

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Weeks to go</b>							
<b>Week starts</b>							
<b>18</b>	Rest or Xtrain	3k easy,	Rest or Xtrain	10k easy	Rest	Long Run	5k Recovery
<b>4/3/19</b>		4k @ ½ mara pace				14k Easy	
		3k easy					
<b>17</b>	Rest or Xtrain	3 x (2k easy-2k mod)	Rest or Xtrain	10k easy	Rest	Long Run	5k Recovery
<b>11/3/19</b>						16k Easy	
<b>16</b>	Rest or Xtrain	2k easy,	5k Recovery	12k easy	Rest	Long Run	5k Recovery
<b>18/3/19</b>		6k @ ½ mara pace				18k Easy	
		2k easy					
<b>15</b>	Rest or Xtrain	11k with	5k Recovery	12k easy	Rest	Long Run	5k Recovery
<b>25/3/19</b>		10x100m efforts				20k Easy	
<b>14</b>	Rest or Xtrain	14k easy	5k Recovery	11k with	Rest	BRW club run	Great South Run
<b>1/4/19</b>				10x100m efforts			Half Marathon
<b>13</b>	Rest or Xtrain	14k easy	5k Recovery	2k easy,	Rest	Long Run	6k Recovery
<b>8/4/19</b>				5k @ ½ mara pace		25k easy	
				3k easy			
<b>12</b>	Rest	10k easy	5k Recovery	10k easy	Rest	Long Run	6k Recovery
<b>15/4/19</b>						18k easy	
<b>11</b>	11km-	16k easy	Rest or	14km - 2km easy	Rest	Long Run	Rest
<b>22/4/19</b>	6x100m		Xtrain	10 @ 1/2 mara pace		28km	
	efforts			2 easy			
<b>10</b>	8km	18k Easy	8k easy	Rest	10km-	Long Run	Rest
<b>29/4/19</b>	Recovery				include 6x100m	32km	
					efforts		
<b>9</b>	Rest	16km- 3k easy	6km	13km-	Rest or	Long run	Rest
<b>6/5/19</b>		10 @ 1/2 mara pace	Recovery	8x100m efforts	Xtrain	32km	
		3 easy					
<b>8</b>	8km easy	16km- 4k easy	Rest or	15km easy	6km	Time Trial	6km
<b>13/5/19</b>		8km @ 1/2 mara Pace	Xtrain		Recovery	1/2 Mara	Recovery
		4 easy				Vic Pt	
<b>7</b>	Rest	13km include	18km easy	Rest or	8km	BRW club run	QLD half marathon
<b>20/5/19</b>		5x600m @ 5k pace		Xtrain	6x100m		
		1 min recovery			efforts		
<b>6</b>	13km easy	10km- 5x1km	Rest or	18km	5km	BRW club run	Long Run
<b>27/5/19</b>		@ 5kpace	Xtrain	easy	recovery		25km
		3min recovery					
<b>5</b>	Rest	13km include 5x600	Rest or	6km	10km	BRW club run	Long Run
<b>3/6/19</b>		@ fast pace 1 min recov	Xtrain	recovery	easy		28km
<b>4</b>	Rest or	10km-	12km-	Rest or	16 easy	BRW club run	Long run
<b>10/6/19</b>	Xtrain	6x100m	4x1km@	Xtrain			32km
		efforts	5kpace-3min				15k @ PMP
			recovery				
<b>3</b>	Rest or	12km-	10km	Rest or	8km-	BRW club run	Long run
<b>17/6/19</b>	Xtrain	5x600m @5kpace	easy	Xtrain	6x100m		24km
		1min recov			efforts		
<b>2</b>	Rest or	10km-	8km	Rest or	6km	BRW club run	Long run
<b>24/6/19</b>	Xtrain	8x100m	easy	Xtrain	6x100m		18km
		efforts			efforts		
<b>1</b>	Rest	8km	10km - 3km easy	rest	6km-	rest	GCM
<b>1/7/19</b>		easy	3k@10kpace		4x100m		7/7/19
			4km easy		efforts		42.2km