	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			800-1500-3000				
16-jun	off	10 + 4 x 800/400 jog+ 10	20	10 + 8 x 1/1 + 10	off	30 + strides	up to 40
23-jun	off	10 + 6 x 400/200 jog + 10	20	10 + 15 hard + 10	off	30 + strides	up to 45
30-jun	off	30	10 + 8 x 1/1 + 10	20 + strides	off	10 + 2000m Fast + 10	Up to 30
6-jul	off	10 + 4 x 800/400 jog+ 10	20	10 + 8 x 1/1 + 10	off	30 + strides	up to 45
13-jul	off	10 + 6 x 400/200 jog + 10	20	10 + 15 hard + 10	off	30 + strides	up to 40
20-jul	off	30	10 + 8 x 1/1 + 10	20 + strides	off	10 + 2000m Fast + 10	Up to 30
27-jul	off	10 + 6 x 400/200 jog + 10	20	10 + 15 hard + 10	**off**	**10 + 1000m fast + 10**	Up to 30
3-aug	off	10 + 4 x 200/200 jog + 10	20 + strides	travel day	**ASG meet**	**ASG Meet**	

1. Strides = 8 x 100m at a fast but relaxed pace with good form. Run them on grass (I.e. a football field) - Do not time them - concentrate on good form

2. Numbers refer to minutes running unless otherwise indicated - pace is comfortable unless otherwise indicated

3. Change the sequence of days to suit your needs but don't do hard days back to back.

4. 10 + 4 x 800/400jog + 10 - Warm up for 10 minutes easy, then run 800 at your 3000m pace, then jog 400 very easy. Repeat the 800/400 pattern 4 times. Cool down with 10 minutes of jogging

5. 10 + 6 x 400/200jog + 10 - Warm up for 10 minutes easy, then run 400 at your 1500m pace, then jog 200 very easy. Repeat the 400/200 pattern 6 times. Cool down with 10 minutes of jogging

6. 10 + 8 x 1/1 + 10 - warm up and cool down as above (4 and 5). Run 1 minute fast, jog 1 minute - repeat 8 times. Don't do this workout on a track, run over grass or hilly terrain.

7. 10 + 15 hard + 10 - warm up for 10 minutes, then run 15 minutes at a good clip - about what you'd estimate your 10 km race pace might be, cool down with 10 minutes of jogging

8. 400-800-1500 runners - substitute 10 + 3 x 300/500 walk/jog + 10 for the 10 + 15 hard + 10 workouts

9. 400-800-1500 runners – substitute 1200m for the 2000m fast, and 600m for the 1000m fast

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