

# December 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	8km Easy running	10km Easy running	10km Easy running	Rest day	10km Easy running	12km Easy running
7	8	9	10	11	12	13
10km Easy running	10km Easy running	12km Easy running	12km Easy running	Rest day	12km Easy running	15km Easy running
14	15	16	17	18	19	20
10km Easy running	12km Easy running	14km Easy running	12km Easy running	Rest day	14km Easy running	18km Easy running
21	22	23	24	25	26	27
12km Easy running	Rest Day	3km Easy running warm up, 4km of Fartleg (90 seconds fast, 90 seconds easy), 3km easy run cool down *Note 1	12km Easy running	Christmas Rest (if desperate just go for a nice jog) Merry Christmas!	12km very easy recovery run	18km run on a hilly terrain (try get off road a bit!!!)
28	29	30	31			
10km very easy recovery run	Rest Day	3km Warm up jog then - 4 x 8minutes at 5km race pace, slow jog 2 minutes between each 8 minute, 3km cool down	8km easy run			
		Notes:				
		BLUE - Base running at 60 - 70% of HR max				

Note 1 - Ensure that the fast is faster than the slow, the fast must be close to your 5km time trial pace!