

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>July 12th</u> 25 min easy run Stretch out		<u>July 14th</u> 20min + 5x80m strides	<u>July 15th</u> Series Race#2 Southill Fit4Life 5k	<u>July 16th</u> 10min warm-up/6x2min,off 60sec, followed by 2 x 1 min, off 60 sec/10min cool-down		<u>July 18th</u> Longer easy run 50-55min
<u>July 19th</u> 25min easy run Stretch out		<u>July 21st</u> 35-40min + 5-6 x80m strides		<u>July 23rd</u> 10min warm-up/ 1min,2min,3min,3min,2min,1min,off 90sec/10min cool-down		<u>July 25th</u> Longer easy run 50-55min
<u>July 26th</u> 25min easy run Stretch out		<u>July 28th</u> 40min run + 4x80m strides		<u>July 30th</u> Mini Series Dooneen Fit4Life 5k Run 10-15min warm-up&cooldown		<u>Aug 1st</u> Longer easy run 45min
<u>Aug 2nd</u> 25-30min easy run Stretch out		<u>Aug 4th</u> 15min run Stretch out	<u>July 15th</u> Series Race#3 Dooneen 4Mile	<u>Aug 6th</u> 35 min recovery run + strides	* Good day for a sports massage!	<u>Aug 8th</u> Longer easy run 45-50min
<u>Aug 9th</u> 25-30min easy run Stretch out		<u>Aug 11th</u> 35-40min run + 6x80m strides		<u>Aug 13th</u> 6x3min off 60sec		<u>Aug 15th</u> Longer easy run 50-55min
<u>Aug 16th</u> 25-30min easy run Stretch out		<u>Aug 18th</u> 45min run + 4x80m strides		<u>Aug 20th</u> NENAGH 4 Mile Race @ 7pm Details from Kevin: 086-8602011		<u>Aug 22nd</u> Longer easy run 55min
<u>Aug 23rd</u> 25min easy run Stretch out		<u>Aug 25th</u> 20min run + 4x80m strides	<u>Aug 26th</u> Series Race#4 ULRowingClub 6km	<u>Aug 27th</u> No Meet n Train session tonight due to last race in series in UL last night	BREAK!	<u>Aug 29th</u> BREAK!
<u>Aug 30th</u> BREAK!	BREAK!	<u>Sept 1st</u> BREAK!	BREAK!	<u>Sept 3rd</u> BREAK!	BREAK!	<u>Sept 5th</u> BREAK!

Fit4Life 8 weeks in training July/August

Rule 1: Listen to your body. Training Logs help keep track of how you recover and what works best. The schedule is a Guide... response must be monitored!

Rule 2: Small steps lead to big changes– get into a regular routine and let fitness develop gradually. Enjoy!

Break from Aug 28th – Sept 9th ... recharge the batteries and come back fresh, ready to start into a program for October Mini marathon or any other races you may also be targeting. **STARTING BACK ON FRIDAY SEPTEMBER 10th.**