

## TWO OCEANS 56KM

### SUB FOUR-HOUR SCHEDULE

05-Oct	Wednesday	Easy 60-70 mins
06-Oct	Thursday	Easy 45 mins
07-Oct	Friday	Easy 60 mins
08-Oct	Saturday	Fartlek: run easy 10-15 mins then alternate 45 seconds at 10km race pace with 4 minutes easy and repeat for 4 times - this is shown Fartlek: 4 x 45 sec H 4 min Easy
09-Oct	Sunday	Long Slow Pace 90 mins
10-Oct	Monday	Rest
11-Oct	Tuesday	Hills - 6 x 35 seconds hard up hill walk /jog back
12-Oct	Wednesday	Easy 60-70 mins
13-Oct	Thursday	Fartlek 6 x 45 sec hard 3 min easy
14-Oct	Friday	Easy 45 mins
15-Oct	Saturday	Easy 50 mins
16-Oct	Sunday	Long Slow Pace 90-100 mins
17-Oct	Monday	Rest
18-Oct	Tuesday	Hills 2 x 3 x 35 seconds walk back 3 minutes recovery between sets
19-Oct	Wednesday	Easy 70 mins
20-Oct	Thursday	Easy 50 mins
21-Oct	Friday	Easy 45 mins
22-Oct	Saturday	Fartlek 8 x 45 sec hard 4 min easy
23-Oct	Sunday	Long Slow Pace 90-100 mins
24-Oct	Monday	Rest
25-Oct	Tuesday	Hills 4 x 2 x 35 seconds - minimal recovery between efforts and 3 mins between sets
26-Oct	Wednesday	Easy 70-80 mins
27-Oct	Thursday	Hills 2 x 3 x 35 seconds walk back 3 minutes recovery between sets
28-Oct	Friday	Easy 45 mins
29-Oct	Saturday	Fartlek 6 x 45 sec hard 3 min easy
30-Oct	Sunday	Long Slow Pace 100 mins
31-Oct	Monday	Rest - Now change to distance as an indication of quantity to be achieved in the sessions: