

## FOSTER TRAINING PLAN JAN 2012

| WEEK   | MON                                   | TUES                      | WEDS       | THURS   | FRI             | SAT                   | SUN  |
|--|---------------------------------------|---------------------------|------------|---|-----------------|-----------------------|--|
| <b>2nd Jan</b>   | Recovery run or cross train i.e. swim | Group run                 | Steady run | 6 x 400m<br>90 sec rec                        | Rest            | Cross train / stretch | <b>First Chance 10K or Axmouth Challenge Run</b><br>Or 60 min steady run |
| <b>9th Jan</b>   | Recovery run or cross train i.e. swim | Group run (full moon run) | Steady run | Long Hills x 4                                | Rest            | Cross train / stretch | <b>Oh my Obelisk!</b><br>or 60 min steady run                            |
| <b>16th Jan</b>  | Recovery run or cross train i.e. swim | Group run                 | Steady run | 1 x 1 mile 2 x 800m 2 min rec                 | Rest            | Cross train / stretch | <b>Storm Force 10m</b><br>or 70 min steady run                           |
| <b>23rd Jan</b><br>Easier week                         | Recovery run or cross train i.e. swim | Group run                 | Steady run | Kenyon Hill<br>3 x 4 minutes<br>2 min rec     | Rest            | Cross train / stretch | <b>Braunton 10</b><br>or 70 min steady run                               |
| <b>30th Jan</b>  | Recovery run or cross train i.e. swim | Group run                 | Steady run | 15 min total -<br>1 min easy,<br>steady, fast | Rest            | Cross train / stretch | <b>Fulfords Great West run 5 m</b> or 80 min steady run                  |
| <b>6th Feb</b>   | Recovery run or cross train i.e. swim | Group run (Full moon run) | Steady run | 8 x short hills                               | Rest or 5m easy | Cross train / stretch | <b>Exeter Half</b><br>or 80 min steady run                               |
| <b>13th Feb</b>  | Recovery run or cross train i.e. swim | Group run                 | Steady run | Fartlek<br>5m                                 | Rest or 5m easy | Cross train / stretch | <b>Plymouth Hoe 10</b><br>or 80 min steady run                           |
| <b>20th Feb</b><br>Easier week<br>Grizzly taper starts | Recovery run or cross train i.e. swim | Group run                 | Steady run | 8 x 400m 90 sec recovery                      | Rest            | Cross train / stretch | 90 min steady run  |
| <b>27th Feb</b>  | Recovery run or cross train i.e. swim | Group run                 | Steady run | 3 x 1 k 2 min rec<br>(Full moon run)          | Rest or 5m easy | Cross train / stretch | <b>BIDEFORD HALF MARATHON DUCHY 20</b> or 90 min steady run              |
| <b>5th Mar</b>   | Recovery run or cross train i.e. swim | Group run                 | Steady run | 8 x 30 sec<br>1 min rec                       | Rest or 5m easy | Cross train / stretch | <b>Grizzly 20m off road Bath Half</b> or 80 min steady run               |
| <b>12th Mar</b>  | Recovery run or cross train i.e. swim | Group run                 | Steady run | 4 x 5 min<br>Kenyon hills<br>2 min rec        | Rest or 5m easy | Cross train / stretch | 80 min steady run  |

|  |                                       |           |            |   |                 |                       |  |
|--|---------------------------------------|-----------|------------|---|-----------------|-----------------------|--|
| <b>19<sup>th</sup> Mar</b><br><b>Easier</b><br><b>week</b> | Recovery run or cross train i.e. swim | Group run | Steady run | 12 short hills                              | Rest            | Cross train / stretch | <b>Taunton Marathon &amp; Half Marathon</b> or 90 min steady run |
| <b>26<sup>th</sup> Mar</b>                                 | Recovery run or cross train i.e. swim | Group run | Steady run | 12 x 30 sec sprints jog rec (full moon run) | Rest or 5m easy | Cross train / stretch | 20-22 miles<br>Last 4 miles faster or 90 min steady run          |
| <b>2nd Apr</b><br><b>START</b><br><b>TAPER</b>             | Recovery run or cross train i.e. swim | Group run | Steady run | 8 long hills                                | Rest            | Cross train / stretch | 12-15 miles<br>Steady 70 min steady run                          |
| <b>9<sup>th</sup> Apr</b>                                  | Recovery run or cross train i.e. swim | Group run | Steady run | 3 x 1 k 2 min rec                           | Rest            | Cross train / stretch | <b>Tavistock 13.1</b><br>90 min steady run                       |
| <b>16<sup>th</sup> Apr</b>                                 | Rest                                  | Group run | Steady run | 4m easy<br>4 x 30 sec strides               | Rest            | Stretch               | <b>LONDON MARATHON</b>   |

Gavin Punched January 2012