

Day	Date	Description	Morning	Lunchtime	Afternoon	Do All Runs?
1 Thursday	10/03/2011	Coached Session Volume / Intensity Organised Races			LT Intervals [Med / Med]	Yes
2 Friday	11/03/2011	Coached Session Volume / Intensity Organised Races	Intro + Fartlek [Med / Med]	1:1 Coached Slots	Track (5k Pace) [Low / High]	Yes* (Caution)
3 Saturday	12/03/2011	Coached Session Volume / Intensity Organised Races	Hills (Sprint) [Low / High]	1:1 Coached Slots	Steady Run 7miles [Med / Med] 5k / 10k Race	Yes* (Caution)
4 Sunday	13/03/2011	Coached Session Volume / Intensity Organised Races	Long Run (10m / 15m / 20m) [High / Low]	Rest	Rest	Yes
5 Monday	14/03/2011	Coached Session Volume / Intensity Organised Races	Core, Strength and Conditioning [Low / Low] Duathlon	1:1 Coached Slots  Aquathlon	Steady Run 7miles [Med / Med]	Yes  No (Choose)
6 Tuesday	15/03/2011	Coached Session Volume / Intensity Organised Races	[High / Med] Half Marathon	1:1 Coached Slots	Track (3k / 10k Pace) [Low / High]	Yes  No (Choose)
7 Wednesday	16/03/2011	Coached Session Volume / Intensity Organised Races	Hills (Endurance) [Med / High]	[Low / High] Serpie Mini-Tri	Tempo Run (5mi / 7mi / 10mi) [Med / Med]	Yes* (Caution) No (Choose)
8 Thursday	17/03/2011	Coached Session Volume / Intensity Organised Races	Easy Run 7miles [Med / Low]			Yes

Note: All coached sessions will include full warm up and cool down, as well as a mixture of stretching, plyometrics, technique drills and strength training

Options: Uncoached Easy Run instead of any coached session (eg Lagoon Run)

\*Caution: bear in mind the total volume for the week and any other activities you may be doing on that day