

Long – 7.16 – 9.00

Easy – 7.15

Marathon – 6.09

Tempo – 5.50

<u>WEEK ONE</u> 6 th July 2015		<u>WEEK TWO</u>
Monday	REST	REST
Tuesday	1M warm up, 4 x 1M Marathon Pace, with 2 minutes recovery, 1M warm down OR Ballina 10K	1M warm up, 4 x 60 sec uphill, jogging back down, 1M warm down.
Wednesday	4M Easy	5M Easy
Thursday	1M warm up, 6 x 30sec Fast (x2), with 30 sec recovery, 2 mins recovery after set, 1M warm down	1M warm up, 3 x 2min Tempo (x2) with 1 min recovery, 1M warm down
Friday	REST	REST
Saturday	REST	Crossmolina 10K
Sunday	6M Easy	6M Easy
Total	18 Miles	22 Miles

<u>WEEK THREE</u>		<u>WEEK FOUR</u>
Monday	REST	REST
Tuesday	1M warm up, 4 x 1M Marathon Pace, with 2 minutes recovery, 1M warm down	1M warm up, 6 x 60 sec uphill, jogging back down recovery, 1M warm down.
Wednesday	5M Easy	6M Easy
Thursday	1M warm up, 6 x 30sec Fast (x2), with 30 sec recovery, and 2 mins after each set, 1M warm down	1M warm up, 4 x 2min Tempo (x2) with 2 min recovery, 1M warm down
Friday	REST	5K Timed _____
Saturday	6M Easy	REST
Sunday	6M Easy	8M Easy
Total	25 Miles	23 Miles

<u>WEEK FIVE</u>		<u>WEEK SIX</u>	
Monday	REST	4M Easy	
Tuesday	1M warm up, 3x1M Tempo, 2 mins jog recovery, 1M warm down.	Rest	
Wednesday	6M Easy	1M warm up, 4 x 3 mins Tempo with 2 min recovery, 1m warm down	
Thursday	6M Easy	Nephin	
Friday	REST	REST	
Saturday	4M Easy	10M Long with final 2M at Marathon Pace	
Sunday	Kilcummin 10K	REST	
Total	27 Miles	30 Miles	
<u>WEEK SEVEN</u>		<u>WEEK EIGHT</u>	
Monday	REST	5M Recovery run	
Tuesday	10M Easy	1M warm up, 6 x 1min Tempo, 1min recovery, 1M warm down	
Wednesday	1M warm up, 2 x 2M tempo with 3min recovery, 1M warm down	7M Easy	
Thursday	6M Easy	1M warm up, 4 x 2min Tempo (x2), with 1 min recovery and 3mins between sets, 1M warm down	
Friday	REST	REST	
Saturday	WARRIOR RUN (9M)	½ Marathon Race	
Sunday	Rest	6M Easy	
Total	31 Miles	38 Miles	

WEEK NINE		WEEK TEN	
Monday	REST	REST	
Tuesday	1M warm up, 2 x 1M Tempo, then 2 x 1mile 10sec faster than Tempo (both with 2 min recovery) 3 mins between reps, 1M warm down.	8M Easy	
Wednesday	6M Easy	1M warm up, 6 x 3min with 2 min recovery, 1M warm down.	
Thursday	Rest	8M Easy	
Friday	7m Easy	REST	
Saturday	6M Easy	½ Marathon – Sligo Wild Atlantic Run	
Sunday	14M Long with last 4M at Marathon Pace	6M Easy	
Total	39 Miles	40 Miles	
WEEK ELEVEN		WEEK TWELVE	
Monday	REST	REST	
Tuesday	8M Easy	6M Easy	
Wednesday	1M warm up, 4 x 1M Tempo with 3min recovery between reps, 1M warm down.	1M warm up, 5M Tempo, 1M warm down	
Thursday	6M Easy	22M Long with Last 5M at Marathon Pace (Run home from work)	
Friday	REST	10M Easy (Run into work)	
Saturday	6M Easy	Rest (Travel to UK)	
Sunday	18M Long with last 4M at Marathon Pace	10M Easy	
Total	44 Miles	55 Miles	

<u>WEEK THIRTEEN</u>		<u>WEEK FOURTEEN</u>	
Monday	10M Easy	REST	
Tuesday	REST	20M Long with Last 6M at Marathon Pace (Run home from work)	
Wednesday	1M warm up 3M at Marathon Pace, then 5mins jog, then 3M at 10 sec a mile faster than Marathon Pace, 1 mile warm down	10M Easy (Run into work)	
Thursday	10M Easy	REST	
Friday	REST	1M warm-up, 4x2mins at Tempo, with 2mins recovery, 1M warm down.	
Saturday	10M Easy	4M Easy	
Sunday	REST (Travel back from UK)	14M Long with last 2M at Marathon Pace	
Total	38 Miles	47 Miles	
<u>WEEK FIFTEEN</u>		<u>WEEK SIXTEEN</u>	
Monday	REST	Rich Arriving	
Tuesday	1M warm up, 4M Tempo, 1M warm down	Rest	
Wednesday	Rest	Rest	
Thursday	1M warm up, 5M at Marathon Pace, 1M warm down	Rich Departing	
Friday	10M Easy	REST	
Saturday	1M warm up, 4M at Marathon Pace, 1M warm down.	10M Easy	
Sunday	14M Easy with Last 6M at Marathon Pace	Rest	
Total	43 Miles	10 Miles	

WEEK SEVENTEEN		WEEK EIGHTEEN 2 nd Nov 2015
Monday	REST	4M Very Easy
Tuesday	8M Easy	1M warm up, 4 x 1min Easy, 1min recovery, 1M warm
Wednesday	1M warm up, 4 x 1M Tempo with 3min recovery between reps, 1M warm down.	1M Easy, 4 x 30sec brisk (not flat out), 1M Easy warm down
Thursday	6M Easy	1M Easy warm up, 1M at Marathon Pace, 1M warm down.
Friday	REST	REST
Saturday	6M Easy	RACE DAY
Sunday	18M Long with last 4M at Marathon Pace	
Total	44 Miles	