

● **BLACK RAT TRAINING (50km S.W. Coast Path)**

	Monday	Tuesday	Weds	Thurs	Fri	Sat	Sun
							All Sunday runs steady run /walk
Wk 1	REST	3- miles Steady PLUS Strength / cross training	4-5 miles/ Or BATs Run	Strength / cross training	REST	4 - miles	1.hrs fast walk
Wk 2	REST	3- miles Steady PLUS Strength / cross training	4-5 miles/ Or BATs Run	Strength / cross training	REST	1hr- Hills / steps	6 miles steady
Wk 3	REST	3- miles Steady PLUS Strength / cross training	4-5 miles/ Or BATs Run	Strength / cross training	REST	4 miles fast-ish-	2hr slow / steady pace
Wk 4	REST	3- miles Steady PLUS Strength / cross training	4-5 miles/ Or BATs Run	Strength / cross training	REST	6 miles - Fartlek- 20secs burst of speed every mile	10- miles
Wk 5	REST	3- miles Steady PLUS Strength / cross training	4-5 miles/ Or BATs Run	Strength / cross training	REST	6	12 miles
Wk 6	REST	3- miles Steady PLUS Strength / cross	4-5 miles/ Or BATs Run	Strength / cross training	REST	2hrs of Hills / steps at steady pace	4hr slow n steady paced

		training					
Wk 7	REST	3- miles Steady PLUS Strength / cross training	4-5 miles/ Or BATs Run	Strength / cross training	REST	1hr- steps / hills	2hr slow n steady
Wk 8	REST	3- miles Steady PLUS Strength / cross training	4-5 miles/ Or BATs Run	Strength / cross training	REST	4 miles- Fartlek 30sec burst speed every miles	12
Wk 9	REST	3- miles Steady PLUS Strength / cross training	4-5 miles/ Or BATs Run	Strength / cross training	REST	6 - miles	3.5hrs slow n steady
Wk 10	REST	3- miles Steady PLUS Strength / cross training	4-5 miles/ Or BATs Run	Strength / cross training	REST	2hrs - Hills/ steps. Practice power walking up the hills/ steps	4 hrs slow n steady
Wk 11	REST	3- miles Steady PLUS Strength / cross training	4-5 miles/ Or BATs Run	Strength / cross training	REST	6	18
Wk 12	REST	3- miles Steady	4-5 miles/ Or BATs Run	Strength / cross training	REST	8 miles - Fartlek 40 secs burst speed every mile	20
Wk 13	REST	3- miles Steady	4-5 miles/ Or BATs Run	Strength / cross training	REST	8	22
Wk 14	REST	3- miles	4-5	Strength	REST	2.5hrs -	4hrs fast

