

## LOWER HOLMES PRE-LONDON / GRIZZLY TRAINING JAN 2012

WEEK	MON	TUES	WEDS	THURS	FRI	SAT	SUN
<b>2nd Jan</b>	Recovery run or cross train i.e. swim	Group run	4m easy	4 x 1k 2 min rec	Rest	Cross train / stretch	<b>First Chance 10K or Axmouth Challenge Run</b> 13m road run or 12 m off road
<b>9th Jan</b>	Recovery run or cross train i.e. swim	Group run (full moon run)	4m steady	Long hills x 6 jog rec	Rest	Cross train / stretch	<b>Oh my Obelisk!</b> 15 miles Slow road run or 12 m off road run
<b>16th Jan</b>	Recovery run or cross train i.e. swim	Group run	4m steady	10 x 400m 90 sec rec	Rest	Cross train / stretch	<b>Storm Force 10m</b> 16-18 Steady or 14 m off road run
<b>23rd Jan</b> Easier week	Recovery run or cross train i.e. swim	Group run	4m easy	2 x 1 mile 2 x 800m 2 min rec	Rest	Cross train / stretch	<b>Braunton 10</b> 18 miles Steady or 14 m off road
<b>30th Jan</b>	Recovery run or cross train i.e. swim	Group run	5m Easy	Kenyon Hill 5 x 4 minutes 2 min rec	Rest	Cross train / stretch	<b>Fulfords Great West run 5 m</b> 18m road run or 16 m off road
<b>6th Feb</b>	Recovery run or cross train i.e. swim	Group run (Full moon run)	5m steady	21 min total - 1 min easy, steady, fast	Rest or 5m easy	Cross train / stretch	<b>Exeter Half Marathon</b> 16 m off road run
<b>13th Feb</b>	Recovery run or cross train i.e. swim	Group run	5m steady	10 x short hills	Rest or 5m easy	Cross train / stretch	<b>Plymouth Hoe 10</b> 20 miles as 5 easy 10 faster 5 easy 18 m off road run
<b>20th Feb</b> Easier week Grizzly taper starts	Recovery run or cross train i.e. swim	Group run	6m easy	Fartlek 6m	Rest	Cross train / stretch	15m road run or 10m off road
<b>27th Feb</b>	Recovery run or cross train i.e. swim	Group run	6m steady	12 x 400m 90 sec recovery	Rest or 5m easy	Cross train / stretch	<b>Duchy 20 Bideford Half Marathon</b> 13 m road run 7 m off road run
<b>5th Mar</b>	Recovery run or cross train i.e. swim	Group run	6m Easy	5 x 1 k 2 min rec (Full moon run)	Rest or 5m easy	Cross train / stretch	<b>Grizzly 20m off road Bath Half</b> 20-22 miles start slow
<b>12th Mar</b>	Recovery run or cross train i.e. swim	Group run	7m steady	8 x 30 sec 1 min rec	Rest or 5m easy	Cross train / stretch	18m road run

<b>19<sup>th</sup> Mar</b> <b>Easier week</b>	Recovery run or cross train i.e. swim	Group run	7m steady	4 x 5 min Kenyon hills 2 min rec	Rest	Cross train / stretch	<b>Taunton Marathon &amp; Half Marathon</b> 18-20 Steady
<b>26<sup>th</sup> Mar</b>	Recovery run or cross train i.e. swim	Group run	6m easy	12 short hills	Rest or 5m easy	Cross train / stretch	20-22 miles Last 4 miles faster
<b>2nd Apr</b> <b>START TAPER</b>	Recovery run or cross train i.e. swim	Group run	6m steady	12 x 30 sec sprints jog rec (full moon run)	Rest	Cross train / stretch	12-15 miles steady
<b>9<sup>th</sup> Apr</b>	Recovery run or cross train i.e. swim	Group run	5m brisk	8 long hills	Rest	Cross train / stretch	<b>Tavistock 13.1</b> 10 miles slow v easy
<b>16<sup>th</sup> Apr</b>	Rest	Group run	4m easy	4m easy 4 x 30 sec strides	Rest	Stretch	<b>LONDON MARATHON</b>

Gavin Punchard January 2012