

TRAINING PLAN



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1. Introduction	3 km easy run - FLAT	REST	2 km easy run - FLAT	REST	3 km easy run – FLAT	2 km easy run - FLAT	REST	10 km
2. Introducing Speed	4 km easy run - FLAT	REST	3 km easy run - FLAT	REST	1 km warm up, 2 km at goal race pace, 1 km cooldown	2 km easy run - FLAT	REST	13 km
3. Consolidation	4 km easy run - FLAT	REST	3 km easy run - FLAT	REST	1 km warm up, 3 km at goal race pace, 1 km cooldown	2 km easy recovery run - FLAT	REST	14 km
4. Introducing Hills	5 km easy run - FLAT	REST	3 km hill run (undulating loop)	REST	2 km easy run – FLAT	3 km easy run - FLAT	REST	13 km
5.	7 km easy run - FLAT	REST	4 km hill run (undulating loop)	REST	1 km warm up, 4 km at goal race pace, 1 km cooldown	3 km easy recovery run - FLAT	REST	18 km
6. Extra Hill Week	7 km easy run - FLAT	REST	4 km hill run (undulating loop)	REST	2 km easy recovery RUN	5 km hill run (undulating loop)	REST	18 km
7.	9 km easy run - FLAT	REST	3 km hill run (undulating loop)	REST	6 km hill run (undulating loop)	3 km easy recovery run - FLAT	REST	22 km
8. Consolidation	10 km easy run - FLAT	REST	3 km easy recovery run - FLAT	REST	6 km hill run (undulating loop)	2 km easy recovery run - FLAT	REST	21 km
9. Taper	11 km easy run - FLAT	REST	2 km easy recovery run - FLAT	REST	1 km warm up, 3 km at goal race pace, 1 km cooldown	2 km easy recovery run - FLAT	REST	21 km
10. Race Week	5 km easy run - FLAT	REST	3 km easy run - FLAT	REST	REST	2 km easy run - FLAT	REST	10 km

RACE DAY 13.5 KM