

LONG COURSE TRAINING

WEEK EIGHT

Monday, February 26 - Sunday, March 3

MONDAY

REST

1km run/walk as warm up to the bottom of your selected hill (200-300 metres of average gradient up one side and the same down the other side)

TUESDAY

Run faster up, over and down the other side of the hill. Have a standing rest for 2 minutes then repeat back the other way.

If this is one repetition you can do 3 or 4 reps depending on how you are progressing with the training to this point.

1km run/walk back to home or work as your warm downwn

WEDNESDAY

Cross training/stretching session

THURSDAY

5 minute walk,

5km run,

5 minute walk

FRIDAY

REST

SATURDAY

20 minute walk

SUNDAY

1km run as a light warm up,
10km race if you can find one or a 10km Time Trial where you run at the pace you intend to race in 2 week's time,
1km warm down run