

Feuille1

Week	Mon	Tue	Wed	Thu	Fri	Sat
x1	-	-	-	-	-	-
x2	rest	15 min walk/run easy or cross	15 min walk/run	rest	15 min walk/run or cross	10 min walk/run
3	rest	15 min walk/run or cross	18-20 min walk/run	rest	20-25 min walk/run or cross	x20min 2km jog 12,12,12015
4	rest 14Dec2015	15 min walk/run or cross	20 min walk/run	rest	25 min walk/run or cross	15 min walk/run
5	rest 21Dec2015	15-18 min walk/run or cross	20-25 min walk/run	rest	25-30 min walk/run or cross	15-20 min walk/run
6	rest 28Dec2015	18 min walk/run or cross	20-25 min walk/run	rest	25.30 min walk/run or cross	20 min walk/run
7	rest 4January2016	18-20 min walk/run or cross	25 min walk/run	rest	30 min walk/run or cross	20 min walk/run
8	rest	20-25 min walk/run or cross	25-30 min walk/run	rest	30-35 min walk/run or cross	30-35 min walk/run
9	rest	20-25 min walk/run or cross	25-30 min walk/run	rest	30-35 min walk/run or cross	25 min walk/run
10	rest	25-30 min walk/run or cross	30-35 min walk/run	rest	30-35 min walk/run or cross	25 min walk/run
11	rest	25-30 min walk/run or cross	30-35 min walk/run	rest	30-35 min walk/run or cross	25-30 min walk/run
12	rest	25-30 min walk/run or cross	35-40 min walk/run	rest	35-40 min walk/run or cross	25-30 min walk/run
13	rest	30-35 min walk/run or cross	40-45 min walk/run	rest	35-40 min walk/run or cross	30 min walk/run
14	rest	30-35 min walk/run or cross	40-45 min walk/run	rest	40-45 min walk/run or cross	30 min walk/run
15	rest	30-35 min walk/run or cross	40-45 min walk/run	rest	40-45 min walk/run or cross	30 min walk/run
16	rest	20-25 min walk/run or cross	25-30 min run	rest	20-25 min run or cross	30 min walk/run
17	rest	20-25 min walk/run or cross	25-30 min run	rest	25-30 min run or cross	30 min walk/run
18	rest	20-25 min walk/run or cross	30-35 min walk/run	rest	35-45 min run or cross	30 min walk/run
19	rest	cross train 35-40 min walk/run or cross	35-40 min run	rest	35-45 min run or cross	30-35 min walk/run
20	rest	cross	35-40 min run	rest	35-45 min run or cross	30-35 min walk/run

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21	rest	35-40 min walk/run or cross	40-45 min run	rest	35-45 min run or cross	30-35 min walk/run
22	rest	20-30 min walk/run or cross	30-35 min run	rest	20 min run	rest
23	rest or 2-3 miles walk/jog	20-25 min walk/run or cross	30-40 min run	rest	20-30 min run or cross	20-25 min walk/run
24	rest	20-25 min walk/run or cross	30-40 min run	rest	20-30 min run or cross	20-25 min walk/run
25	rest	45-50 min walk/run or cross	50-55 min run	rest	45-55 min run or cross	30-35 min walk/run
26	rest	30-45 min walk/run or cross	35-45 min run	rest	30-45 min run or cross	25-30 min walk/run
27	rest	45-50 min walk/run or cross	55-60 min run	rest	45-55 min run or cross	35-40 min walk/run
28	rest	cross train	65-75 min run	rest	60 min run	35-40 min walk/run
29	rest	45-50 min walk/run or cross	55-60 min run	rest	55-65 min run	35-40 min walk/run
30	rest	55-65 min walk/run or cross	65-75 min run	rest	55-60 min run	35-40 min walk/run
31	rest	45-50 min walk/run or cross	55-60 min run	rest	55-65 min run	35-45 min walk/run
32	rest	55-65 min walk/run or cross	65-75 min run	rest	55-65 min run	35-45 min walk/run
33	rest	45-50 min walk/run or cross	55-60 min run	rest	55-65 min run	35-45 min walk/run
34	rest	55-65 min walk/run or cross	55-60 min run	rest	55-60 min run	35-45 min walk/run
35	rest	55-65 min walk/run or cross	70-80 min run	rest	55-65 min run	35-45 min walk/run
36	rest	16-18 miles	55-65 min run	rest	55-65 min run	35-45 min walk/run
37	rest	55-65 min walk/run or cross	75-90 min run	rest	55-65 min run	35-45 min walk/run
38	rest	45-50 min walk/run or cross	55-65 min run	rest	55-65 min run	35-45 min walk/run
39	rest	45-50 min walk/run or cross	30-45 min run	rest	40-50 min run	35-45 min walk/run
40	rest	rest	20 min run	20-30 min run	rest	rest

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41	25 min run	rest	20 min run	20-30 min run	rest	rest
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Sunday	SundayPace	Target Date
	1-2 miles	17/01/16
	1-2 miles	24/01/16
5km	08:00 per km : 40 minutes	31/01/16
5km	07:00 per km : 35 minutes	07/02/16
5km		14/02/16
5km	06:00 per km : 30 minutes	21/02/16
6km	3-4 miles	28/02/16
6,4km	4 miles	06/03/16
7km	4-5 miles	13/03/16
8km	5 miles	20/03/16
8,5km	5-6 miles	27/03/16
9km	6 miles	03/04/16
10km	6-7 miles	10/04/16
11km	7 miles	17/04/16
12km	7-8 miles	24/04/16
13km	8 miles	01/05/16
14km	8-9 miles	08/05/16
9km	5-6 miles	15/05/16
14km	8-9 miles	22/05/16
15km	8-9 miles	29/05/16

9km	5-6 miles	05/06/16
17km	10 miles	12/06/16
15km	7-9 miles	19/06/16
16km	9-10 miles	26/06/16
18km	10-11 miles	03/07/16
19km	10-11 miles	10/07/16
20,4km	12-13 miles	17/07/16
22km	12-13 miles	24/07/16
16km	9-10 miles	31/07/16
22km	12-14 miles	07/08/16
17km	9-10 miles	14/08/16
23km	14 miles	21/08/16
26km	14-16 miles	28/08/16
17km	9-10 miles	04/09/16
29km	16-18 miles	11/09/16
17km	9-10 miles	18/09/16
30,4km	19 miles	25/09/16
41km	19-20 miles	02/10/16
17km	9-16 miles rest	09/10/16 16/10/16

rest - marathon
is tomorrow!!!

23/10/16