

Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat OR Sun
01-Feb-10	Rest	30mins walk/jog	Rest	30 min alternative training		5 miles walk - flat to moderate hills
08-Feb-10	walk/jog 3 miles	Rest	Run 2 mins,walk/ jog 1 min, repeat x 4	Rest	30 mins of alternative training	6 miles walk - flat to moderate hills
15-Feb-10	Recovery day	Rest	walk/jog 3 miles	Run 3 mins, walk/jog 1 min, repeat x 4	Walk/jog 3 miles	7 miles walk - moderate hills
22-Feb-10	Recovery day	Rest	walk/jog 2 miles	30 min alternative training	Walk/jog 2 miles	8 miles walk - moderate hills
01-Mar-10	Recovery day	Rest	walk/jog 3 miles	Run 4 mins, jog 1 min, repeat x 4	Walk/jog 3 miles	10 miles walk - moderate hills
08-Mar-10	Recovery day	Rest	walk/jog 3 miles	Run 5 mins,walk/ jog 1 min, repeat x 4	Walk/jog 3 miles	12 miles walk - moderate hills
15-Mar-10	Recovery day	Rest	Walk/jog 3 miles	45 mins alternative training	Walk/jog 3 miles	14 miles walk - moderate to hard hills
22-Mar-10	Recovery day	Rest	Walk/jog 3 miles	Run 5 mins,walk/ jog 1 min, repeat x 4	Walk/jog 3 miles	16 miles walk - moderate to hard hills
29-Mar-10	Recovery day	Rest	walk/jog 3 miles	Run 6 mins,walk/ jog 1 min, repeat x 4	Walk/jog 3 miles	18 miles walk - moderate to hard hills
05-Apr-10	Recovery day	Rest	Walk/jog 3 miles	45 mins alternative training	Walk/jog 3 miles	20 miles walk - hard hills
12-Apr-10	Recovery day	Rest	Walk/jog 4 miles	Run 7 mins,walk/ jog 1 min, repeat x 4	Walk/jog 3 miles	22 miles walk - moderate to hard hills
19-Apr-10	Recovery day	Rest	Walk/jog 4 miles	Run 8 mins,walk/ jog 1 min, repeat x 4	Walk/jog 3 miles	18 miles walk - moderate to hard hills
26-Apr-10	Recovery day	Rest	Walk/jog 4 miles	30 mins alternative training	Walk/jog 3 miles	12 miles walk - hard hills
03-May-10	Recovery day	Rest	Walk/jog 4 miles	Run 9 mins,walk/ jog 1 min, repeat x 4	Walk/jog 3 miles	10 miles walk - moderate hills
10-May-10	Recovery day	Walk/jog 3 miles	Walk/Jog 2 miles	Rest	Rest	<b>Hearts &amp; Heroes!!!</b>