

TWO OCEANS 56KM

SUB FIVE-HOUR FINISH

SCHEDULES FROM OCTOBER TO JANUARY 2012

11-Nov	Friday	Hills 2 x 4 x 35 seconds jog back
12-Nov	Saturday	8-10km
13-Nov	Sunday	20-25 km LSD
14-Nov	Monday	Rest
15-Nov	Tuesday	Hills 6-8 x 200m jog back
16-Nov	Wednesday	18km
17-Nov	Thursday	8km W
18-Nov	Friday	Track 3 x 1000m at 10km pace rest 3 min
19-Nov	Saturday	20-26km
20-Nov	Sunday	12-14km W
21-Nov	Monday	Rest
22-Nov	Tuesday	8-10km - with 3-4 x 200 hills jog back
23-Nov	Wednesday	15km W
24-Nov	Thursday	5-8km easy
25-Nov	Friday	Track 1x 1000m Rec 2 1/2 min 1x 2000m rec 5 min 1 x 1000 al @ 10km pace
26-Nov	Saturday	8-10km
27-Nov	Sunday	22-25km
28-Nov	Monday	Rest
29-Nov	Tuesday	8-12km W
30-Nov	Wednesday	Hills 2 x 4 x 35 seconds jog back
01-Dec	Thursday	8-10km
02-Dec	Friday	Track 6-8 x 400m @10km pace rest 2 min
03-Dec	Saturday	10km easy
04-Dec	Sunday	20 km LSD
05-Dec	Monday	Rest
06-Dec	Tuesday	8-10km easy
07-Dec	Wednesday	3 x 1000m @ 10 Km pace 3 min rec
08-Dec	Thursday	1 x 400m @ 1500m pace or 5km easy if Saturday race
09-Dec	Friday	1 x 400m @ 1500m pace or Rest if Sunday race
10-Dec	Saturday	10-15km race or 1 x 400m @1500 pace if Sun race
11-Dec	Sunday	10-15km race or easy 5km if raced on Saturday
12-Dec	Monday	Rest W