

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