

Date	Aug	time	training	S/m	B/km	R/km	Time	menu	comment
mon	10	AM or PM	Weights				45	<b>Leg strength</b>	See notes
		AM or PM	Run			6	30	<b>X-C Hill Hop 1</b> Progress hops as PlyometricHill hops Sheet	See notes
tue	11	AM	Recovery Training			6	30	<b>Recovery Run:</b> 30-45 mins easy, flat legs may be sore	I have assumed that you can not ride until Jan 06 Alternatives if possible <b>If Bike do 90 mins easy or If Swim do 45 mins strokework</b>
		AM or PM	Run Track 1			10	45	<b>Track 1:</b> 12x400m (95sec/400m) on 2min See notes	If you can not access track, run for 90 seconds and rest 30.Do not go faster as this is prep for
wed	12	AM	Long Run			20	100	<b>LSD</b> just enjoy running !!	Don't worry about pace, HR should be low, around 120-135
		PM							
thu	13	AM	Recovery Training			6	45	<b>Recovery Run:</b> 30-45 mins easy, flat Run at a steady pace of 4.45/km	
		PM	If you can ride or swim					<b>Optional:</b> 60-90 mins easy ride or	Optional: Only if you do have access to a pool or bike if not don't worry !!!
fri	14	AM	Weights				45	<b>Circuit:</b> <b>Core strength</b>	See notes
		noon							
		PM	Run			6	30	<b>X-C Hill Hop</b> Progress hops as PlyometricHill hops Sheet	See notes Same a Monday's
sat	15	AM							
		noon	Pace Run			20	60	<b>TT 16km @ AT (80%)</b> <b>on 8km out and back course</b> <b>2km up and dn</b>	Aim 72-75min/16km <b>run out and back, negative split</b> eg 38min/36min
		PM	Option Run			6	30	<b>Recovery</b>	Option: Either run 30 min pm or 45min on Sun morning
sun	16	AM	REST						Option: Or 45min Run if no pm run Sat This is needed for recovery
		PM							
<b>Weekly Totals</b>				0	0	80	7.6667		
Date	Dec	time	training	S/m	B/km	R/km	Time	menu	comment