

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weeks to go							
Week starts							
16	Rest or Xtrain	2k easy,	5k Recovery	8k easy	Rest	Long Run	5k Recovery
18/3/19		2km @ 10k pace				10k Easy	
		2k easy					
15	Rest or Xtrain	7k with	5k Recovery	8k easy	Rest	Long Run	5k Recovery
25/3/19		4x100m efforts				12k Easy	
14	Rest or Xtrain	8k easy	5k Recovery	7k with	Rest	BRW club run	Great South Run
1/4/19				5x100m efforts			10km
13	Rest or Xtrain	8k easy	5k Recovery	2k easy,	Rest	Long Run	6k Recovery
8/4/19				3k @ 10k pace		14k easy	
				2k easy			
12	Rest	6k easy	5k Recovery	6k easy	Rest	Long Run	6k Recovery
15/4/19						10k easy	
11	8km-	8k easy	Rest or	2k easy	Rest	Long Run	Rest
22/4/19	6x100m		Xtrain	4km @ 10km pace		15km	
	efforts			2 easy			
10	6km	10k Easy	6k easy	Rest	10km-	Long Run	Rest
29/4/19	Recovery				include 6x100m	17km	
					efforts		
9	Rest	2k easy	6km	km-	Rest or	Long run	Rest
6/5/19		6km @ 10km pace	Recovery	6x100m efforts	Xtrain	18km	
		2k easy					
8	6km easy	3k easy	Rest or	8km easy	4km	Time Trial	4km
13/5/19		4km @ 10km Pace	Xtrain		Recovery	10km	Recovery
		3km easy				Vic Pt	
7	Rest	8km include	10km easy	Rest or	6km	BRW club run	QLD half marathon
20/5/19		4x500m @ 5k pace		Xtrain	4x100m		10km race
		1 min rest between			efforts		
6	6km easy	6km include	Rest or	10km	5km	BRW club run	Long Run
27/5/19		3x1km @ 5kpace	Xtrain	easy	recovery		14km
		3min rest between					
5	Rest	8km include	Rest or	5km	6km	BRW club run	Long Run
3/6/19		4x 500m hard	Xtrain	recovery	easy		16km
		1min rest between					
4	Rest or	6km-	8km include	Rest or	10 easy	BRW club run	Long run
10/6/19	Xtrain	4x100m	3x1km @ 5k pace	Xtrain			18km
		efforts	3min rest between				8km @ PRP
3	Rest or	8km-	6km	Rest or	5km-	BRW club run	Long run
17/6/19	Xtrain	4x500m @5kpace	easy	Xtrain	3x100m		14km
		1min rest between			efforts		
2	Rest or	6km-	5km	Rest or	4km	BRW club run	Long run
24/6/19	Xtrain	4x100m	easy	Xtrain	2x100m		10km
		efforts			efforts		
1	Rest	5km	2k easy	rest	4km-	rest	GC Half Mara
1/7/19		easy	2k@5kpace		2x100m		7/7/19
			2k easy		efforts		21.1km