

TWO OCEANS 56KM

SUB FIVE-HOUR FINISH

21-Oct	Friday	Rest W
22-Oct	Saturday	Hills 6 x 35 seconds walk / jog back between efforts
23-Oct	Sunday	90-100 minutes Long Slow Pace
24-Oct	Monday	Rest
25-Oct	Tuesday	Fartlek 6 x 30 sec H 4 mins E
26-Oct	Wednesday	Easy 60 mins
27-Oct	Thursday	Hills 2 x 3 x 35 seconds walk back 3 minutes recovery between sets
28-Oct	Friday	Easy 45 minutes
29-Oct	Saturday	Easy 60 mins
30-Oct	Sunday	100 minutes Long Slow Pace
31-Oct	Monday	Rest - Change to Distance per session as an indication of the sort of quantity to be achieved
01-Nov	Tuesday	8-10km easy
02-Nov	Wednesday	Fartlek 10km 6 x 30 sec H 3E
03-Nov	Thursday	12-15km easy
04-Nov	Friday	Hills 2 x 3 x 35 seconds walk back 3 minutes recovery between sets
05-Nov	Saturday	18-20km LSD
06-Nov	Sunday	8-10km easy
07-Nov	Monday	Rest
08-Nov	Tuesday	Track 5 -6 x 400m Rest 2 min @ 10km pace
09-Nov	Wednesday	16-18km
10-Nov	Thursday	5-8km easy
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