

TWO OCEANS 56KM

SUB SEVEN-HOUR FINISH

21-Oct	Friday	Rest
22-Oct	Saturday	50 min easy
23-Oct	Sunday	easy 70-80 minutes
24-Oct	Monday	Rest
25-Oct	Tuesday	Fartlek session with 6 x 45 second increase in pace followed by 1 min walk and 5 minutes easy
26-Oct	Wednesday	easy 60 min
27-Oct	Thursday	45 mins easy
28-Oct	Friday	Rest
29-Oct	Saturday	50 minutes easy
30-Oct	Sunday	Easy 80 minutes
31-Oct	Monday	Rest - change in programme to give distance as a guide to quantity to be done.
01-Nov	Tuesday	5-8km easy
02-Nov	Wednesday	Fartlek 8km 5 x 30 sec faster 3 easy
03-Nov	Thursday	8km easy
04-Nov	Friday	Rest
05-Nov	Saturday	10km
06-Nov	Sunday	8-10km
07-Nov	Monday	Rest
08-Nov	Tuesday	Fartlek 5km including 4 x 30 seconds hard 3 min easy
09-Nov	Wednesday	10km
10-Nov	Thursday	5km
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