

LONG COURSE TRAINING WEEK EIGHT

Monday, February 27 - Sunday, March 5

MONDAY

REST

1 km run/walk to a local grass oval as your warm up.
Two or three 50 metre strides at about the pace you intend to do the repetitions.

TUESDAY

6 x 1 fast lap of the oval with a lap jog/walk recovery in between.
1km run/walk back to home or work as your warm down

WEDNESDAY

Rest or cross training/stretching session

THURSDAY

5 min walk, 20 mins easy run (about 3 km)
5 min walk

FRIDAY

20 min walk (2km)

SATURDAY

REST

SUNDAY

10min run/walk as a light warm up,
10km Race, 10km Time Trial or a 12km hard run
doing the last 6km at the pace you intend to race at in 2 weeks' time,
10min run/walk as your warm down