

# TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
<b>1.</b> Introduction	3 km easy run - FLAT	REST	2 km easy run - FLAT	REST	3 km easy run – FLAT	2 km easy run - FLAT	REST	<b>10 km</b>
<b>2.</b> 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	<b>13 km</b>
<b>3.</b> 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	<b>14 km</b>
<b>4.</b> 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	<b>13 km</b>
<b>5.</b>	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	<b>18 km</b>
<b>6.</b> 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	<b>18 km</b>
<b>7.</b>	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	<b>22 km</b>
<b>8.</b> 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	<b>21 km</b>
<b>9.</b> 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	<b>21 km</b>
<b>10.</b> Race Week	5 km easy run - FLAT	REST	3 km easy run - FLAT	REST	REST	2 km easy run - FLAT	REST	<b>10 km</b>

**RACE DAY 13.5 KM**