

## TWO OCEANS 56KM

### SUB FIVE-HOUR FINISH

12-Dec	Monday	Rest W
13-Dec	Tuesday	12km easy with 5 x 45 sec pick up with 5 min easy between
14-Dec	Wednesday	18km W
15-Dec	Thursday	Hills 2 x 4 x 35 seconds jog back rec
16-Dec	Friday	8km easy W
17-Dec	Saturday	10km steady
18-Dec	Sunday	32km LSD 2 hours 45 min max
19-Dec	Monday	Rest
20-Dec	Tuesday	Track 8 x 400 @ 10km pace rest 1 1/2 min
21-Dec	Wednesday	16-18km
22-Dec	Thursday	8-10km easy W
23-Dec	Friday	6 x 400m @ 10km pace
24-Dec	Saturday	Easy 15km
25-Dec	Sunday	Hills 6 -7 x 35 seconds Jog back - early morning session
26-Dec	Monday	Rest
27-Dec	Tuesday	20-22km LSD
28-Dec	Wednesday	Track 5 x 400m @ 3000m pace rest 3 min
29-Dec	Thursday	18-20km easy
30-Dec	Friday	10km easy
31-Dec	Saturday	10k track 8 x 400 @ 10km pace with 90 sec recovery
01-Jan	Sunday	Rest
02-Jan	Monday	8-10km easy