

# January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				4km easy run warm up. Find a decent hill of +/- 300/400m. Do 6 repeats of this hill. Run at a good pace but not too fast! 3km easy run cool down	(3 days of long running preparation) 14km run, try run at expected African X Pace and run offroad if you can. Run these runs with all your gear you will be running AfricanX with.	20km long run, just enjoy. Find some hills and climb!
4	5	6	7	8	9	10
16km Long run at Expected African X Pace	Rest	Tempo Running warm up 20 minutes. Run 3 x 10 minutes at a pace quicker than expected race pace. Rest 2 minutes between each 10 minute. Cool down 15 minutes	Easy 12km Run	Hills: 20 minute warm up. Find a long hill (off road if can and must be +/- 4km) Run 10min hard up, jog back down very easy for 5 minutes and repeat. Cool down 20 minutes	very easy 12km run (recovery run)	22km Long Run. Offroad - go and find a few nice climbs, You can even hike walk the climbs so they can be steep and rocky.
11	12	13	14	15	16	17
18km Long Run at expected African x Pace	Rest	Fartleg Running: warm up 15 minutes, 8 x 3 minutes of hard running with 1 minute recovery jog between each 3 minute interval. 10 -20 minute cool down.	Easy 12km run	4km Easy running warm up. 5km of Faartlek (90 seconds fast, 90 seconds easy), 4km easy run cool down	12km easy running, light on feet.	Long Temp Run: Run 8km easy. Run the next 12km at Race Pace (must be faster than the 10km warm up) then 5km recovery jog (cooldown)
18	19	20	21	22	23	24
12 -15km Easy Recovery run from a good Week!	Rest	Warm up 30 minutes. Run 12km hard and recovery jog 2km. This hard must be 5% - 10% harder than your race pace!	Easy 15km Run	Hills: 20 minute warm up. Find a long hill (off road if can and must be +/- 4km)3 x Run 10m hard up, jog back very easy 5 minutes. Cool down 20 minutes	16km very easy long run	25km Long Run. Offroad - go and find a few nice climbs, You can even hike walk the climbs so they can be steep and rocky.
25	26	27	28	29	30	31
18km Easy run	Rest					
<b>Notes:</b>						
We are starting to focus on some speed sessions and hill sessions. It is critical that you are comfortable with each session that you do.						