

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8	Yoga every Monday. Life is like yoga... It starts with child's pose and ends with corpse... In between is just practice.	Slow Running is fun 1-1.5 hours	Intervals are just games 30-40 mins	Bike / jog / walk up a hill	REST. Have a beer... Hang in the garden... Rest day is the day you get fitter - the most important day of the week! Enjoy the Friday feeling - YAHOOOOO!	Long run 2 hours	?
7		Mid week mid length fun 1-1.5 hours	Fast slow, fast slow, recover 30-40 mins	Hills are good!		Long run 2 hours	Short recovery run day 30-50 mins
6		Remember to practice running with your race bag 1.5 hours	Intervals - you're gonna make it... 45-50 mins	Finish work early and do something fun!		Long run 2.5 hours	Jog. Recover, stretch & relax 50 mins - 1 hour
5		Anti chaff?? 1.5-2 hours	Intervals 45-50 mins	Do you have new fluffy socks for the big day? Your feet deserve it!		Longest run day 3 hours	Mellow jog day 1 hour
4		Eat / drink while running every 30 mins - fuel tyhe machine 1.5 hours	Intervals 45-50 mins	Practice training with race food / drink.		Long run 2.5 hours	Sunday - day of rest... after a restful run! 50 mins - 1 hour
3		Remember to sleep! Trust your body. No getting sick or injured at this bit! 1-1.5 hours	No stress if you change the plan - intervals 30-40 mins	Bike bike bike... Have a treat and do not worry		Long run 1.5-2hours	Recover & run 30 - 50 mins
2		All the work is done - nice work you. 1 hour	Yahoooooo! Intervals 30 mins	Walk somewhere nice... Skim a stone!		Long run 1.5 hours	Super super mellow jog 30 mins
1		No more than 20 minute jogs 20 mins   20 mins   20 mins				Nothing - you've done all the hard work now!	<b><u>RACE DAY</u></b>