

TWO OCEANS 56KM

SUB FOUR-HOUR SCHEDULE

12-Dec	Monday	Rest
13-Dec	Tuesday	12km Fartlek with 8 x 30 seconds hard with 3 min easy
14-Dec	Wednesday	18km easy with middle 4km @ Marathon pace
15-Dec	Thursday	Hills 4 x 4 x 35 seconds with jog back and 3 min between sets
16-Dec	Friday	10-12km easy
17-Dec	Saturday	25km LSD
18-Dec	Sunday	Track 2 x 2000 @ 10km pace with 5 min easy between
19-Dec	Monday	Rest
20-Dec	Tuesday	Track 2 x 6 x 400 @ 5km pace with 90 second recovery and 5 min between set
21-Dec	Wednesday	Am 10km easy pm 10km easy
22-Dec	Thursday	12km Fartlek 6 x 1 min hard with 3 min easy
23-Dec	Friday	Hills 5 x 2 x 35 seconds - minimal recovery between efforts and 3 mins between sets
24-Dec	Saturday	10km easy
25-Dec	Sunday	Hills 3 x 3 x 35 second hill jog back with 3 min between set early morning session
26-Dec	Monday	Rest
27-Dec	Tuesday	2 hour 30 min LSD running
28-Dec	Wednesday	16km easy
29-Dec	Thursday	12km Fartlek 4 x 2 min hard with 5 min easy
30-Dec	Friday	10km easy
31-Dec	Saturday	Track 6 x 1000 @ 10km pace with 2 min recovery
01-Jan	Sunday	Rest
02-Jan	Monday	12-14km easy