

CITY2SOUTH 14KM INTERMEDIATE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1 W/C 27 MAR	REST OR CROSS TRAIN	40min run	40min run At the completion of your run involve 6 x 100m efforts, increasing the pace with each one. Involve a walk back recovery after each 100m effort. Finish with a 10min walk	REST OR CROSS TRAIN	REST	40min run At the completion of your run involve 6 x 100m efforts, increasing the pace with each one. Involve a walk back recovery after each 100m effort. Finish with a 10min walk	40min run
WEEK 2 W/C 3 APR	REST OR CROSS TRAIN	40min run At the completion of your run involve 6 x 100m efforts, increasing the pace with each one. Involve a walk back recovery after each 100m effort. Finish with a 10min walk	40min run	REST OR CROSS TRAIN	REST	40min run At the completion of your run involve 6 x 100m efforts, increasing the pace with each one. Involve a walk back recovery after each 100m effort. Finish with a 10min walk	50min run
WEEK 3 W/C 10 APR	REST OR CROSS TRAIN	15 x 30sec, 30 sec JR (1min JR between 10th and 11th rep)	40min run	REST OR CROSS TRAIN	REST	8 x 1min, 30 sec JR (1min JR between 4th and 5th rep)	1hr run
WEEK 4 W/C 17 APR	REST OR CROSS TRAIN	15 Hill Reps (1min SR between 10th and 11th rep)	40min run	REST OR CROSS TRAIN	REST	4 x 4min, 1min SR (A-B-A)	1hr 10min run
WEEK 5 W/C 24 APR	REST OR CROSS TRAIN	15 x 30sec, 30 sec JR (1min JR between 10th and 11th rep)	40min run	REST OR CROSS TRAIN	REST	8 x 1min, 30 sec SR	1hr 10min run

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 6 W/C 1 MAY	REST OR CROSS TRAIN	6 x 500m, 1min SR	40min run	REST OR CROSS TRAIN	REST	4 x 1km, 1min 30 sec SR	1hr 20min run
WEEK 7 W/C 8 MAY	REST OR CROSS TRAIN	15 Hill Reps (1min SR between 10th and 11th rep)	40min run	REST OR CROSS TRAIN	REST	3km Time Trial	1hr 20min run
WEEK 8 W/C 15 MAY	REST OR CROSS TRAIN	8 x 1min, 1min SR (A-B-A)	50min run	REST OR CROSS TRAIN	REST	PARK RUN 5KM or SOLO 5KM	1hr run
WEEK 9 W/C 22 MAY	REST OR CROSS TRAIN	8 x 1min, 30 sec JR	40min run	REST OR CROSS TRAIN	REST	15 Hill Reps (1min SR between 10th and 11th rep)	1hr run
WEEK 10 W/C 29 MAY	REST OR CROSS TRAIN	15 x 30sec, 30 sec JR (1min JR between 10th and 11th rep)	40min run	REST OR CROSS TRAIN	REST	REST	CITY2SOUTH 14km