ST 10' - 15'	5	07/03 Rest Or Strength Training 20' - 30'	0	08/03 10K	10	26
													Total 8 Weeks Training Plan in Kilometer		186

Every run starts with **dynamic stretching warm up** and **flexibility cool down.**