



Date		Mon	Tue	Wed	Thu	Fri	Sat	Date	Sun
21/10/13	Week 1	Rest	5/6 mile tempo run	5/6 miles easy	5/6 mile tempo run	Rest	Rest	27/10/13	8 mile steady
28/10/13	Week 2	Rest	5/6 mile tempo run	5/6 miles easy	5/6 mile tempo run	Rest	Rest	03/11/13	<u>Bideford 10 Mile</u>
04/11/13	Week 3	Rest	5/6 mile tempo run	5/6 miles easy	5/6 mile tempo run	Rest	Rest	10/11/13	10 miles
11/11/13	Week 4	Rest	5/6 mile tempo run	5/6 miles easy	5/6 mile tempo run	Rest	Rest	17/11/13	<u>Drogo 10</u>
18/11/13	Week 5	Rest	7M steady with a few strides	5/6 miles easy	Run to a hill, then 10 x 30 secs uphill, jog down	Rest	Rest	24/11/13	<u>Bicton Blister</u>
25/11/13	Week 6	Rest	Warm up, then 4-6M at a 10k pace, timed. Warm down	5/6 miles easy	Warm up, then 8 x 90 secs fast, 90 secs slow	Rest	Rest	01/12/13	Bere Pen Foot Dragger
02/12/13	Week 7	Rest	6M – run to a hill, then 10 x 30 secs uphill, jogging back down	5/6 miles easy	Warm up, then 4 x 5-6 mins, with 3-min recoveries. Don't push too hard at first	Rest	Rest	08/12/13	10/12 miles
09/12/13	Week 8	Rest	7M warm-up, then 3-4M at a brisk pace, timed. Warm down	5/6 miles easy	Warm up, then 6 x 3 mins fast, 2 mins slow (or 6 x 800m on track, with 400m jog recoveries)	Rest	Rest	15/12/13	13/14 miles
16/12/13	Week 9	Rest	7M – run to a hill, then 12 x 30 secs uphill, jogging back down	5/6 miles easy	8M. Start easily, then put in bursts of 100-200m, jogging after each until you've recovered	Rest	Rest	22/12/13	13/14 miles
23/12/13	Week 10	Rest	Hill session: 4 x 90 secs-2 mins hill climb, jogging back each time	Eat, drink and be merry	Boxing day run (Jingle Bell Jog at Burrator)	Rest	Rest	29/12/13	14/15 miles

30/12/13	Week 11	Rest	Warm up, then 7 x 800m (or 7 x 3 mins), with 2-min recoveries	5/6 miles easy	Hill running: 12 x 30 secs, or Fartlek with 12-15 30-sec bursts	Rest	Rest	05/01/14	Bere Pen Foot Dragger + 2
06/01/14	Week 12	Rest	6M. Slow start, then speed up if you're not tired	5/6 miles easy	6M Fartlek, inc bursts of 200-300m	Rest	Rest	12/01/14	15 miles steady, or half-marathon race or <u>Oh My Obelisk</u>
13/01/14	Week 13	Rest	Warm up, then 6 x 3 mins fast, 2 mins slow (or 6 x 800m on track, with 400m jog	5/6 miles easy	8M inc repetitions: 3 x 3K (or 3 x 10 mins), with 5-min recoveries	Rest	Rest	19/01/14	<u>Bere Pen Foot Dragger Orienteering Event</u>
20/01/14	Week 14	Rest	6M steady, starting slowly	5/6 miles easy	8M inc intervals: 10 x 400m at 10K pace or 12 x 1 min fast, 1 min slow	Rest	Rest	26/01/14	15/18 miles
27/01/14	Week 15	Rest	7M Fartlek, inc sustained bursts of up to 400m	5/6 miles easy	10M, inc 8M pace run	Rest	Rest	02/02/14	18 miles
03/02/14	Week 16	Rest	7M steady, starting slowly	5/6 miles easy	8M at brisk pace	Rest	Rest	09/02/14	Polzeath 18 Miler (with mud, beach, steps and hills)
10/02/14	Week 17	Rest	7M of easy Fartlek	5/6 miles easy	7M, inc intervals: 10 x 400m at 10K pace or 12 x 1 min fast, 1 min slow	Rest	Rest	16/02/14	20-22M – the last big training run
17/02/14	Week 18	Rest	8M, starting slowly, then Fartlek	5/6 miles easy	10M, inc 7M at marathon pace	Rest	Rest	23/02/14	15 miles steady or Lanhydrock Half Marathon
24/02/14	Week 19	Rest	Warm up, then 4 x 1M at faster than marathon pace	5/6 miles easy	10M, with two 3M stretches at marathon pace	Rest	Rest	02/03/14	13 miles steady or Bideford Half Marathon (gently)
03/03/14	Week 20	Rest	Rest	5/6 miles easy	Rest	Rest	Rest	<u>09/03/14</u>	<u>THE GRIZZLY!</u>