

TWO OCEANS 56KM

SUB SEVEN-HOUR FINISH

5 OCTOBER TO JANUARY 2012

11-Nov	Friday	Rest
12-Nov	Saturday	12-14km
13-Nov	Sunday	8-10km
14-Nov	Monday	Rest
15-Nov	Tuesday	10km including 5km Time Trial
16-Nov	Wednesday	5km or rest
17-Nov	Thursday	10km
18-Nov	Friday	Fartlek 5 x 30 seconds hard 3 easy
19-Nov	Saturday	8km
20-Nov	Sunday	16-18km
21-Nov	Monday	Rest
22-Nov	Tuesday	Fartlek 5 x 30 seconds 2 1/2 min easy
23-Nov	Wednesday	10km
24-Nov	Thursday	8km
25-Nov	Friday	Rest
26-Nov	Saturday	Over weekend do 10km race and 4-6km at very easy Pace on other day
27-Nov	Sunday	Over weekend do 10km race and 4-6km at very easy Pace on other day
28-Nov	Monday	Rest
29-Nov	Tuesday	Fartlek 6-7km with 4 x 30 second hard 2 min easy
30-Nov	Wednesday	12-15km
01-Dec	Thursday	5km with 2 x 200m hills walk back
02-Dec	Friday	Rest
03-Dec	Saturday	8-9km easy
04-Dec	Sunday	18-20k easy
05-Dec	Monday	Rest
06-Dec	Tuesday	5-8km easy
07-Dec	Wednesday	15-17km
08-Dec	Thursday	Fartlek 7km with 4 x 30 seconds hard 2 min easy
09-Dec	Friday	6-8km
10-Dec	Saturday	Rest
11-Dec	Sunday	25-28km by running 5km then walking 3 mins (have drinks during walk) - repeat for full 28km
12-Dec	Monday	Rest W