

# Training Week One

## MONDAY

**AM-** 6mile recovery

**PM-** 10mile, (Soild pace) plus strides (60-80)

## TUESDAY

**AM-** 5mile recovery

**PM-** 8 x 800m rep, 200m recovery (+warm up and cool down)

Average,- 2min 18sec, 8mile total session

## WEDNESDAY

**AM-** 6mile recovery

**PM-** 10mile

## THURSDAY

**AM-** 6mile recovery

**PM-** 12mile (soild psace)

## FRIDAY

**AM-** 10mile recovery

**PM-** 5mile +strides 8 x 60-80m

## SATURDAY

**AM-** 3 x 3km Reps (9:28 - 9:18 - 9:15)

2min recovery + warm up and cool down

Total session 9mile

**PM-** 5mile recovery

## Sunday

**AM-** 14mile Hills (long run)

**TOTAL WEEK MILES-** 106= (169.6km)

This is a standard week of training that I am undertaking in build up for the national Road Championship in Christchurch.

I have an upcoming cross country race on the July 03. South island cross country champs, this is to be held at QE2 Park. Last year I placed 2nd in this event.

It would be great to go one better this time! Cannot wait!