

## TWO OCEANS 56KM

### SUB SIX-HOUR FINISH

05-Oct	Wednesday	Easy 50 minutes
06-Oct	Thursday	Easy 45 minutes
07-Oct	Friday	Rest W
08-Oct	Saturday	Easy 15 minutes then 45 second pick up in pace to 10km race pace then 1 min walk and 4 mins easy then repeat 3 times - finish with 10 min easy - This is Fartlek session with 4 x 45 seconds fast, 1 min walk and 4 mins easy
09-Oct	Sunday	80 Minutes Long Slow Pace
10-Oct	Monday	Rest
11-Oct	Tuesday	Fartlek 4 x 45 second 1 min walk and 4 min easy
12-Oct	Wednesday	Easy 60 minutes
13-Oct	Thursday	Easy 45 minutes
14-Oct	Friday	Rest W
15-Oct	Saturday	Fartlek 6 x 45 second 1 min walk and 4 min easy
16-Oct	Sunday	90 Minutes Long Slow Pace
17-Oct	Monday	Rest
18-Oct	Tuesday	Fartlek 4 x 45 second then 4 min easy
19-Oct	Wednesday	Easy 60 minutes
20-Oct	Thursday	50 min easy
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