

TWO OCEANS 56KM

SUB SEVEN-HOUR FINISH

5 OCTOBER TO JANUARY 2012

12-Dec	Monday	Rest W
13-Dec	Tuesday	6-8km Fartlek 5 x 30 seconds 2 m in easy
14-Dec	Wednesday	10km easy W
15-Dec	Thursday	10-12km
16-Dec	Friday	Rest
17-Dec	Saturday	20-25km LSD
18-Dec	Sunday	16km LSD
19-Dec	Monday	Rest W
20-Dec	Tuesday	Hills 4 - 5 x 100m Walk back
21-Dec	Wednesday	8km
22-Dec	Thursday	15km W
23-Dec	Friday	6-8km Fartlek 7 x 30 seconds 2 m in easy
24-Dec	Saturday	18-20km LSD
25-Dec	Sunday	5-8k Fartlek 5 x 30 seconds hard 2 min rest early morning
26-Dec	Monday	Rest
27-Dec	Tuesday	8km easy
28-Dec	Wednesday	8km Fartlek 8 x 30 sec hard 2 min easy with 2 min easy
29-Dec	Thursday	12-14km easy
30-Dec	Friday	8km easy
31-Dec	Saturday	20km LSD
01-Jan	Sunday	Rest
02-Jan	Monday	10km easy