

TWO OCEANS 56KM

SUB FIVE-HOUR FINISH

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| 05-Oct | Wednesday | Easy 60 mins |
| 06-Oct | Thursday | Easy 45 minutes |
| 07-Oct | Friday | Rest W |
| 08-Oct | Saturday | Easy 60 mins |
| 09-Oct | Sunday | 90 minutes Long Slow Pace |
| 10-Oct | Monday | Rest |
| 11-Oct | Tuesday | Hills 4 x 35 seconds walk back between efforts |
| 12-Oct | Wednesday | Easy 60 mins |
| 13-Oct | Thursday | Fartlek start with 15 min easy then alternate 30 second faster with 4 minutes easy - repeat this 4-6 times - Shown as Fartlek 4-6 x 30 second H 4 min E |
| 14-Oct | Friday | Easy 40 min |
| 15-Oct | Saturday | Easy 60 mins |
| 16-Oct | Sunday | 90-100 minutes Long Slow Pace |
| 17-Oct | Monday | Rest |
| 18-Oct | Tuesday | Fartlek 6 x 30 sec H 4 mins E |
| 19-Oct | Wednesday | Easy 60 mins |
| 20-Oct | Thursday | Easy 45 minutes |
| 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 |