

COE PRE-LONDON / GRIZZLY TRAINING JAN 2012

WEEK	MON	TUES	WEDS	THURS	FRI	SAT	SUN
2nd Jan	5m easy	12 x 400m 1 min rec + 10 min tempo	6m easy	8 x 30 sec 1 min rec	Rest	Cross train / stretch	13m road run or 12 m off road First Chance 10K or Axmouth Challenge Run
9th Jan	5m easy	8 x 800m 90 sec rec +10 min tempo (Full Moon Run)	6m steady	Fartlek 7-8 m	Rest	Cross train / stretch	15 miles Slow road run or 12 m off road run Oh my Obelisk!
16th Jan	6m easy	Short hills x 10 +15 min tempo	6-8m steady	5 m tempo	Rest	Cross train / stretch	16-18 Steady or 14 m off road run Storm Force 10m
23rd Jan Easier week	5m easy	Kenyan hills 5 x 5 mins 2 min rec	6m easy	2 x 10 mins 4 min rec	Rest	Cross train / stretch	18 miles Steady or 14 m off road Braunton 10
30th Jan	6m easy	Short hills x 12 +20 min tempo	8m steady	10 x 400m 1 min rec	Rest	Cross train / stretch	18m road run 16 m off road Fulfords Great West run 5 m
6th Feb	6m easy	Kenyan hills 3 x 8 min 2 min rec + 20 min tempo (Full moon run)	8m steady	2 x 1k 10 x 400m 2 x 1k 90 sec rec	Rest or 5m easy	Cross train / stretch	Exeter Half marathon 16 m off road run
13th Feb	6m easy	4 x (1 mile+1/2 mile) 2min rec + 20 min tempo	10m steady	Long hills x 8 jog rec	Rest or 5m easy	Cross train / stretch	20 miles as 5 easy 10 faster 5 easy 18 m off road run Plymouth Hoe 10
20th Feb Easier week Grizzly taper starts	5m easy or rest	16 x 400m 1 min rec	8m easy	10 x 30 sec 1 min jog rec	Rest	Cross train / stretch	15m road run 10m off road
27th Feb	6m easy	6 x 1mile 3 min rec	10m steady	2m easy 2m tempo 2m easy	Rest or 5m easy	Cross train / stretch	BIDEFORD HALF MARATHON 13 m road run or DUCHY 20 7 m off road run
5th Mar	6m easy	2 x 1k 10 x 400m 2 x 1k 90 sec rec	10-12m steady	Fartlek 6m (Full moon) run)	Rest or 5m easy	Cross train / stretch	20-22 miles start slow Grizzly 20m off road Bath Half
12th Mar	6m easy	8 x 4 min 1 min rec	10-12m steady	6 x 800m & 10 min tempo	Rest or 5m easy	Cross train / stretch	18m road run

19th Mar Easier week	5m easy or rest	12 x 400m 1 min rec	8m steady	10 x 1 min jog recovery	Rest	Cross train / stretch	18-20 Steady Taunton Marathon & Half marathon
26th Mar	6-7m easy	3 x 2 miles 3 min rec	10-12m steady	30 min 1 min intervals slow, steady, fast continuous	Rest or 5m easy	Cross train / stretch	20-22 miles Last 4 miles faster
2nd Apr START TAPER	5m easy	8 x 1000m 2 min rec	8m steady	7m Marathon Pace (Full moon run)	Rest	Cross train / stretch	12-15 miles steady
9th Apr	4m easy	8 x 1 min 90 sec rec	5m brisk	6m easy	Rest	Cross train / stretch	10 miles slow v easy Tavistock 13.1
16th Apr	Rest	5 m easy 6 x 40 sec strides	4m easy	4m easy 4 x 30 sec strides	Rest	Stretch	LONDON MARATHON

Gavin Puchard January 2012