

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<u>Oct 14th</u> UL boathouse 5km/10km race	<u>Oct 15th</u> 10min warm-up 1 mile repetitions (# reps vary - experience level) <b>NOTE YOUR MILE TIME!!</b> 10min cool-down		<u>Oct 17th</u> Easy run - 30 min <b>Ferrybank A.C. Charity 10 mile Road Race - Contact Brid 0876889330 (Waterford)</b>
<u>Oct 18th</u> 30min easy run Stretch out		<u>Oct 20th</u> 20 min run picking up the pace between various landmarks e.g. lamp-posts, trees etc! Main idea is to make sure run is not all at one pace – called <b>“Fartlec Running”</b>	<u>Oct 21st</u> UL boathouse 5km/10km race	<u>Oct 22nd</u> Warm-up 6 x 3mins off 1 min recovery Cool-down	<b>Gneeveguilla A.C. Road Race Contact Tom Joe 064 -7756309 Killarney</b>	<u>Oct 24th</u> Longer easy run 40-45min
<u>Oct 25th</u> BANK HOLIDAY  DUBLIN CITY MARATHON !!		<u>Oct 27th</u> 35min easy run Stretch out	<u>Oct 28th</u> UL boathouse 5km/10km race	<u>Oct 29th</u> Warm-up 1min,2min,3min,4min,3min,2min,1min,(at 10km race pace) with 90sec recovery jog between each one. 4-6 x 80m strides at end 10min cool-down		<u>Oct 31st</u> Longer easy run 45min  CHANGE YOUR CLOCKS!
<u>Nov 1st</u> 20 min easy run		<u>Nov 3rd</u> 20-30 mins Fartlec running	<u>Nov 4th</u> UL boathouse 5km/10km race	<u>Nov 5th</u> 10min warm-up 1 mile repetitions (# reps vary - experience level) <b>NOTE YOUR MILE TIME – compare to Oct 15th!!</b>		<u>Nov 7th</u> Longer easy run 45-50min
<u>Nov 8th</u> 30min easy run Stretch out		<u>Nov 10th</u> 30 min Fartlec run	<u>Nov 11th</u> UL boathouse 5km/10km race	<u>Nov 12th</u> Warm-up Group Fartlec run		<u>Nov 14th</u> Longer easy run 50-55min
<u>Nov 15th</u> 20min easy run Stretch out		<u>Nov 17th</u> 10 min easy – 10 min stronger pace – 10 min easy	<u>Nov 18th</u> UL boathouse 5km/10km race	<u>Nov 19th</u> Warm-up 6 x 3mins off 1 min recovery Cool-down		<u>Nov 21st</u> Longer easy run 45min

**Fit4Life 6 weeks in training Oct/Nov**

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! Pick your goals and work towards them. No better motivation than having a particular race picked to aim towards!

Any queries on any training listed above or any running-related query, contact tracey ([tracey\\_roche@hotmail.com](mailto:tracey_roche@hotmail.com) or 087-6989493)