

Monthly schedule

Day	Date	Session	miles p.w.
Tuesday	06-Dec-12	Steady 8 miles	
Wednesday	07-Dec-12	40 mins easy	
Thursday	08-Dec-12	5 miles easy	
Friday	09-Dec-12	rest	
Saturday	10-Dec-12	<b>Charity Cup x/c Kettering or 8 x Rocky hill</b>	
Sunday	11-Dec-12	15 miles easy	<b>44</b>
Monday	12-Dec-12	weights	
Tuesday	13-Dec-12	Fartlek 7/8 miles	
Wednesday	14-Dec-12	8 miles steady	
Thursday	15-Dec-12	6 x 3 mins with 2 mins rec	
Friday	16-Dec-12	weights	
Saturday	17-Dec-12	8x Rock hill plus w/up & down	
Sunday	18-Dec-12	15 miles marathon pace	<b>46</b>
Monday	19-Dec-12	am 20 mins easy / pm weights	
Tuesday	20-Dec-12	<b>2 mile race on track 2mile w/up &amp; down</b>	
Wednesday	21-Dec-12	am 30 mins steady / pm weights	
Thursday	22-Dec-12	5 x 1000m. On track	
Friday	23-Dec-12	rest	
Saturday	24-Dec-12	9 x Rock Hill with w/up & w/down	
Sunday	25-Dec-12	rest	<b>25</b>
Monday	26-Dec-12	12 miles marathon pace	
Tuesday	27-Dec-12	w/up , 6 miles hard , w/down	
Wednesday	28-Dec-12	10 miles easy	
Thursday	29-Dec-12	25 x 200 with 60 secs rec.	
Friday	30-Dec-12	weights	
Saturday	31-Dec-12	w/up , 8 x rock hill (jog down rec) 4x 15 secs uphill hard (wbr) , w/down	
Sunday	01-Jan-13	15 miles at marathon pace	<b>53</b>
Monday	02-Jan-13	weights	
Tuesday	03-Jan-13	7 mile fartlek	
Wednesday	04-Jan-13	20 mins easy am / pm weights	
Thursday	05-Jan-13	5 miles steady	
Friday	06-Jan-13	rest	
Saturday	07-Jan-13	<b>County x/c West Glebe</b>	
Sunday	08-Jan-13	16 miles easy	<b>37</b>