

# 2011 Training Plan

Race

Training run on whw route

Date (wk beginning)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
3rd Jan	Fartlek 9.00	Easy 6.00	Tempo 9.00	Easy 7.00	Hills 7.00		Long 12.00	50.00
10th Jan	Fartlek 9.00	Easy 6.00	Tempo 9.00	Easy 7.00	Hills 7.00		Long 15.00	53.00
17th Jan	Fartlek 9.00	Easy 6.00	Tempo 9.00	Easy 7.00	Hills 7.00		Long 18.00	56.00
24th Jan	Easy 8.00	Easy 6.00	Tempo 9.00	Easy 5.00	Hills 7.00		Long 28.00	63.00
31st Jan		Easy 6.00		Easy 7.00	Hills 7.00		Easy 8.00	28.00
7th Feb	Fartlek 9.00	Easy 6.00	Tempo 9.00	Easy 7.00	Hills 7.00		Long 12.00	50.00
14th Feb	Fartlek 9.00	Easy 6.00	Tempo 9.00	Easy 7.00	Hills 7.00		Long 15.00	53.00
21st Feb	Easy 8.00	Easy 6.00	Easy 9.00	Easy 5.00			Long 30.00	58.00
28th Feb		Easy 6.00		Easy 7.00	Hills 7.00		Easy 8.00	28.00
7th Mar	Fartlek 9.00	Easy 6.00	Tempo 9.00	Easy 7.00	Hills 7.00		Long 15.00	53.00
14th Mar	Fartlek 9.00	Easy 6.00	Tempo 9.00	Easy 7.00	Hills 7.00		Long 18.00	56.00
21st Mar	Easy 8.00	Easy 6.00	Easy 7.00	Easy 5.00			Long 42.00	68.00
28th Mar		Easy 6.00		Easy 7.00	Hills 7.00		Easy 8.00	28.00
4th Apr	Fartlek 9.00	Easy 6.00	Easy 9.00	Easy 7.00	Hills 7.00		Long 12.00	50.00
11th Apr	Easy 8.00	Easy 6.00	Easy 9.00	Easy 7.00	Hills 7.00		Long 15.00	52.00
18th Apr	Easy 8.00	Easy 6.00	Easy 9.00	Easy 7.00			Long 12.00	42.00
25th Apr		Easy 5.00		Easy 5.00		FLING 53.00		63.00
2nd May			Easy 5.00		Easy 5.00		Easy 5.00	15.00
9th May	Easy 8.00	Easy 6.00	Easy 9.00	Easy 7.00	Hills 7.00		Long 15.00	52.00
16th May	Easy 8.00	Easy 6.00	Easy 8.00	Easy 5.00		Long 42.00	Long 35.00	104.00
23rd May		Easy 6.00		Easy 7.00	Hills 7.00		Easy 8.00	28.00
30th May	Easy 8.00	Easy 6.00	Easy 9.00	Easy 7.00			Long 20.00	50.00

Date (wk beginning)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
6th Jun	Easy 6.00		Easy 6.00		Easy 6.00		Long 8.00	26.00
13th Jun	Easy 5.00		Easy 5.00			WHW 95.00		105.00
20th Jun				Easy 5.00			Easy 5.00	10.00
27th Jun		Easy 5.00		Easy 5.00			Easy 8.00	18.00
4th Jul	Fartlek 9.00	Easy 6.00	Easy 9.00	Easy 7.00	Hills 7.00		Long 12.00	50.00
11th Jul	Fartlek 9.00	Easy 6.00	Easy 9.00	Easy 7.00	Hills 7.00		Long 15.00	53.00
18th Jul	Easy 8.00	Easy 6.00	Easy 9.00	Easy 7.00			Long 25.00	55.00
25th Jul	Easy 8.00	Easy 6.00	Easy 9.00	Easy 7.00			Long 12.00	42.00
1st Aug		Easy 5.00		Easy 5.00		DEVILS 42.00		52.00
8th Aug			Easy 5.00		Easy 5.00		Easy 5.00	15.00
15th Aug		Easy 6.00		Easy 7.00			Long 10.00	23.00
22nd Aug	Fartlek 9.00	Easy 6.00	Fartlek 9.00	Easy 7.00	Hills 7.00		Long 15.00	53.00
29th Aug	Easy 8.00	Easy 6.00	Fartlek 9.00	Easy 7.00			Long 18.00	48.00
5th Sept	Easy 9.00	Easy 6.00	Easy 9.00	Easy 7.00			Long 20.00	51.00
12th Sept	Easy 8.00	Easy 6.00	Easy 9.00	Easy 7.00			Long 12.00	42.00
19th Sept		Easy 5.00		Easy 5.00		RAW 42.00		52.00
26th Sept			Easy 5.00		Easy 5.00		Easy 5.00	15.00