

TWO OCEANS 56KM

SUB SEVEN-HOUR FINISH

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|--------|-----------|---|
| 05-Oct | Wednesday | Easy 45 mins (Initially work on time to accommodate differing starting levels) |
| 06-Oct | Thursday | Easy 40 minutes with a 30 second increase in pace every 10 minutes |
| 07-Oct | Friday | Rest |
| 08-Oct | Saturday | Easy 40 minutes with a 30 second increase in pace every 10 minutes |
| 09-Oct | Sunday | 60-70 minutes Long slow pace |
| 10-Oct | Monday | Rest |
| 11-Oct | Tuesday | Easy 10 minutes then increase pace for 45 seconds, then walk 1 minute then easy 6 minutes then repeat the increase pace for 45 seconds walk 1 minute and repeat two more times - This is Fartlek session with 4 x 45 second increase in pace with 1 min walk and 6 min easy between |
| 12-Oct | Wednesday | Easy 60 min |
| 13-Oct | Thursday | 45 min easy |
| 14-Oct | Friday | Rest |
| 15-Oct | Saturday | 45 min easy |
| 16-Oct | Sunday | Easy 70 minutes |
| 17-Oct | Monday | Rest |
| 18-Oct | Tuesday | Warm up 15 minutes very easy- then 4km at faster pace (use club time trial and run your 10km race pace or slower) then 10 min cool down |
| 19-Oct | Wednesday | easy 60 mins |
| 20-Oct | Thursday | 45 min easy |
| 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. |

