

week beginning		SESSIONS			
		1	2	3	4
12	30-Mar	2miles med/fast pace (+10 w/u & 10 c/d)	s/s Hill or X-Country session 30 mins	X-Training/Gym Workout	40 mins LSD
11	06-Apr	FARTLEK 4.5 M	4 x 1/2 M @16.0kmph (1/2M recovery)	X-Training/Gym Workout	50 mins LSD
10	13-Apr	4.5 Miles Easy	Time Trial (around the Serpentine run course in Hyde Park)	X-Training/Gym Workout	60 mins LSD
9	20-Apr	s/s Bike/Run (10km/4km)	5 x 1/2 M @16.0kmph (1/2M recovery)	X-Training/Gym Workout	75 mins LSD
8	27-Apr	4.5 Miles Easy	s/s Hill or X-Country session 40 mins	X-Training/Gym Workout	90 mins LSD
7	04-May	2miles Tempo Run (+10 w/u & 10 c/d)	6 x 1/2 M @16.0kmph (1/2M recovery)	X-Training/Gym Workout	40 mins LSD
6	11-May	4.5 Miles Easy	Time Trial (around the Serpentine run course in Hyde Park)	X-Training/Gym Workout	60 mins LSD
5	18-May	Hard Bike/Run - (3km/1km x 3) with 3 min easy recoveries	(1 min hard/1 min easy jog x 5) 5 min easy recovery then repeat	X-Training/Gym Workout	75 mins LSD
4	25-May	FARTLEK 4.5 M	s/s Hill or X-Country session 50 mins	X-Training/Gym Workout	60 mins LSD
3	01-Jun	2miles Tempo Run (+10 w/u & 10 c/d)	(30secs hard/30secs easy x 10) 5 min easy recovery then repeat	X-Training/Gym Workout	40 mins LSD
2	08-Jun	Hard Bike/Run - (5km/1km x 3) with 3 min easy recoveries	Easy course run		30 mins LSD
1	15-Jun	3 M Easy finishing with 5 x strides	RACE DAY!!!		