			800-1500-3000							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
16-jun	off	Tempo + 5 x 200m	Up to 45 ez	8 x 400	30 ez	10 + 6 x 3/2 + 10	Up to 75			
23-jun	off	Tempo + 5 x 200m	Up to 45 ez	5 x 800	30 ez	10 + 4 x 5/2 + 10	Up to 75			
30-jun	off	10 x 300	Up to 30 ez	2000 TT + 4 x 200m	Off	45 + 6 strides	Up to 60			
6-jul	off	Tempo + 5 x 200m	Up to 45 ez	8 x 400	30 ez	10 + 6 x 3/2 + 10	Up to 75			
13-jul	off	Tempo + 5 x 200m	Up to 45 ez	2 x 600-400-200	30 ez	10 + 4 x 5/2 + 10	Up to 75			
20-jul	off	8 x 400	Up to 30 ez	2000 TT + 4 x 200m	Off	45 + 6 strides	Up to 60			
27-jul	off	Tempo + 5 x 200m	Up to 45 ez	1000 TT + 3 x 300m	30 ez	10 + 6 x 3/2 + 10	Up to 60			
3-aug	off	2 x 400 + 4 x 200	30 or off	20 + 4 strides	ASG	ASG				
1. Strides = 8	x 100m at a f	fast but relaxed pace with goo	d form. Run them	on grass (I.e. a football fie	 ld) - Do not tiı	ne them - concentrate on	good form			
2. Numbers re	efer to minute	s running unless otherwise in	dicated - pace is co	mfortable unless otherwis	e indicated					
		f days to suit your needs but d								
		0 - Warm up for 10 minutes ea								
		0 - Warm up for 10 minutes ea								
		up and cool down as above (-					
		n up for 10 minutes, then run								gging
		n up for 10 minutest, then run								
		p for 10 minutest, then run 5 r				epeat the 5/2 four times, t	cool down for	10 minutes	5	
		substitute 10 + 3 x 300/500 w substitute 1200m for the 2000			its					
9. 400-800-13		substitute 120011 for the 2000		ioi tile 1000iii iast						
Bill Corcoran										
Runquick.com	า									
15-06-2004										
Revised 15-06	6-08									