

## TWO OCEANS 56KM

### SUB SIX-HOUR FINISH

21-Oct	Friday	Rest W
22-Oct	Saturday	Fartlek 4 x 1 min Hard 3 easy
23-Oct	Sunday	90-100 Minutes Long Slow Pace
24-Oct	Monday	Rest
25-Oct	Tuesday	Warm up 15 minutes very easy - then 4km faster at 10km race pace (use flat club time trial route) 10-15 min cool down
26-Oct	Wednesday	Easy 60 minutes
27-Oct	Thursday	Easy 45 minutes
28-Oct	Friday	Rest W
29-Oct	Saturday	50 min easy
30-Oct	Sunday	80 Minutes Long Slow Pace
31-Oct	Monday	Rest - Change to distance to give an idea of distance for each session
01-Nov	Tuesday	8km easy
02-Nov	Wednesday	Fartlek 8km 5 x 30 sec H 3E
03-Nov	Thursday	12km easy
04-Nov	Friday	Rest
05-Nov	Saturday	18km
06-Nov	Sunday	8-10km
07-Nov	Monday	Rest
08-Nov	Tuesday	Fartlek 4 x 1 min Hard 3 easy
09-Nov	Wednesday	15km
10-Nov	Thursday	8km with 2 x 200m Hill with walk recovery
11-Nov	Friday	Rest
12-Nov	Saturday	8km
13-Nov	Sunday	21km
14-Nov	Monday	Rest
15-Nov	Tuesday	12km including 5km Time Trial
16-Nov	Wednesday	5km
17-Nov	Thursday	12km
18-Nov	Friday	Rest
19-Nov	Saturday	8km
20-Nov	Sunday	25-28km
21-Nov	Monday	Rest W