

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

WEEK	MON	TUES	WEDS	THURS	FRI	SAT	SUN
<b>2nd Jan</b>	4m easy	Run with Coe group but without tempo run	4m easy	Fartlek 7-8 m	Rest	Cross train / stretch	<b>First Chance 10K or Axmouth Challenge Run</b> 13m road run or 12 m off road
<b>9<sup>th</sup> Jan</b>	4m easy	Run with Coe group but without tempo run (Full moon run)	4m steady	4 x 6 min Kenyon Hills 2 min rec	Rest	Cross train / stretch	<b>Oh my Obelisk!</b> 15 miles slow road run or 12 m off road run
<b>16<sup>th</sup> Jan</b>	4m easy	Run with Coe group but without tempo run	5 - 6m steady	2 x 1 mile 2 x 800m 2 min rec	Rest	Cross train / stretch	<b>Storm Force 10m</b> 16-18 m steady or 14 m off road run
<b>23<sup>rd</sup> Jan</b> Easier week	5m easy	Run with Coe group but without tempo run	5 - 6m easy	1 x 1k 10 x 400m 1 x 1k 90 sec rec	Rest	Cross train / stretch	<b>Braunton 10</b> 18 miles steady or 14 m off road
<b>30<sup>th</sup> Jan</b>	5m easy	Run with Coe group but without tempo run	6m Easy	5 x 1k 2 min rests	Rest	Cross train / stretch	<b>Fulfords Great West run 5 m</b> 18m road run or 16 m off road
<b>6<sup>th</sup> Feb</b>	5m easy	Run with Coe group but without tempo run (full moon run)	6m steady	Long hills x 8 jog rec	Rest or 5m easy	Cross train / stretch	<b>Exeter Half Marathon</b> 16 m off road run
<b>13<sup>th</sup> Feb</b>	5m easy	Run with Coe group but without tempo run	6m steady	10 x 30 sec 1 min jog rec	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	5m easy or rest	Run with Coe group but without tempo run	7m easy	24 min 1 min slow, steady, fast continuous	Rest	Cross train / stretch	15m road run or 10m off road
<b>27<sup>th</sup> Feb</b>	6m easy	Run with Coe group but without tempo run	7m steady	12 x short hills	Rest or 5m easy	Cross train / stretch	<b>DUCHY 20 Bideford Half Marathon</b> 13 m road run or 7 m off road run
<b>5<sup>th</sup> Mar</b>	6m easy	Run with Coe group but without tempo run	8m Easy	Fartlek 6m (Full moon run)	Rest or 5m easy	Cross train / stretch	<b>Grizzly 20m off road Bath Half</b> 20-22 miles start slow
<b>12<sup>th</sup> Mar</b>	6m easy	Run with Coe group but without tempo run	8m steady	6 x 800m	Rest or 5m easy	Cross train / stretch	18m road run

<b>19<sup>th</sup> Mar</b> <b>Easier</b> <b>week</b>	5m easy or rest	Run with Coe group but without tempo run	8m steady	4 x 1 m 2 min rec	Rest	Cross train / stretch	<b>Taunton</b> <b>Marathon &amp; Half</b> <b>Marathon</b> 18-20 Steady
<b>26<sup>th</sup> Mar</b>	5m easy	Run with Coe group but without tempo run	6m easy	14 x 30 sec 1 min rec	Rest or 5m easy	Cross train / stretch	20-22 miles Last 4 miles faster
<b>2nd Apr</b> <b>START</b> <b>TAPER</b>	5m easy	Run with Coe group but without tempo run	8m steady	4 x 7 min Kenyon Hills 2 min rec (Full moon run)	Rest	Cross train / stretch	12-15 miles steady
<b>9<sup>th</sup> Apr</b>	4m easy	Run with Coe group but without tempo run	5m brisk	Fartlek	Rest	Cross train / stretch	<b>Tavistock 13.1</b> 10 miles slow v easy
<b>16<sup>th</sup> Apr</b>	Rest	Run with Coe group but without tempo run	4m easy	4m easy 4 x 30 sec strides	Rest	Stretch	<b>LONDON</b> <b>MARATHON</b>

Gavin Punchard January 2012