

Week	Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	First week Dec	Cycle/ Upper Body	Hill Run 6 km	Interval 600m	Lower Body/cycle	Rest	Out/back 30min	Long Run- 1.5hrs
2		Cycle/ Upper Body	Hill Run 8 km	Interval 800m	Lower Body/cycle	Rest	Out/back 35min	Long Run- 1hr 45min
3		Easy run	Hill Run 9km	Holiday - easy runs and long runs				
4		Holiday - easy runs and long runs						
5		Xmas New Year - easy runs and long runs				Easy run	Interval 6x3min 2min rec	Cross training
6		Weights	Hill Run- Awaba 650m x 4	Interval 6x4min 2min rec	Hill Run	Rest	Out/back 35min	Long run - 1 hr 45min
7		Weights	Hill Run- Awaba x5	Interval 7x4min 2min rec	Hill Run	Rest	Out/back 40min	Long run - 2hr
8		Weights	Hill Run- Awaba	Interval 8x4min 2min rec	Hill Run	Rest	Out/back 45min	Long run - 2hr 15min
9		Weights	Hill Run- Awaba x6	Interval 8x4min 90sec rec	Hill Run	Rest	Out/back 50min	Long run - 2hr 30min
10		Weights	Hill Run- Awaba x7	Interval 7x5min 90sec rec	Hill Run	Rest	Out/back 55min	Long run - 2hr 45min
11		Weights	Hill Run- Awaba x7	Interval 6x4min 90sec rec	Hill Run	Rest	Out/back 55min	Long run - 3hr
12		Cross Trainers gym	Hill Run- Awaba x8	Interval 5x4min 2min rec	Hill Run	Rest	Interval 5x4min 2min rec	Long run - 2hr 45min
13		Cross Trainers gym	Hill Run- Awaba	Interval 4x4min 2min rec	Hill Run	Rest	Interval 4x4min 2min rec	Long run - 1hr
14		easy run	rest	easy run	rest	rest	race day	recovery

long runs will include runs in part of the course.
Weights - both upper and lower body